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MWR Central day trips relieve planning pressure



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ARMY FLYER

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HONORING HISTORY, EXCELLENCE

Diversity key in shaping America

By Nathan Pfau
Army Flier Staff Writer

The success of the nation was no single group's effort, but the effort of many men and women of varied backgrounds.

Fort Rucker celebrated that diversity with its recognition of Women's History Month during a luncheon at The Landing's ballroom March 10.

"Women's History Month is a time to remember those who fought to grow our nation under the simple creed that each of us is created equal," said Col. Shannon T. Miller, Fort Rucker garrison commander. "It is a notion that makes America unlike any place on Earth. A country where no matter where you come from or what you look like, you can go as far as your talents will take you."

"Women in government and public service have shaped America's history and its future through their service and leadership," she continued. "They have championed basic human rights to ensuring access and equal opportunity for all Americans, and they have led the way in establishing a stronger and more democratic country."

Maj. Anne McClain, NASA astronaut, and Katherine Hammack, assistant secretary of the Army Installations, Energy and Environment, were both invited to speak during the event and share their experiences as women in fields mostly dominated by men.

For both McClain and Hammack,



PHOTO BY NATHAN PFAU

Maj. Anne McClain, NASA astronaut, and Katherine Hammack, assistant secretary of the Army Installations, Energy and Environment, receive eagle statuette awards from Col. Allan M. Pepin, U.S. Army Aviation Center of Excellence chief of staff, and Russell B. Hall, USAACE deputy to the commanding general, during a ceremony at The Landing's ballroom March 10.

they said although they both chose career paths in male-dominated fields, neither felt that gender was a factor that held them back in any way.

"(Throughout my career), of all the things that I thought about on a daily basis, gender was never one of them," said McClain. "You might as well have asked me what it was like to have blue eyes throughout my military career. I was a Soldier, a scout pilot, an officer and leader, and that's how I identified myself. Those were the things that were important to me, and gender never played a role in the dreams that I set out to achieve."

Hammack echoed that sentiment. "I don't feel that I've experienced discrimination in my career, either," said the assistant secretary. "I think something to remember is that sometimes it is our differences that make us stronger. Women have been working to make the world a better place since the dawn of

time. Whether you know it or not, the women who are present here today are making a difference. Gathering in support of each other is a powerful thing."

Hammack spoke of a study conducted by Harvard University that was meant to study the intelligence level of teams working together. During the study, there was one team that was homogenous – made up of people of the same age, experience, ethnicity and sex – while the other team was varied in its makeup.

"In every case, the homogenous team made worse decisions than the diverse team," said Hammack. "Diversity is the strength. Coming from different backgrounds, different life experiences – that's actually what makes America strong."

"It doesn't really matter where you came from, what your background is or

SEE DIVERSITY, PAGE A5

Post honors 5 as women of the year

By Nathan Pfau
Army Flier Staff Writer

Women play many important roles on Fort Rucker, and the installation honored those outstanding women during the 2016 Women of the Year ceremony at The Landing's ballroom March 10.

Twenty three women were nominated by their peers and supervisors in five categories: professional, administrative/management, technical/medical, administrative/clerical and other.

Col. Shannon T. Miller, Fort Rucker garrison commander, was on hand during the ceremony to provide her support and thanks to not only the winners, but all who were nominated.

"These professional individuals are setting the standard of exemplary service and are being recognized for their tireless dedication to protecting the Army values and diligently working to take care of Soldiers, family members and civilians," she said during the ceremony. "Women who change our history dare to transcend preconceived expectations and prove they are capable of doing anything they put their mind to."

"Women have sparked change in communities around the world and have led the charge for a fairer, more inclusive positive society," continued the garrison commander. "Amongst us today are the amazing women of Fort Rucker – women who have dedicated themselves to selfless service and achieved excellence in their

SEE EXCELLENCE, PAGE A4



PHOTO BY NATHAN PFAU

Sheila Jackson, musical guest, sings a song during the National Prayer Luncheon at The Landing's ballroom Friday.

Event seeks to boost spiritual resiliency

By Nathan Pfau
Army Flier Staff Writer

Prayer and spirituality can be a powerful tool for many to help get through difficult times, and Fort Rucker celebrated the National Prayer Luncheon as a way to increase spiritual resiliency.

Members of the local community came together at The Landing's ballroom Friday for the National Prayer Luncheon, where they had the chance to participate in fellowship to pray for the nation, Soldiers and families.

Throughout the ceremony, songs were sung, scriptures were read and prayers were made, and Chaplain (Col.) Marc S. Gauthier, U.S. Army Training and Doctrine Command chaplain, was on hand to offer his words.

"Hurry up and wait on the Lord," he said during the ceremony. "Think about what that means for us pursuing faith."

Gauthier painted a picture of two different birds to help with the analogy – the hummingbird and the soaring eagle.

"God wants us to soar like eagles, but often we are just buzzing around like hummingbirds at a furious pace, our pulse overwhelmed and we can barely catch our breath," he said.

These two birds represent two types of strength – the lim-

SEE RESILIENCY, PAGE A5

'It's not in the dream, it's in the doing'

Astronaut tells students dedication leads to success

By Nathan Pfau
Army Flier Staff Writer

Many children have dreams about becoming an astronaut, a dream that many might think is reaching beyond the stars, but students at Fort Rucker Elementary School had the chance to meet one person who made that dream a reality.

Maj. Anne McClain, NASA astronaut, visited FRES March 10 and spoke with children on how she conquered her fears and worked hard to make her dreams come true, something she encouraged each and every student to do with one simple message.

"It's not in the dream, it's in the doing," she said.

McClain said she decided she wanted to be an astronaut at the age of 3, but that wasn't the only time she had to make that decision. Throughout her life, she had to continually make the decision thousands of times, she told the students.

"I made the decision when I had to make the hard decisions to study more or skip playing with a friend because I knew I had a test the next day, or when I took a class that I didn't know if I could pass," said the NASA astronaut. "The world values finishers. It's not enough to say you want to do something. The world doesn't just hand you things, you have to earn it."

McClain recalled to the stu-



PHOTO BY NATHAN PFAU

Maj. Anne McClain, NASA astronaut, speaks to Fort Rucker Elementary School students during an assembly at the school March 10.

dents about a physics test that she had to take while attending the U.S. Military Academy at West Point. The test she had to take was a three-hour exam, which she admitted was very intimidating.

"I just (told myself that) I'm going to study nonstop for this test, so I stayed up and I worked out every single homework problem that our teacher had given us," she said. "I took every quiz and test we'd had up to that point, and redid them from scratch. I reread every chapter and went over every class note."

After the test and the results were tallied, the average test score for the exam was 72 percent. McClain scored a 99 percent – the highest score on the

test of the 1,200 students who participated.

"That's not the important part of the story," she said. "The important part is what one of my friends said to me after. She said to me, 'I wish I was smart like you, so I didn't have to study.' I found that funny because I wasn't born knowing physics and, if I hadn't studied when I had taken that test, I would have probably gotten a D."

"You have to work really, really hard for the results to come," said McClain, "and you can do it starting now. Study hard, dedicate yourself and get that good grade."

She also encouraged the stu-

SEE ASTRONAUT, PAGE A5

PERSPECTIVE

‘MY FRIENDS, MY COMMUNITY’

Benefits of inclusive environments for today’s children, tomorrow’s adults

By Mirian Suber-Houston
*Fort Rucker Exceptional Family Member
Program System Navigator*

The 11th anniversary of World Down Syndrome Day is Monday. Each year, the voice of people with Down syndrome, and those who live and work with them, grow louder.

People with Down syndrome, on an equal basis with other people, must be able to enjoy full and equal rights, both as children



and adults. This includes the opportunity to participate fully in their communities.

The reality for many is that prevailing negative attitudes result in low expecta-

tions, discrimination and exclusion, creating communities where children and adults with Down syndrome cannot integrate successfully with their peers.

But where children with Down syndrome and other disabilities are given opportunities to participate, all children benefit from this and environments of friendship acceptance, respect for everyone and high expectations are created.

Not only this, but these environments pre-

pare all today’s children for life as tomorrow’s adults, enabling adults with Down syndrome to live, work and participate, with confidence and individual autonomy, fully included in society alongside their friends and peers.

On World Down Syndrome Day, join us to encourage children and adults with Down syndrome to say “My Friends, My Community” and get the world talking about the benefits for everyone of inclusive environments.

CID warns of extortion, blackmail scams

**U.S. Army Criminal
Investigation Command
Press Release**

For many, the words extortion and blackmail bring forth images of Hollywood movies, celebrities having illicit affairs and corporations trying to hide a wrongdoing.

In today’s world of Internet communications, Internet dating, and social networking, extortion and blackmail can happen to anyone who discusses, admits, or posts a lapse in judgment or their personal or financial issues over the Internet.

More alarming, extortion and blackmail can happen to innocent individuals whose personal information has been stolen as part of a data breach. CID warns the Army community to be aware of Internet extortion and blackmail scams, and report any instance where a Soldier, family member or Army civilian is or has been faced with threats involving the payment of

money or other valuables.

“In many instances, the situation begins when an unknowing victim is befriended by someone on the Internet, often as part of an online dating or social media site,” said Daniel Andrews, director of CID’s Computer Crime Investigative Unit. “The scammer quickly builds a friendship and trust with the victim, and will begin to ask for or discuss information or photos that could be hurtful to one’s personal or professional life if revealed. Because the victim does not realize they are being scammed, they see the requests or discussion as a normal part of the developing friendship and are willing to share the information.”

To the victim’s surprise, Andrews said, the scammers then threatens to release that information if money is not paid.

Another instance of extortion can occur when scammers obtain an individual’s personal information as part of a data breach. Such

breaches, according to the Identity Theft Resource Center, occurred 591 times in the first nine months of this year alone, compromising more than 175 million records.

“Following a data breach, these scammers, these criminals, may try to extort money from individuals who have a personal, financial, or medical condition they would not want exposed,” Andrews said.

The FBI report gave one example, called payday loans, deferred-deposit check loans or cash advance loans, as the most abundant type of extortion scam reported. The scam takes place when an individual’s personal information has been revealed to what may appear to be a legitimate business. The scammer calls the individual notifying them that a loan in his or her name is delinquent and must be paid in full to avoid legal consequences.

The scammer has accurate information, such as Social Security numbers, birth dates, bank

account numbers, etc., and poses as a representative of a legitimate agency collecting debt. The scammer often refuses to provide details of the alleged loan and may become abusive when questioned. The FBI report further states that victims are often threatened with legal action, arrests, and in some cases physical violence if they refuse to pay.

“Extortion is a touchy subject,” Andrews said, “because it often deals with intimate or very personal information. Army personnel, however, need to be upfront and report it, and they should not pay any money if they are being extorted.”

CID officials said the best thing Soldiers, civilians and their family members can do is to try to prevent it from ever taking place. All are encouraged to be cautious with their online presence and what information they give to people they have met online or via email, and be vigilant when receiving calls from individuals posing as legitimate businesses.

Whether or not your data has been stolen, officials said, you need to be informed and wary of spam, phishing emails and promises of protection by identity theft and credit repair services from future exposure. Officials further

warn individuals to be suspicious of communications regarding data breaches that do not come from credible sources.

If you receive a phone call or email you believe to be an extortion attempt, take the following measures.

- If the safety or wellbeing of someone is in imminent danger, contact local law enforcement immediately.
- Do not reply to the email, click on any links, or open any attachments.
- Report the email to the Internet Crime Complaint Center at www.ic3.gov.
- File a complaint with the Federal Trade Commission at www.ftccomplaintassistant.gov.
- Report the email to your email and Internet service provider.
- Move the email to your SPAM folder.
- If contacted through social media, report the contact to the social media provider.

Soldiers, Army civilians, and their family members who have been threatened with extortion should contact their installation Military Police or CID office. Individuals can also email CID at Army.CID.Crime.Tips@mail.mil, or call 1-844-ARMY-CID (844-276-9243).



Rotor Wash

“The weather is warming and people are starting to participate in more outdoor recreational activities. What are some of your favorite outdoor activities?”



Capt. Robert Holmes,
A Co., 1st Bn.,
145th Avn. Regt.

“I like to spend a day at the beach.”



Pfc. Hope Jackson,
926 Engineering Bn.,
Forward Support Co.

“It’s nice to spend time outside, and have a cookout or something.”



Spc. Jerica Chatman,
926 Engineering Bn.,
Forward Support Co.

“When it’s nice out, we can go for runs or walks on trails.”



Spc. Lakedra Jones,
926 Engineering Bn.,
Forward Support Co.

“It’s a lot nicer to do some PT outdoors when the weather gets nicer.”



Spc. Mike Baltazar,
HHC, 164th TAOG

“It’s good to get out and play some recreational sports outdoors.”

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Army sets ‘leader-1st’ approach to full gender integration

By C. Todd Lopez
and Gary Sheftick
Army News Service

WASHINGTON — The Army will begin training women for infantry and armor specialties later this year, according to its Gender Integration Implementation Plan released March 10.

The plan will be executed in phases, first bringing female officers into combat arms this summer after they graduate from the U.S. Military Academy, ROTC or Officer Candidate School.

Enlisted recruits are expected to begin training in infantry and armor military occupational specialties beginning this fall. By the time they graduate Advanced Individual Training and report to their first combat units, female officers will already be there. It’s part of the Army’s “leader-first” approach to integrate the last 19 military occupational specialties that had been closed to women.

“We’re not going to turn our back on 50 percent of the population,” said Acting Secretary of the Army Patrick J. Murphy. “We are opening up every occupation to women. I think that’s pretty historic.”

The Army is currently in the first phase of its integration plan. It has developed gender-neutral standards and is educating the force about its implementation policies.

“An incremental and phased approach by leaders and Soldiers who understand and enforce gender-neutral standards will ensure successful integration of women across the breadth and depth of our formations,” said Chief of Staff of the Army Gen. Mark A. Milley.

The Army has also been developing a new Occupational Physical Assessment Test. The OPAT will be administered to recruits beginning no later than June, according to Phase II of the plan.

OPAT includes physical performance tests developed by the U.S. Army Research Institute of Environmental Medicine. These tests will measure the ability of a recruit or cadet to perform physically demanding MOS tasks.

The new test will include a standing long jump, a dead lift, an interval run and a seated power throw to measure strength needed for tasks such as loading ammunition.

Phase II is the initiation of gender-neutral training. It begins April 1 as the Army starts enlisting women under the Delayed Entry Program for armor and infantry One-Station Unit Training or OSUT. Training won’t actually begin for the enlistees until fall and could be delayed for up to a year until they graduate high school.

Phase III involves assign-



PHOTO BY CINDY MCINTYRE

Pfc. Katherine Beatty fires to qualify on the M119A3 howitzer during live-fire training March 1 at Fort Sill, Okla.

ing women to operational units. Again, female officers will be assigned to infantry and armor units first, to prepare the way for enlisted Soldiers to arrive at end of the year.

Phase IV is “Sustain and Optimize.” In this phase, the Army achieves full operational capability and re-validates MOS screening requirements. Through talent management, it continues to select the best Soldiers for the right jobs, according to the plan.

Over the last four years, the Army has opened a substantial number of positions to female Soldiers. The Army opened 95,216 positions and nine occupations to women between May 2012 and October 2015, including combat engineer (12B) and artillery MOSs.

The first female cannon crew member, 13B, graduated this month from Advanced Individual Training at Fort Sill, Oklahoma, at the top of her class.

Now under the Army’s Gender Integration Implementation Plan, the final 19 MOSs will provide an additional 220,000 job opportunities to female Soldiers, though that number may change based on end strength reductions and ongoing force structure changes.

The following are the 19 MOSs within infantry, armor and Special Forces that will incrementally open to women.

- 11A (Infantry Officer)
- 11B (Infantryman)
- 11C (Indirect Fire Infantryman)
- 11Z (Infantry Senior Sergeant)

- 13F (Fire Support Specialist)
- 19D (Cavalry Scout)
- 19A (Armor, General)
- 19B (Armor)
- 19C (Cavalry)
- 19K (Armor Crewmember)
- 19Z (Armor Senior Sergeant)
- 18A (Special Forces Officer)
- 180A (Special Forces Warrant Officer)
- 18B (Special Forces Weapons Sergeant)
- 18C (Special Forces Engineer Sergeant)
- 18D (Special Forces Medical Sergeant)
- 18E (Special Forces Communications Sergeant)
- 18F (Special Forces Assistant Operations and Intelligence Sergeant)
- 18Z (Special Forces Senior Sergeant)

DOD gives final go-ahead to open all military jobs to women

By Karen Parrish
Department of Defense News

WASHINGTON — After “exceptionally thorough work” by all of the services, the U.S. military is authorized to begin integrating women across all occupations and specialties immediately, according to a Defense Department statement released March 10.

Pentagon Press Secretary Peter Cook briefed reporters on Defense Secretary Ash Carter’s decision and the accompanying statement.

Carter “formally approved the final implementation plans prepared by the military services and U.S. Special Operations Command to integrate women into all combat roles,” Cook said.

In the statement, Carter said the department must handle the change “the right way, because the combat effectiveness of the world’s finest fighting force is paramount.”

Cook noted that Deputy Defense Secretary Bob Work and Vice Chairman of the Joint Chiefs of Staff Air Force Gen. Paul J. Selva co-chaired an implementation group tasked with a detailed review of the plans.

The review was the culmination of years of studies and reports going back to 2011, when then-Defense Secretary Leon E. Panetta ordered an examination of all laws and policies governing the assignment of women in the armed forces.



MARINE CORPS PHOTO BY LANCE CPL. KOBY I. SAUNDERS

Female Marines and a male sailor, all assigned to the 22nd Marine Expeditionary Unit, prepare to enter a building during an urban operations training exercise with a female engagement team at Fort Pickett, Va., Feb. 21.

Carter’s seven “guiding principles” for integration shaped the implementation group’s review of the services and Socom’s final plans: transparent standards, population size, physical demands and physiological differences, conduct and culture, talent management, operating abroad, and assessment and adjustment.

Carter wrote a Medium post published March 10 detailing his views on the imple-

mentation plans. In the post, the secretary gave some behind-the-scenes details on what the studies and reviews turned up.

“We found over the last few years that in some cases we were doing things because that’s the way we’ve always done them,” Carter wrote. For example, he said, the 35-pound weight carried by marchers in their rucksacks during the Army’s Expert Infantry Badge qualification was based on

a World War II-era airborne study.

“It was the minimum weight required to prevent the rucksack from getting tangled in a jumper’s static line and had nothing to do with the equipment required for paratroopers to fight with once they landed – let alone the modern equipment that infantry soldiers need to carry today,” Carter noted.

The study and work that has gone into opening all military jobs to women “drove us to take a closer look at our training, too,” the secretary wrote.

Carter wrote that the department’s performance standards are now informed by real-world operational requirements and the experiences gained in Iraq and Afghanistan. “As a result, our military will be even better at finding and training not only the most-qualified women, but also the most-qualified men, for all military specialties.”

Carter has said throughout his tenure that the integration process will mean equal opportunity for, not equal participation by, women service members.

“Integration provides equal opportunity for men and women who can perform the tasks required – it does not guarantee women will be promoted at any specific number or at any set rate, as adherence to a merit-based system must continue to be paramount,” the secretary wrote. “We have to remember that it takes decades to grow a general or flag officer, so it will take time to see these results.”

News Briefs

Spring cleanup

All Fort Rucker organizations will conduct spring cleanup operations March 28-31 to improve the overall appearance of the installation. The schedule is March 28, cleanup of interior offices and work areas; March 29, cleanup of exterior areas and police call areas; March 30, continue to clean up interior and exterior areas from 9 a.m. to noon, and from 1-4 p.m. Soldiers residing in the barracks should clean up common areas of responsibility; and March 31, inspection by the U.S. Army Aviation Center of Excellence and garrison command sergeants major, and the Directorate of Public Works NCO in charge.

Units are reminded to ensure good operational security practices are used during clean-up. All unit OPSEC officers will monitor clean-up operations to ensure no personally identifiable information or restricted distribution materials are disposed of improperly.

For more information on spring cleanup, call 255-0739.

USACE change of responsibility

The U.S. Army Aviation Center of Excellence will host its command sergeant major of the Branch change of responsibility ceremony March 24 at 1:30 p.m. at the U.S. Army Aviation Museum.

Easter Sunrise Service

The Fort Rucker Community Easter Sunrise Service is scheduled for March 27 at 6:30 a.m. at the Guthrie Field Flight Landing Strip – located behind Wings Chapel, Bldg. 6036. Chaplain (Col.) Dean E. Bonura, U.S. Army Aviation Center of Excellence and Fort Rucker Garrison chaplain, will deliver the Easter message. The service will involve people of Fort Rucker and the neighboring civilian communities.

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” Tuesday 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.

Fitness center renovations

The Fort Rucker Physical Fitness Center, Bldg. 4605, is undergoing renovations to its heating, ventilating and air conditioning system. The construction timeline will occur in multiple intervals. Along with limited parking at the facility, the various phases of construction will eliminate use of the cardio room and temporarily inhibit full use of the racquetball courts, the front lobby area and the locker rooms. The Fortenberry-Colton PFC will continue normal hours of operation while renovations are carried out at the other PFC. The entire facility is closed Saturday and Sunday, and March 26 and 27. April through May, HVAC system installation will impact racquetball courts, cardio room, locker rooms and office area.

For more information, call 255-2296.

Supply support activity inventory

The Fort Rucker Logistics Readiness Center, Supply Support Activity in Bldg. 1212 will conduct a wall-to-wall inventory Monday-March 25. Normal operations will discontinue at 4:15 p.m. Friday 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.

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 di-

rections 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.

Lyster update

Check out Lyster Army Health Clinic’s Facebook page for the healthy tip of the day and clinic information, such as class dates and times. Lyster’s Twitter feed is at @LysterAHC.

Excellence

Continued from Page A1

chosen profession.”

The awardees were announced by Angela Jones, Fort Rucker Equal Employment Opportunity officer.

• **2016 Professional Woman of the Year:** Tammy Simmons-Griffin, Aviation and Missile Research, Development and Engineering Center, Aviation Engineering Directorate.

“Simmons-Griffin was provided the Commander’s Award for Civilian Service for exceptional meritorious achievement while assigned as an aerospace engineer for the U.S. Army Aviation and Missile Research and Development Engineering Center, Aviation Engineering Directorate,” said Jones. “She provided timely and authoritative responses to approving repairs on 900 maintenance engineering calls. Her actions saved 1,015 non-mission capable days and resulted in a 55 to 1 return on investment by significantly reducing Aviation operations and support expenses by over \$11 million dollars.”

• **2016 Administrative/Management Woman of the Year:** Lamoina Brooks, Installation Management Command, Directorate of Plans, Training, Mobilization and Security.

“Brooks was provided the Commander’s Award for Civilian Service for exceptional meritorious achievement while assigned as a plans and operations specialist for the



PHOTO BY NATHAN PFAU

Col. Shannon T. Miller, Fort Rucker garrison commander, and garrison Command Sgt. Maj. William D. Lohmeyer (far right) stand with the 2016 Women of the Year winners: Jennifer French, Staff Sgt. Holly Dozier, Joe Harris (representing winner Lamoina Brooks), Tammy Simmons-Griffin and Sgt. Britney McCarthy.

Installation Management Command, Directorate of Plans, Training, Mobilization, and Safety,” said Jones. “Her extraordinary and unparalleled attention to detail, problem-solving, and organizational and interpersonal skills have resulted in the installation organizations success in meeting their tasked and operation order requirements with maximum efficiency.”

• **2016 Technical Woman of the Year:** Staff Sgt. Holly Dozier, 1st Battalion, 223rd Aviation Regiment.

“Dozier was provided the Army Commendation

Medal for exceptionally meritorious service as a medical NCOIC for the 1st Battalion, 223rd Aviation Regiment,” said Jones. “Her dedication and hard work was instrumental in providing medical care for a brigade of over 200 Soldiers.”

• **2016 Administrative/Clerical Woman of the Year:** Jennifer French, IMCOM, Directorate of Human Resources.

“French was provided the Commander’s Award for Civilian Service for exceptional meritorious achievement while assigned as an administrative support as-

sistant to the Installation Management Command, Directorate of Human Resources,” said Jones. “Her exceptional performance and expertise has made her a trusted agent throughout the directorate and command. She streamlined all administrative documents by developing a tracking mechanism which increased efficiency, productivity, and save numerous

man-hours.”

• **2016 Other Occupational Woman of the Year:** Sgt. Britney McCarthy, IMCOM, Directorate of Public Safety.

“McCarthy was provided the Army Commendation Medal for exceptionally meritorious service as a military police Investigator,” said Jones. “Her monumental achievements

in the performance of her duties have earned her the distinction of being named the 2016 Woman of the year in the Other category. McCarthy’s dedication to duty and commitment to excellence reflect great credit upon herself, the 6th Military Police Detachment, the Military Police Corps, the U.S. Army Aviation Center of Excellence and the United States Army.”

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Diversity

Continued from Page A1

where you went to school,” she continued. “What matters is your passion for your profession, and that doesn’t know sex and that doesn’t know gender and that doesn’t know race.”

Although neither McClain nor Hammack said they encountered discrimination throughout their careers, they didn’t discount that discrimination exists, because they both owe their careers to women who pioneered the way for them.

“What I realize now is that I was fortunate to come in at the time that I did and come into the service that I did,” said McClain. “I chose a career path in the military (where) I was afforded every opportunity

that I earned. I didn’t witness inequality, I never encountered discrimination, personally, though I know some people did, and no doors were closed from me.

“But now that I’m on the outside looking back, I have a deeper sense of appreciation that I may be the first generation that has experienced this equality,” she continued. “I realized that the women (who) came to break down these barriers had the same passions that I did, but they had to spend their time breaking down barriers – I did not. They opened the doors that I got to walk through, that I earned the right to walk through.”

Although women have come far in the fight for equality, McClain said there are still times when women are perceived less

than their male counterparts.

McClain spoke on the topic of women in combat and shared a story of her own experience in what she described as “the biggest firefight I’d ever been a part of,” during her time in Iraq.

“It was the only night that I actually though I wasn’t going to be coming back from,” she said. “We did 7 ½ hours of flying that night and didn’t come back with any rounds left on our helicopters or our M-4 magazines, and we had a few lodged in our helicopters.

“It was one of those things that you don’t sleep for a few nights after,” she continued. “When I got home, I was sitting on an airplane while I was still in my uniform, and the gal next to me said to me, ‘I’m so glad

they don’t let you women in combat yet.’”

It’s that type of thinking that still hinders progress in the fight for equality, but it’s one that both McClain and Hammack hope will soon change. Hammack said if something is worth having, then it’s worth fighting for.

“If you have a passion for something, people will look beyond your age, your gender, your race, and they will see a person who has that passion who can accomplish things, and that’s who they want on their team,” she said. “Don’t live life with regrets. Pursue your passions because you never know where they’re going to take you. Be open to opportunities that come your way, be flexible and take advantage of them.”

Resiliency

Continued from Page A1

ited strength of the hummingbird, and the strength that God puts in us like wind under the wings of eagles.

Gauthier said the concept is wrapped in the five Ws – what, who, when, where and why.

“The what we must do is wait,” he said. “When you think of waiting, you might think it’s an inconvenience in life. It’s not waiting for the Lord, but it’s waiting on the Lord. It’s an attitude and an expectation. We’re talking about waiting on a good thing and that’s waiting on God.”

God is who we should be waiting on, he added, rather than waiting on ourselves.

“We have a broken default mechanism in our waiting, and we tend to default back

to waiting on our own strength, which is limited and will not get us anywhere,” said the TRADOC chaplain, adding that when we should wait on the lord is “all the time.”

“One of my purpose statements as the command chaplain of TRADOC is to strengthen the warrior’s soul,” he said. “When you’ve got a warrior who’s got a strong soul, you’ve got a warrior who can do just about anything and everything.”

Gauthier shared a story about how he fulfilled a life-long dream of learning to fly sailplanes and gliders.

“When you learn to fly in a sailplane, it is an amazing experience because you’re pulled by a tow plane, and your life becomes a tunnel-vision aperture when you’re behind that aircraft,” he said.

“When you get up to altitude, you pull that towline and all that you hear in the sailplane is the sound of the wind. The art of flying gliders is you fly in those rising pockets of air called thermals, and when you feel the aircraft go up just a little bit, you start to get inside the circumference of that thermal and you rise.

“I only got it right one time in a sailplane, and I felt the uptick and I started to bank the aircraft, and what an amazing thing to be in an aircraft without a motor and to see your altimeter going clockwise,” said the chaplain. “That for you and me is a picture of what it means to wait on the Lord. The eagle is equipped to do what he needs to do, but he needs the rising pocket of air to be able to gain his altitude, and for you and I, how we wait on the lord and

how we rise up on wings like eagles is we find the sweet spot – the pocket of God’s presence.”

Gauthier said the reason we must wait on the lord is because we, as humans, are not strong enough.

“Our physical strength, our emotional strength, our mental strength will eventually be no more. If you and I bank on our own strength, then you and I will be bankrupt,” he said. “God’s arm is long enough, and God’s hand is strong enough, and God’s love is great enough to pull you out of the hole and put you in a place where you can fly like an eagle in the pocket of God’s presence. Your soul is like a home, and God wants to dwell in that place. Invite him in and wait on the Lord all the time.”

Astronaut

Continued from Page A1

dents to get out of their comfort zones, something McClain said she had a difficult time doing at times.

“There’s nothing easy about going out and living your dreams, and there are points that are really scary,” she said. “It’s scary because nobody likes to fail. Every time I got out of my comfort zone, it got

a little bit easier. You have to scare yourself a little to go get your dreams.”

“The last thing I want you guys to do is to think big,” said the NASA astronaut. “I know it seems sometimes when you’re sitting at school that all of those big dreams and big accomplishments you guys have are for somebody else, but all the astronauts who are going to be selected in the next 30 years are


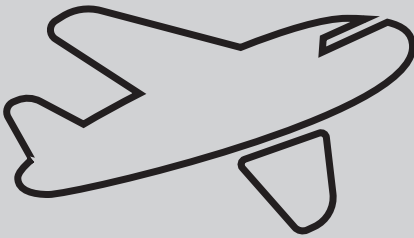
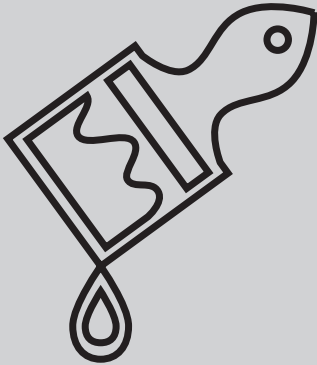
sitting exactly where you are sitting.

“They’re sitting in schools – and they’re having the same fears and same hopes that you’re having,” she said. “I want you all to think outside of yourselves and believe that you can do something amazing. Our world is really big, and we need you guys to grow up and help us with some really real problems. We need you to think big and be













part of the solution.”

For many of the students, McClain’s message resonated with them, and many found themselves inspired by her words.

“Major McClain’s visit to Fort Rucker Elementary School was absolutely amazing,” said Lisa Arthurs, FRES science teacher. “Not only did she talk about the journey to become an astronaut, but, more importantly, she spoke about creating dreams



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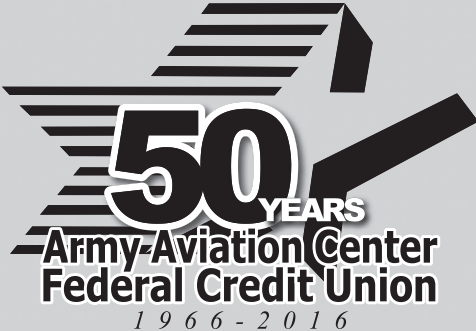


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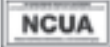



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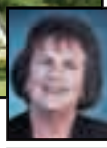
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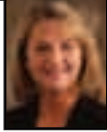
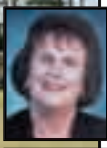
604 Northside
\$233,000: Large brick home in beautiful wooded neighborhood with many, many updates!!! Large grand room with fireplace, living room/dining room combo, office, hardwood floors. Kitchen has granite countertops & stainless steel appliances. 2 master suites plus a children's suite! Large backyard with a privacy fence. Convenient to Holly Hill & Dauphin Jr. High. This home is gorgeous!!!
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new LISTING



209 Briarhill
\$135,000: Beautiful brick home on a corner lot very convenient to Holly Hill & Dauphin Jr. High, shopping and Fort Rucker! Two living areas, large grand room perfect for family gatherings, sunroom and storage shed!
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75 County Road 752
\$236,500: Beautiful craftsman-style home with attention to detail throughout. Open floor plan with split bedrooms, hardwood floors, fireplace, 2-car side entry garage, covered porch & patio, level landscaped lot with wood privacy fence. A must see! Make this house your home.
JUDY DUNN 301-5656 **MLS #20160308**

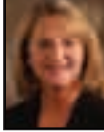


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new LISTING

207 Holly Hill
\$165,000: 2 separate living rooms, large open kitchen, covered deck, 3BR/2BA on main floor, 3 bedrooms plus large grand room with bedroom & kitchenette downstairs, 1,302 SF in finished walk-out basement included in SF. Circular drive to front & rear. Lots of storage, character & charm.
JACKIE THOMPSON 406-1231 & TEXT TERRI 406-2072 **MLS #20160313**



new LISTING



703 Plaza
\$75,000: Cute 2BR/2BA home was obviously well loved. Addition on the rear added a den with gas log fireplace, an indoor laundry room, & a small office nook. There is a Jacuzzi tub in the master, custom drapes in the living room & bedrooms & a tiled patio on the rear of the house. Driveway with additional parking pad is etched concrete & the yard is surrounded on 3 sides with a tall privacy fence. Evergreens on 1 side provide additional privacy. Potential for commercial rezoning.
JAN SAWYER 406-2393 **MLS #20160316**



new LISTING



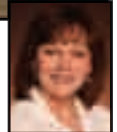
2803 Peachtree ~ Dothan
\$273,000: Custom built home with high cathedral ceilings. Magnificent home features 2 living areas, big office with French doors, big MBR & 2nd bedroom downstairs. 2nd floor: 2 more BR, extra-large size play room (can be 5th bedroom), another bathroom & an extra room for multiple uses. Beautiful flooring throughout the house, many closets & storage areas, central vac, custom built cabinets, granite tops & a large cover porch. Alabama right of redemption will apply.
NANCY CAFERO 389-1758 & BOB KUYKENDALL 369-9534 **MLS #20160331**



new LISTING



403 Candlewood
\$179,900: Great location & price on a 4BR/2BA with salt water swimming pool. New salt cell w/3 yr warranty, 2015. New laminate flooring except in bedrooms. New microwave hood, other appliances are newer. Formal living room or an office/study whichever you prefer. Formal dining & eat-in kitchen. Large family room w/wood burning fireplace. Huge storage room plus a great shed with electricity. Large, level backyard surrounded by wood privacy fence. Chain link fence around the pool for extra safety. Great outdoor space.
JAN SAWYER 406-2393 **MLS #20160337**

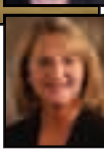


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new LISTING

202 Millenia
\$229,000: 4BR/2.5BA with screened porch on a corner lot in Cotton Creek. Wood privacy fence has a double gate with an extra parking pad. Bonus room can be a 4th bedroom. Mud room located off the laundry room!
JACKIE THOMPSON 406-1231 & TEXT TERRI 406-2072 **MLS #20160379**



new LISTING



191 Grandview ~ Ozark
\$135,000: Please put this nice home on your list. Enjoy your summer here! Spacious 3BR, 2 story, master bedroom downstairs with large living area. Large rooms, very comfortable, with a large private backyard with POOL!
FRAN & DON KALTENBAUGH 790-5973 **MLS #20160392**



new LISTING



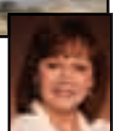
6680 County Road 636 ~ Chancellor
\$155,000: If you are wanting to move to the country, then here you are, not too far from anything. Dollar General store only 3 miles away. This is a 1-owner home that has 3BR on the one side of the house, but if you need more bedrooms, you could turn the formal living room into 1 or 2 more. Large entry foyer brings you into the den & then opens out to the sunroom. Nice gazebo out back for those warm afternoons & make the barn into the MANCAVE! Come take a look. Additional acreage possible.
EVELYN HITCH 406-3436 **MLS #20160393**



new LISTING



107 Woodley
\$139,000: NEW! NEW! Almost everything is new in this adorable updated cottage situated on a dead end street & convenient to schools, shopping, Ft. Rucker & everything Enterprise. New granite countertops, stainless appliances, flooring, light fixtures, fresh paint, a new deck ... what a perfect first place or a terrific investment property. All the work has been done. Just come relax in your new home & make it yours!
JAN SAWYER 406-2393 **MLS #20160396**



new LISTING



187 Maree ~ Daleville
\$185,000: Nice open floor plan with split bedrooms. Stainless steel appliances. Level yard with privacy wood fence & sprinklers make this your place for relaxation & family fun.
AGNES KARVONEN 406-9752 **MLS #20160405**



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204 OAK BLUFF: Stunning 3BR/3BA lake front home nestled among huge oak trees & offers an amazing view of the lake. Large kitchen, breakfast room, formal LR & DR, huge grandroom with fireplace, den & screened porch. Home warranty & HOA dues apply.
EVELYN HITCH 406-3436 & SAM HELMS 798-3357

LAKE NICHOLS ~ \$244,800



181 COUNTY ROAD 680: Beautiful home on 2.3+ acre lot. French doors open onto a huge & gorgeous screened patio that looks out onto a large wooded backyard. Current owners have created a nice walking trail through the woods. If peaceful country living & privacy are what you seek, then this house is perfect! The floor plan is great for everyday living & entertaining. There's plenty of room for a large family or lots of guests. With acceptable offer, owner will install a closet in the 4th bedroom which has been used as a den.
ROBIN FOX 389-4410

\$215,000 ~ 6BR/6BA



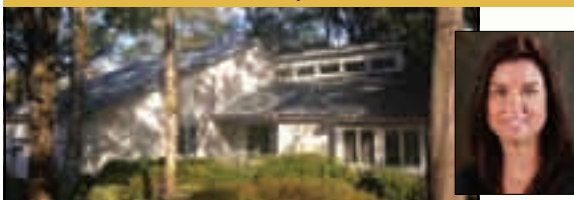
835 NORTH CLAXTON ~ ELBA: One-of-a-kind home sitting on about an acre with a small pond & it features 6BR/6 full BA, formal living/dining room combo, large den with doors out to patio for entertaining, eat-in kitchen & large laundry/mud room with lots of cabinets & sink. Carport separates the house from a bonus room that would be great for entertaining or exercising. Floors are hardwood, ceramic tile & carpet. You have to make your appointment to see this house because it is bigger than it looks.
MARGE SIMMONS 477-1962

\$189,000 ~ POOL



302 EAST KINGSWOOD: PRICED TO SELL! This home has a classic feel that's like paradise in beautiful Valley Stream. A beautiful sparkling pool is just the beginning of this over 2,400 SF masterpiece. Gas fireplace, laundry room & great entertaining space around the pool. Outdoor bar, privacy fence & beautiful landscape.
CHRIS ROGERS 406-0726

\$139,900



108 LIVEOAK: This 3BR/2.5BA modern home, with a large outdoor deck, is located on a peaceful wooded lot. Must see features include: the many windows letting in lots of natural light, an open style floor plan, window seats in 2 bedrooms, access to the outdoor deck from the master bedroom, even a front door entry coat closet. This beautiful home has lots to offer, come see today!
SOMMER RAKES 406-1286



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502 WINDSOR TRACE: Stunning home adjacent to Windsor Trace pond & nestled on wooded lot. Privacy & beauty abounds in this large home with details, upgrades, & architecture that is unmatched. All 6 bedrooms have easy access to own bath & 4 have ensuite baths. If you want character & luxury this home has both & a 3-car garage, large bedrooms, dramatic double staircase, custom granite pool with stone accent, gourmet kitchen & so much more.
SOMMER RAKES 406-1286

HUNTER RIDGE ~ \$276,000



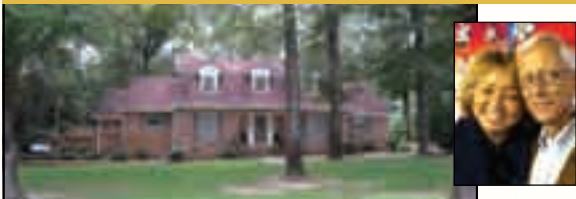
16 COUNTY ROAD 168: Walk in front entry foyer with formal dining room on your right, straight ahead you will find the grandroom with double coffered ceilings, hardwood floors & gas log fireplace. Kitchen has solid surface countertops w/bar area & stainless steel appliances. Split bedrooms with master featuring 2 walk-in closets, Jacuzzi & separate shower in master bath. Oversized corner lot with oversized covered deck & beautifully landscaped yard. Come take a look & call yourself HOME!
EVELYN HITCH 406-3436

\$104,000 ~ START A BUSINESS



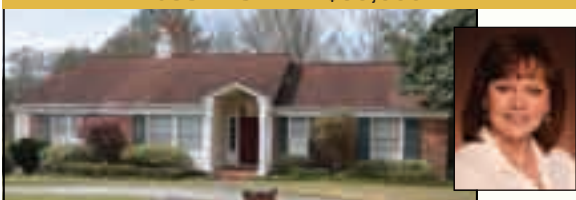
117 COLLEGE: Great location in historic downtown. Convenient to courthouse, downtown shops. Ready to move in. Reception area, 3 offices, 4th room could be another office or tech room. Seller will replace canvas on awning with purchasers choice.
PAT LEGGETT 406-7653

\$177,900



996 WINSTON: Well-built home that is privately located & extra lot is included in sale. Kitchen appliances updated to include Jenn-Air down draft grill cook top, microwave/convection oven, refrigerator & dishwasher. You will love the energy efficient Pella Windows! The spacious sunroom overlooks the private backyard. Storage galore in walk-in attic...you will have room for everything that is in the storage building! Shop building has 1-3 car carport, grilling area, deck & patio area.
FRAN & DON KALTENBAUGH 790-5973

JUST LISTED ~ \$95,000



702 WEST LEE: So much character & charm in this 4BR/3BA. You need to see it in person to realize the potential here. There is a workshop with sink & all bedrooms have a walk-in closet. Original hardwood floors, a finished basement & a lovely little stream on the rear of the property. All that is needed is your family & some TLC.
JAN SAWYER 406-2393



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DIRECTIONS: Boll Weevil Circle turn into Brookwood. Turn left onto Grey Fox. Home on the left.

HOSTED BY:
MARLA BELLARD
464-11149

OPEN SUN., MARCH 20 • 2-4PM



207 HOLLY HILL ~ \$165,000: 2 separate living rooms, large open kitchen, covered deck, 3BR/2BA on main floor, 3BR plus large grand room with bathroom & kitchenette downstairs, 1,302 SF in finished walk-out basement included in SF. Circular drive to front & rear. Lots of storage, character & charm!
DIRECTIONS: Boll Weevil Circle to right on Holly Hill Road, house is on the right.

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SUNDAY, MARCH 20 ~ 2:00PM-4:00PM

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DIRECTIONS: Woodland Park Subdivision: From the bypass turn inside the circle onto Hwy 134/Damascus Hwy then left onto Jasmine Circle or left onto Winterberry Way & right on Jasmine Circle.

HOSTED BY:
CHRIS ROGERS ~ 406-0726



224 JASMINE CIRCLE
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3BR/2BA
Winterberry Plan



210 WINTERBERRY WAY
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3BR/2BA
Poplar Place Plan



212 WINTERBERRY WAY
\$154,000
3BR/2BA
Maple Leaf Plan

MARCH 17, 2016

Soldier ‘Digital Job Book’ to go online



FILE PHOTO

Then-WO1 Jason Smitherman, a flight student assigned to B Co., 1st Battalion, 145th Aviation Regiment, waits for a thumbs up from his instructor pilot to approach an AH-64D Apache in 2013. In the future, Soldiers may document completion of such training online in their Digital Job Books.

By C. Todd Lopez
Army News Service

WASHINGTON — Job books will return to the Army at the end of March, in digital form, allowing Soldiers to track such things as physical training, weapons qualification, mandatory training, scheduled classes and unit training schedules.

Command Sgt. Maj. David S. Davenport, the command sergeant major for U.S. Army Training and Doctrine Command, said it'll be March 25 when the new Digital Job Book goes online in beta form within the Army Training Network.

"The Digital Job Book – by proponent – lists the critical tasks that Soldiers need to be proficient on, by skill level," Davenport said. "It allows leaders to record that training. What's powerful about it is it also allows chains of command to come in and insert tasks they want to work on as well."

During a TRADOC-led online "town hall"

last week, Davenport said the new Digital Job Book is a reincarnation of the job books of days past, which were paper, about three inches by an inch and a half in size, and carried around in cargo pockets. Soldiers initialed which tasks they had completed.

The books allowed Soldiers to always know how current they were on training and also allowed them to convey that information to their leadership.

"So, when the sergeant major was out running around, he could ask Soldiers what they were training on," Davenport said. "And leaders would take that book to training meetings and plan training for Soldiers."

Davenport said the Digital Job Book will synch with the Army Training Requirements and Resources System and Digital Training Management System.

Army National Guard Command Sgt. Maj. Brunk W. Conley said squad leaders

SEE ONLINE, PAGE B4

InstantEye

UAS brings security, situational awareness to 10th Mountain Soldiers

By Sgt. Cheryl Cox
1st Brigade Combat Team
Public Affairs

BAGHDAD, Iraq — Advances in drone technology are making significant impacts on activities around the globe and Army operations are no exception.

Soldiers with the 3rd Squadron, 71st Cavalry Regiment, 1st Brigade Combat Team, 10th Mountain Division (LI), have been putting an updated version of the InstantEye unmanned aircraft system through its paces while deployed in support of Operation Inherent Resolve, said Sgt. 1st Class Thomas Rogers, an operational adviser with the Asymmetrical Warfare Group, out of Fort Meade, Maryland.

The InstantEye is an all-weather, high-performance, low-cost quadcopter that can be launched and recovered by a single person, going from packed away to airborne in under 30 seconds to provide rapid situational awareness and tactical sensor operations for 30 minutes on a single battery charge, he said.

Soldier safety was a key factor in the InstantEye design, Rogers added.

"If (the aircraft) goes down, you don't have to go out looking for it," he said. "It has no information whatsoever saved on it – and it doesn't cost that much."

Each flight's camera footage is saved on a memory card in the control unit that stays in the operator's hands. The aircraft merely transmits the data to the controller, according to Rogers. InstantEye gives the same picture to the operator, the unit on the ground and to their headquarters miles away, thanks to a digital download link that ties it all together.

Before bringing the system to Iraq, the Soldiers with AWG also tested additional capabilities, including verifying that the aircraft can be used to call for fire from field artillery, he said.

"Now we want to see what the impact is on the gun target line," Rogers said. "We are simultaneously testing to see how far we have to be from the explosion so that it doesn't affect the aircraft."

Soldiers training on the system in Iraq are also sending feedback to the manufacturer to help refine the product.

"This is the crawl phase for these guys to train and

SEE UAS, PAGE B4



PHOTO BY SGT. CHERYL COX

Spc. Michael Kobart, right, and Sgt. David Vidrine, both with A Troop, 3rd Squadron, 71st Cavalry Regiment, 1st Brigade Combat Team, 10th Mountain Division (LI), conduct a motor test with the Gen4 InstantEye during training in Baghdad, Iraq.



PHOTO BY CAPT. ADAN CAZAREZ

Soldiers from the DeGlopper Air Assault School, XVIII Airborne Corps, wait to sling-load a cargo trailer onto a UH-60 Black Hawk assigned to the 2nd Assault Helicopter Battalion, 82nd Combat Aviation Brigade, 82nd Airborne Division, Fort Bragg, N.C. March 10.

PAVING THE WAY

'Sky's the limit' after breaking Aviation ceilings

By Gary Sheftick
Army News Service

WASHINGTON — Not many Army second lieutenants in 1989 were flying fixed-wing aircraft, let alone serving as a pilot for the Army chief of engineers.

That year, 2nd Lt. Angelia Farnell was also the first woman to serve in the Aviation support unit at Fort Leonard Wood, Missouri, after the U.S. Army Engineer School and Center moved there.

"That was interesting – to show up at a unit that didn't have female pilots," Farnell said, adding that all of the pilots were seasoned chief warrant officers, except for the commander who was a lieutenant colonel.

"The warrant officers gave me so much grief, because in their minds a second lieutenant should not have been flying airplanes," she said.

She stood her ground, however, and proved her mettle flying UH-1H Hueys and the U-21 "Queen Air" fixed-wing aircraft. Soon she was asked to pilot the commanding general.

"I've never been one to back down from a challenge," Farnell said. "It's just not in my nature."

Mentoring Aviators

Now-Colonel Farnell is the senior female African-American Aviator in the active Army, even though she's not flying in her current assignment. She still mentors other female Aviators and gives advice to those who may someday take her place at the pinnacle of their career field.

"As a leader, as a mentor-coach, I'm always trying to develop my replacement," she said.

Currently, female officers make up about 10 percent of the active Army Aviation Branch. There are about 3,314 male Army Aviators and 329 female pilots in the Army, but only a handful of African-American female Aviators, Farnell said.

Maj. Gen. Gregg Potter, commanding general of the Intelligence School



PHOTO ILLUSTRATION BY PEGGY FRIERSON

and Center, noted during his remarks when Farnell relinquished brigade command there. "Always the mentor, Angie has sought every opportunity to give back to our future generations," he said.

Farnell commanded the 111th MI Brigade at Fort Huachuca, Arizona, from July 2010 to July 2012. She was the first female African-American Aviator to command a military intelligence brigade.

"I've always been one to finish whatever I start – I see it through the end and do my very best," she said. "And, so far, whatever I've set out to do, I've been very successful in achieving it."

Intel to PAO

After her first assignment at Fort Leonard Wood, Farnell attended the Military Intelligence Advanced Course at Fort Huachuca and there learned to fly RC-12 Guardrail aircraft.

She went on to fly aerial reconnaissance missions over the demilitarized zone in Korea during three tours there as well as imminent danger area missions in Bosnia/Kosovo.

"I strive to be the best at whatever I do," she said, "and also in doing that,

I try to open doors or keep doors open for those coming behind me."

Farnell was the first Army officer at the Stimson Center in Washington, D.C., during her last assignment as part of the Army Chief of Staff Senior Fellows program. She participated in the East Asia studies program as well as the Budgeting for Foreign Affairs and Defense program, and conducted research on the connection between K-12 education standards and the military.

She also has served tours on the Army Staff and in the Office of the Secretary of Defense, working personnel and readiness policy.

"I make the best of every assignment," she said. Now she is serving as the chief of staff for Army Public Affairs in the Pentagon.

"I've learned a lot," she said about her first assignment in public affairs. She has gained an appreciation for the role of journalists, she said, and added with a smile that she's mastering the Associated Press style. "There's never a dull moment or a dull day," she said about the fast pace of the news business.

SEE AVIATION, PAGE B4

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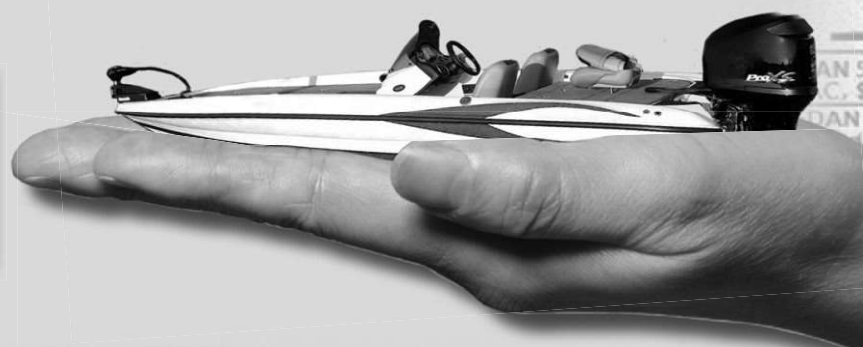
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Online

Continued from Page B1

“need to be all over this,” and that they should sign up for the beta test of the Digital Job Book and start annotating their own and subordinate training. “We have to get back into a training mentality with our first-line leaders.”

Will they get their campaign hats back?

Back in 2007, the Army transitioned from using drill sergeants in Advanced Individual Training to AIT platoon

sergeants. Davenport said the move was made as a way to “recognize that period of transformation that (Soldiers) were going through – less total control.”

Now, Davenport said, the Army is looking at putting drill sergeants back into the AIT environment.

“It’s a recommendation. Of course, we have to see about funding. But we are trying to do everything we can to make sure our Soldiers are successful when they transition to their first unit of assignment,” Davenport said. “We lose about 12 percent in the training base, of the cohort that we get

And we want to make sure they are the fittest, and most disciplined and well-trained Soldiers that we have as we give them to their first unit of assignment.”

Davenport didn’t say that AIT platoon sergeants weren’t doing a good job now – he said instead that drill sergeants are “a way to invest in the training of our Soldiers. We’ve done the cost analysis, we’re moving the case forward to see if it’s first of all feasible, affordable and sustainable. Anything we do you have to look through those filters to affect change.”

UAS

Continued from Page B1

play with it,” said Staff Sgt. William Evans, a squad leader with C Troop, 3-7st Cavalry. “It was born, we got it and got the system running, going step by step by step, troubleshooting so that it can be a more solid system.”

The slightly larger and heavier new version was user-friendly to the Ghost Squadron troopers, who were eager to see what it could do and if it was practical, he said.

“I was expecting a lot of complicated steps before it got going, but it was really easy,” said Sgt. David Vidrine, with A Troop, 3-71st Cavalry. “I can definitely see how easy this could be to use if we need to observe a certain location.”

John Kimball, 1st BCT safety officer and a retired Army first sergeant, observed the training. He spoke about

the system’s usefulness for observation from a safe location, noting the quadcopter’s covert qualities.

“Even directly overhead you can’t hear it,” Kimball said. “At 200- to 300-foot altitude, you can still identify individuals on the ground, but if they aren’t looking for it, they’re not going to know it’s there.”

After his first time flying the InstantEye, Pfc. Taylor Chapman, with C Troop, 3-71st Cavalry, immediately saw its benefits.

“When conducting patrols, you will be able to see what’s in front of you with (InstantEye) scanning,” Chapman said. “When you are done with the objective and you’re walking back out, it can be used to cover (you).”

Ghost Squadron Soldiers have been using the previous version of InstantEye since the middle of 2015.



PHOTO BY SGT. CHERYL COX

Kobart and Vidrine inspect the InstantEye.

Aviation

Continued from Page B1

Giving back

In her time off, Farnell volunteers with her sorority, Alpha Kappa Alpha Sorority, Inc., working with New Hope Housing to help the homeless as well as the sorority’s “Stop Hunger Now” initiative to provide healthy snacks for school-age children in Fairfax county. She especially likes to help underprivileged children and young adults. .She keeps in contact with her roots and tries to go back to her hometown in Louisiana at least twice a year. She grew

up in Pleasant Hill, Louisiana, and graduated from Southern University A&M College in Baton Rouge, Louisiana.

Her mother is still in Louisiana and although she’s proud of her daughter, Farnell said mom never wanted her to become a pilot. She thought it was too dangerous.

But her parents always told her “whatever you choose to be in life, you be the best that you can be, and never let anyone tell you that you can’t do something.”

Farnell said she took that to heart.

“I’ve been referred to as a duck some-

times,” she said, explaining she’s been told by others ““You just let (stuff) roll off your back and never stress out!”

Farnell said no one should worry too much about the opinions of others. “Believe in yourself,” she said. “Don’t let anyone define who you are. You define yourself.”

Farnell credits her success to the senior NCOs that molded her over the years and taught her about leadership. She still keeps in touch with many of them. She says there’s no greater feeling of accomplishment as a leader than to have your

previous Soldiers still stay in touch with you seeking mentorship after they are no longer under your command and tell you the positive impact you made on their life and their success.

“To me, that is the true test that you were a good leader,” she said.

“Set your goals high and remember the three C’s in life: challenges, choices and consequences. With every challenge comes a choice. With every choice comes a consequence. And the circle continues,” she said.

“The sky is the limit.”

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WANTED
Volunteers sought
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Story on Page C3

MARCH 17, 2016

Hassle free



MWR Central day trips relieve planning pressure

By Jeremy Henderson
Army Flier Staff Writer

Soldiers and their families are invited to spring into warm weather fun beginning with a day trip to Wild Adventures park March 26.

According to Heather Brown, Fort Rucker Directorate of Family and Morale, Welfare and Recreation Community Recreation Division Program Assistant, the day trips are designed to appeal to a wide age range – from youth to adults.

“Day trips with MWR Central provide an affordable trip with all the planning and transportation arranged in advance,” she said. “All you need to do is show up and enjoy the fun. We offer a wide variety of trips for all different types of entertainment. We have family trips, kid-friendly trips, girl trips, guy trips, and trips for people who just want to have fun.

“These trips are affordable and adventurous,” she added. “We plan all kinds of trips that are sure to offer something for everyone. Why sit around with nothing to do on the weekend when you can get away and let MWR Central take care of all the hassle?”

According to Brown, MWR Central’s day trips remove the stress and allow participants to simply enjoy the time away.

“We offer the best prices on tickets and combine that price



COURTESY GRAPHIC

with an affordable transportation cost that allows you to enjoy your trip from the minute you arrive until we drop you off at the end of a trip,” she said. “There’s never a reason to worry about traffic, safety, or driving directions. We’ve take care of everything. Let us do all the planning and worry about how to get there. You can sit back, relax and enjoy the ride. We’ll make sure you arrive safely and on time.”

The following is a preview of some of the upcoming MWR Central day trips.

- **Wild Adventures Day Trip, March 26** — Wild Adventures is a 170-acre theme park, water park and animal park all in one place in Valdosta, Georgia. The park features one of the largest ride collections in the South, with more than 500 wild animals, Splash Island

Water Park, shows, festivals and all-star concerts. New to Wild Adventures for the 2016 season is the dinosaur experience – explore a land full of dinosaurs with over 20 giant, moving, roaring, prehistoric creatures taking over Wild Adventures. This trip is the perfect way to kick off spring break, according to Brown. All ages are welcome and signups are at MWR Central in the Soldier Service Center, Bldg. 5700. Cost is \$53 per person. Deadline to register is March 25.

- **Six Flags, April 16** — Six Flags over Georgia is one of the greatest thrill parks in the south. This year it is introducing a ground-breaking new ride experience – the New Revolution Virtual Reality Coaster. This coaster is North

America’s first dedicated virtual reality roller coaster, according to park officials. Riders will experience thrills like never before with wireless headsets that allow guests, ages 13 and older, to enter a virtual world with high-resolution imagery and 360-degree views that synchronize to the action of the coaster. The price for this trip is \$65 per person, and includes ticket and transportation to the park. Deadline to register is April 14.

- **Tough Mudder weekend, May 6-7** — The Tough Mudder weekend is an overnight trip to Fairburn, Georgia. Participants will stay in a hotel May 6 and compete in the race May 7. Tough Mudder is a team-oriented, 10-12 mile obstacle course designed to test physical strength and

mental grit. Tough Mudder puts camaraderie over finisher rankings and is not a race, but a team challenge. Prices are based on people per room and include transportation, tickets and hotel. Deadline to register is April 15.

- **Renaissance Festival, May 14** — Travel back in time to the Renaissance Fair in Fairburn, Georgia. Attendees can celebrate Celtic heritage and enter contests. The trip includes haggis eating, bag piping, Irish dancing and more. Price for this trip will include one night’s stay in a hotel, two tickets to the renaissance festival, and transportation to and from Fort Rucker. The Georgia Renaissance Festival is a Renaissance fair that recreates England’s renaissance for entertainment purposes, according to organizers. The time period for the festival is set as the 16th century, during the reign of King Henry VIII. Ten performance stages are situated throughout the festival, featuring shows for all ages. The entertainment includes jugglers, musicians, comedic storytelling and jousting. Over 1,000 characters are dressed as members of the royal court, monks and peasants. Patrons are encouraged to dress up, as well.

For more information on the day trips, call 255-2997.

VOLUNTEER OPPORTUNITIES

Exceptional Family Member Program Administrative Support Assistant

Duties: Filing, sorting, copying, scanning and e-mailing documents; assisting with updating respite care rosters; answering the telephone; taking messages; providing general information to clients about Army Community Service and EFMP; making training packets; proofreading documents; and making phone calls, etc. If interested, call 255-9277.

EFMP System Navigator Assistant

Duties: Assist in special needs workshops and teach, if need be. Maintain a resource library. Assist with the support of on- and off-post support of special-needs family members. Become knowledgeable about the systems used by families with special needs. If interested, call 255-3634.

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. Report any safety issues to the ACS volunteer coordinator. Adhere to guidance outlined in Army Regulation 608-1 and AFTB standard operating procedures. If interested, call 255-1429.



SCREAM FREE

Workshop teaches healthy relationship techniques

By Jeremy Henderson
Army Flier Staff Writer

Communication is a key component to healthy relationships, and couples have the opportunity to gain new knowledge and tools during an upcoming workshop.

Fort Rucker Army Community Service presents a ScreaFree Marriage workshop March 28, March 30 and April 1 from 11:30 a.m. to 1 p.m. at the Munson Heights community center.

“The focus of this workshop is strengthening your marriage through ScreaFree Marriage techniques,” Luticia Trimble-Smith, ACS Family Advocacy Program manager, said. “The main concept is calming down, growing up and getting closer.”

The program is free to Soldiers and their partners. However, Trimble-Smith said, the class could also benefit couples who aren’t married or even in a relationship. She added that everyone is welcome to register and attend.

“They don’t have to be married to attend the workshop or even currently in a relationship,” she said. “These techniques can be useful in any current or future relationships, not just marriage.”

Attendees are asked to bring their

“These techniques can be useful in any current or future relationships, not just marriage.”

— LUTICIA TRIMBLE-SMITH,
ARMY COMMUNITY SERVICE
FAMILY ADVOCACY PROGRAM
MANAGER

own lunch. Free daycare will be provided and lunches may be stored in a refrigerator at the community center. The deadline to register is March 24.

According to Trimble-Smith, all couples can benefit from the workshop.

“This workshop is for anyone – whether there are major issues or not,” she said. “There is always an opportunity for growth and improvement.”

“The class also focuses on becoming more connected with your spouse, not just on negative things that need to be changed,” she added.

According to Trimble-Smith, techniques covered in the workshop in-

clude how to take responsibility for one’s own behavior, as well as how to calm down, grow up and get connected with one’s spouse.

The workshop will be taught by certified ScreaFree trainers, Katie Duncan from FAP and Traci Dunlap from the Army Substance Abuse Program.

Attendees will be able to eat their lunch while they work through the ScreaFree marriage chapters, according to Trimble-Smith. Each day will cover three to four chapters in the ScreaFree Marriage workbook.

“ScreaFree Marriage workshops started in 2012 and families continue to call and ask for the ScreaFree workshop,” Trimble-Smith said. “I think much of its success comes from the non-blaming, open discussion among other couples in the workshop.”

“It provides support to married couples and educates them on different ways to interact,” she added. “It gives them alternatives to ‘screaming,’ even if their screaming is actually silence.”

Trimble-Smith said attendees need nothing more than their lunch, an open mind and a willingness to do some work outside of the classroom.

For more information or to register, call 255-9644 or 255-3898.

ON POST

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

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.

ACS foreign language survey

Army Community Service is gauging interest in basic German, Korean and Spanish conversational classes with a survey now through March 31. People can let ACS know what they think by visiting <https://www.surveymonkey.com/r/HHZ2MXS>.

For more information, call 255-3161.

Children’s Festival

Fort Rucker’s 12th annual Children’s Festival is scheduled for Saturday from 1-4 p.m. at the 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.

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.

Go Green Skate Night

The Fort Rucker Child, Youth and School Services School Age Center will host its Go Green Skate Night Friday. 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 Friday 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.

Bounce into Spring Break

The Fort Rucker School Age Center will host its Bouncing into Spring Break activities Monday 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

WoW Factor Spring Break

The Fort Rucker Youth Center will host WoW Factor Spring Break Monday to April 1. To participate, youth must be registered with child, youth and school services and in grades six-12. Spring break will feature activities, movies, games, paintball, food and more. Camp hours are 7 a.m. to 1 p.m.. There will be a fee for camps. Open recreation begins at 1 p.m. with no fee.

For membership information or to sign-up for membership, call parent central services at 255-9683.

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



FILE PHOTO

Outdoor yard sale

Shoppers check out the wares at the 2014 outdoor yard sale. The annual Fort Rucker Outdoor Yard Sale, Flea Market and Non-appropriated Fund Property Sale will be April 2 from 7-11 a.m. on the festival fields. The event is open to the public, but no commercial vendors are allowed. Booth space fees apply to sellers. To register, visit MWR Central or call 255-2997. For more information, call 255-1749.

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.

Army Family Team Building app

People can complete Army Family Team Building training through AFTB’s app. Visit <http://www.ftruckermwr.com/acs/army-family-team-building/> to find the direct link to the app. Once complete, people can contact Fort Rucker AFTB to receive their certificate. Search for AFTB in the app store for Apple devices. For more information, call 255-9637.

Skateboarder’s Party

The Fort Rucker Youth Center will host its Skateboarder’s Party March 26 from 2-5 p.m. The event is for registered members only and participants must have a signed liability waiver. Refreshments will be provided.

For more information, call 255-2147.

Easter Brunch at The Landing

The Landing will host its Easter Brunch March 27 from 10 a.m. to 2 p.m. The brunch will feature seasonal dishes and traditional brunch favorites, including an omelet bar, carving stations, deluxe dessert bar and more. Costs are \$49 for the military family special for two adults and up to two children, \$19.95 for adults, \$8.95 for youth ages 6-12, \$3.95 for youth ages 3-5, and children 2 and under eat for free.

For more information, call 598-2426.

Scream Free Marriage

Army Community Service presents its Scream Free Marriage workshop at Munson Heights Community Center March 28, 30 and April 1 from 11:30 a.m. to 1 p.m. Attendees are welcome to bring their own lunches. The deadline to register is March 24.

For more information or to register, call 255-9644 or 255-3898.

Baby sign language

Army Community Service’s New Parent Support will offer a baby sign language class March 29 from 9-11 a.m. at The Commons. People need to register by March 22.

For more information, call 255-9647, 255-3359 or 255-9805.

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

DFMWR Spotlight

The Landing Ballroom | Open to the Public



2016 Easter Brunch

**Sunday, March 27
10 am – 2 pm**

We look forward to celebrating Easter with you during our brunch. Enjoy classic and seasonal dishes that are sure to make you come back for seconds.

Adults: \$18.95	Ages 3-5: \$4.95
Ages 6-12: \$3.95	Ages 2 & under: FREE

Menu

- omelet bar
- carved ham and roast beef
- shrimp and grits station
- homemade chicken and dumplings
- potato bar
- dessert bar and more!

**Military Family
Special: \$49.00**
(2 adults and
up to 2 children)



Reservations are not required but highly encouraged. To make reservations or for more information call The Landing, (334)598-2426.

rucker.armymwr.com

 Fort Rucker MWR

is held every month, and both military and civilians are welcome.

For more information, call 598-8025.

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session March 31. Peo-

ple 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 17-20			
Thursday, March 17	Friday, March 18	Saturday, March 19	Sunday, March 20
Kung Fu Panda 3 (PG)7 p.m.	The Divergent Series: Allegiant (PG-13)7 p.m.	The Divergent Series: Allegiant (PG-13)4 & 7 p.m.	The Divergent Series: Allegiant (PG-13)1 & 4 p.m.

WANTED

Volunteers sought to escort veterans during Honor Flight

By Arthur Mondale
Joint Base Myer-Henderson
Hall Public Affairs

ARLINGTON, Va. — As more veterans of World War II, Korea and Vietnam travel to Washington, D.C., as part of the Honor Flight program, more volunteers are needed to escort them.

For over a decade, Honor Flights have transported thousands of World War II, Korean War and Vietnam War veterans who live throughout the U.S. to Washington, D.C. During these trips, veterans visit the memorials of their respective wars, among a long list of other national monuments.

These veterans are flown to D.C. for a time of remembrance and reflection at commemorative, nationally recognized structures of high importance, memorials built to honor those who served, fought and perished. But the logistics surrounding these significant visits require heavy volunteer manpower: Honor Flight airport greeters and guardians.

“I’ve been volunteering for a couple of years,” said Daisy May Morgan, a retired Navy senior chief petty officer, who was last stationed at the Pentagon. “I volunteer my time out of my appreciation for our nation’s pioneers and the shoulders that we are currently standing on.”

Morgan served as an Honor Flight airport greeter during the arrival of the oldest World War II vet, 110-year-old Frank Livingston, who arrived in D.C. by way of an Honor Flight to Ronald Reagan Washington National Airport in December.

Another volunteer who assisted during Livingston’s monumental trip was U.S. Army Spc. Daniel Yeadon, social media and outreach specialist with 4th Battalion, 3rd U.S. Infantry Regiment (The Old Guard), at Joint Base Myer-Henderson Hall.

Yeadon has served as a volunteer guardian (escort) to half a dozen visiting veterans over the last 12 months and sums up his volunteer experience in one word: indescribable.

“There’s not another volunteer experience like volunteering with a veteran on an Honor Flight,” he said. “It’s an experience that’s filled with all these emotions from the time these veterans land until the time they return back home. By the end of the experience you know about a person’s military career: their experiences in war and how they felt losing friends when they were serving in battle.

“The stories you’ll hear and the tears they shed in front of you are proof these men and women have actually seen war,” he said. “And



PHOTO BY NELL KING

Master Sgt. Annette Reed, center, shakes the hand of one of 75 female veterans who took part in the first all-female Honor Flight Sept. 22 at Ronald Reagan Washington National Airport in Arlington, Va.

to be able to visit monuments with these men and women who have been all over the world, but have never been to the monuments that were built for them is just priceless.”

Yeadon’s sentiments were echoed by Marine Corps Master Sgt. Jason Surratt, staff NCO in charge of the Official Military Personnel File Office at Marine Corps Base Quantico.

Surratt served as a guardian five times last summer alone. He called the experiences “life changing” for both the veterans he’s escorted and himself.

“These men and women have requested to go on these flights for a reason,” he said. “The last person I escorted was a 101-year-old man. He came to D.C. for the same reason others had come before him – for closure.”

The next round of Honor Flight arrivals will begin flying into D.C.-area airports in April, May and June, according to Laura Robertson, guardian coordinator for Ronald Reagan Washington National Airport. And she’s being proactive about avoiding a potential shortage of greeters and guardians this spring and summer.

“Honor Flights have evolved,” said Robertson. “Every veteran on an Honor Flight needs a guardian. It used to be every three veterans needed a guardian, now the norm is every veteran will have their own individual guardian. In that case they are utilizing more D.C.-based guardians.”

“And we’re heading into the time of year when you’re going

to see Honor Flights arrive just about every other weekend at DCA (Ronald Reagan Washington National Airport) and Washington Dulles International Airport,” Surratt said.

Moreover, trips have gotten longer, Robertson adds. A two-day, overnight stay has become more common. That requires volunteers to prepare for two days of visiting national monuments, to include: the World War II Memorial, the Korean War Memorial, the Vietnam Memorial, the Lincoln Memorial, the Marine Corps War Memorial, the U.S. Air Force Memorial, the U.S. Navy Memorial, Arlington National Cemetery, Tomb of the Unknown Soldier, the Women in Military Service for America Memorial, and a city tour of Washington, D.C., which could include stops at the Smithsonian Museum and Washington Navy Yard.

March 1, in an effort to reach a larger pool of volunteer guardians, Robertson held a two-hour Honor Flight Guardian Training seminar at the Arlington Public Library. The event was attended by military-affiliated personnel who work at installations in northern Virginia.

The hope was to reach a pool of volunteers who were dependable, physically fit and relatable, she said.

“Our primary mission is to watch over the safety of our veteran, and that includes the emotional well-being, their physical and mental health,” Robertson said. “Typically our volunteer guardians need to be dependable



PHOTO BY DAMIEN SALAS

Spc. Dan Yeadon and Honor Flight attendee retired Navy Petty Officer 1st Class Tommie Lee from Austin, Texas, view the U.S. Marine Corps War Memorial while waiting to take a group photo in Arlington, Va., May 2.

and fit enough to walk between 3-5 miles a day, because these trips pack in what some people do in a week. But the emotional wellbeing is just as important. This should be a fulfilling day for our veterans, and our guardians need to initiate conversation in a respectful way.”

The seminar covered general safety rules, as well as medical concerns, the importance of hydration and the importance of capturing the guardians’ experience with his or her designated veteran through pictures, either by cell phone or digital camera.

“It’s important to think about photographs,” Robertson said. “Serving as a guardian should be seen as a memorable honor and a privilege.”

Attendees were given a lot of training material to review, and provided with a medical information form and a legal waiver.

“I’m building a pool of eligible

guardians, so the next time I get a request for guardians they will be among the people who are notified,” Robertson said. “But I understand that everyone has their own gifts, limitations and thresholds.”

“You need to be able to empathize, which is why service-connected volunteers are so important,” Yeadon added.

“Volunteers should understand that you’re helping them (Honor Flight veterans) tell their story – and it could be a two-day event,” Surratt said. “It’s a big deal that’s capped off with a return full of claps and ovations, and the highly anticipated heroes’ welcome that awaits them when they arrive back to the airports from where they originally came. Thousands of people are just waiting for them to come home. This kind of volunteer experience is both memorable and equally amazing.”

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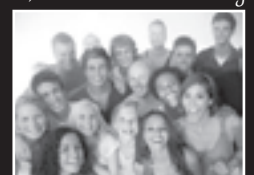
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1 Corinthians 11:1

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Call 347-9533 to advertise your church on this page.

Trail sale offers deals on antiques



Army Flier
Staff Reports

Over 125 shops and malls in 69 Alabama towns will be participating in the Alabama Antique Trail Sale March 1-31. Some stores will have selected items on sale. Other stores may have a percent off everything. To find the locations, hours and types of stores visit <http://AlabamaAntiqueTrail.com>.

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.andalusialegionpost80.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 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.

APRIL 6 — The Alzheimer’s Resource Center and Wallace Community College will hold the 27th annual Alzheimer’s Educational Conference at the Dothan Civic Center. One of the presenters will be Dr. Walter T. Geary Jr., bureau director and medical director of the Bureau of Health Provider Standards of the Alabama Department of Public Health. Geary will be speaking on “Alzheimer’s Disease and other Dementias” and “Person-Centered Care in a Nursing Home or Residential Care Facility.” For more information, such as times and costs to attend, call 556-2205.

ENTERPRISE

ONGOING — Disabled American Veterans Chapter 9 Enterprise-Coffee County meets the second Thursday of each month at 6:30 p.m. at Shane’s Rib Shack. For more information, call 308-2480.

MARCH 24 — The Wiregrass-Enterprise Chapter of the National Active and Retired Federal Employees will continue to meet at Po Folks Restaurant for its monthly lunch programs at 11 a.m. on the fourth Thursday of the month. The guest speaker at this program will be Lisa Fenner, community marketing director for the Enterprise Medical Center. She will talk about the benefits of the medical center’s Senior Circle organization and discuss current programs at the center. All federal employees, active or retired, are invited to attend the luncheon programs. For more information, call 393-0492.

APRIL 2-3 — The 42nd annual Piney Woods Arts Festival takes place April 2 from 9 a.m. to 5 p.m. and April 3, from noon to 4 p.m. on the running track of Enterprise State Community College. One of the oldest juried arts and crafts show in the area, Piney Woods features original art and crafts by around 100 artists, a children’s fun center, food and entertainment. Special events include a Civil War living display and the Weevil City Cruisers Car and Truck Show. Admission is free. For information, call 406-2787 or visit www.CoffeeCountyArtsAlliance.com.

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

MARCH 18 — Classical guitarist Zachary Johnson will perform at St. Michael’s Episcopal Church March 18 at 7 p.m. Following this free classical guitar concert will be a meet the artist reception in the church parish hall.

ONGOING — The Ann Rudd Art Center offers free art lessons for children ages 5 and older. The young student class is Saturdays from 10 a.m. to noon, and the adult-teen class is from 12:30-3 p.m. Slots are on a first come, first served basis. For more information, call 774-7922.

ONGOING — AL-ANON will hold weekly meetings on Mondays at noon at the Lutheran Prince of Peace. For more information, call 618-513-1258.

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.

WIREFLASS AREA

APRIL 1-2 — The 56th annual Opp Rattlesnake Rodeo features arts and crafts, unique cuisine, children’s activities and live entertainment, all while people get up close and personal with rattlesnakes. Saturday’s festivities will include snake races, plus, throughout the weekend, snake handlers will educate the public on snake safety. Entertainment will include country singers Sammy Kershaw, Aaron Tippin and John Anderson April 1. April 2 will include Christian singer Chris Tomlin, featuring special guests Ellie Holcomb, Tim Timmons and 3 for 3. Military discount with valid military I.D. for advance tickets at Opp City Hall and both days at the gates. Tickets are \$20 with a valid I.D. Children 12 and under are admitted for free when with a paid adult.

Beyond Briefs

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 story-book 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>.

Alabama Antique Trail Sale

Over 125 shops and malls in 69 Alabama towns will be participating in the Alabama Antique Trail Sale March 1-31. Some stores will have selected items on sale. Other stores may have a percent off everything. To find the locations, hours and types of stores visit <http://AlabamaAntiqueTrail.com>.

Southeastern Livestock Exposition and Rodeo

The 2016 Southeastern Livestock Exposition and Rodeo returns to the Garrett Coliseum in Montgomery March 17-19. The event will feature America’s top cowboys and cowgirls competing for record prize money on some of pro rodeo’s top bucking horses and bulls, according to organizers.

For ticket information and a full schedule of events, call 1-888-2RODEO2 or visit www.slerodeo.com.

‘Sleeping Beauty’

Andalusia Ballet presents its production of “Sleeping Beauty,” March 18-20. The classic fairy will be held at Lurleen B. Wallace Community College’s Dixon Center for the Performing Arts March 18 and 19 at 7:30 p.m.,

and March 20 at 2:30 p.m. Tickets cost \$15.

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

Cottontail Express

The Heart of Dixie Railroad Museum in Calera will host its Cottontail Express March 19-26. The event features an Easter egg hunt, jump station, temporary tattoos, coloring, and a sandbox for children to play in – plus children can get their photo taken with Peter Cottontail. Tickets cost \$17 for adults, \$12 for children and children under 2 are admitted for free.

For more information, call 205-757-8383 or visit <http://www.HODRRM.org>.

Historic Selma Pilgrimage

Selma opens its doors for the 41st annual Historic Selma Pilgrimage March 18-19. Visitors will experience history firsthand with guided tours of homes with over a century of architectural styles, museums, a church, 1861 gristmill and two art shows. Discounts are available for groups. Updates are posted on Facebook at <https://www.facebook.com/SelmaPilgrimage>.

The Vaughan-Smitherman Museum is the pilgrimage headquarters. Admission fees vary from free to \$60.

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

Spring bird migration

Dauphin Island’s Audubon Bird Sanctuary features the largest segment of protected forest on the island and the first landfall for neo-tropical 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 Sanctuary 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/>

Selma to Montgomery Bicycle Ride

The Selma to Montgomery Bicycle Ride will help celebrate the 51st anniversary of the Selma-to-Montgomery Voting Rights March, March 18-20. This group ride is free, self-supported and starts in Montgomery from the Embassy Suites Hotel.

There are two options. Option 1 –104 miles, riding from Montgomery to Selma and back to Montgomery. Option 2 – relay of 26 or 52 miles. Two to four cyclists split up the total distance with recommended exchange points at the Lowndes County Interpretive Center (26 miles) or in Selma (52 miles). This option will require riders to independently coordinate with each other the transportation of their teammates and equipment to the exchange points.

This ride opportunity is not a race, it is a self-supported group ride and recommended for experienced cyclist, according to organizers.

For more information, visit www.eventbrite.com/e/2016-riding-selma-to-montgomery-registration-20402394110?aff=es2.

Second Friday Art Walk

Mobile’s Second Friday LoDa Art Walk celebrates the arts downtown. The free monthly showcase of visual and performance arts starts at 6 p.m. second Friday of every month now until Dec. 9, when galleries, restaurants, shops, institutions, etc., in the Lower Dauphin Arts District open their doors for a family-friendly evening of exhibitions and entertainment by area artists.

For more information, visit <http://www.facebook.com/LODAartwalk>.



PHOTOS BY SGT. JOSE. A. TORRES JR.

A caisson team from the 3d U.S. Infantry Regiment (The Old Guard) carries the repatriated remains of Pfc. James M. Smith to his final resting place at Section 60 of Arlington National Cemetery, Va., as veterans from the Patriot Guard Riders salute March 9.

Soldier killed in Korean War gets final rest

By Gary Sheftick
Army News Service

ARLINGTON, Va. — After 65 years, a Soldier who died during the Korean War was finally laid to rest by his family March 9 with full military honors at Arlington National Cemetery.

Pfc. James M. Smith was 19 years old when Chinese forces attacked his unit Feb. 12, 1951, north of Hoengsong, Korea. He was a member of K Company, 38th Infantry Regiment, 2nd Infantry Division.

Smith's company was supporting the South Korean army in attacks against the Chinese People's Volunteer Army. When the Chinese counterattacked, South Korean troops quickly retreated, leaving the outnumbered U.S. Soldiers to fight alone. Smith ended up missing in action.

Scientists from the Defense Prisoner of War/Missing In Action Accounting Agency recently identified commingled remains as Smith's by using two types of DNA analysis. Mitochondrial DNA analysis matched a brother and cousin. A Y-chromosome Short Tandem Repeat DNA analysis matched a brother. Dental analysis also matched Smith's records.

Smith's remains had been among 208 boxes of commingled remains returned to the U.S. by North Korea between 1990 and 1994. Recent advances in DNA tech-

nology and samples from Smith's relatives finally enabled the remains to be identified, said Air Force Lt. Col. Holly Slaughter of the Defense POW/MIA Accounting Agency.

"I'm just amazed," said Smith's niece, Geneva Smith from Sherman, Texas. She was surprised when notified that her uncle had been found.

As next of kin, Geneva accepted the folded flag from atop her uncle's casket during the burial services at Arlington National Cemetery. She said the services were "spectacular" and family members who attended were "overwhelmed."

"I'm so pleased in the way the military handles Soldiers coming back today," Geneva said.

A horse-drawn caisson from the 3rd U.S. Infantry Regiment (Old Guard) brought Smith to his final resting place in Section 60 of the cemetery. Along the path, a line of veterans from the Patriot Guard Riders saluted.

"Everyone was so reverent and respectful," Geneva said.

Geneva, her daughter and her granddaughter each placed a single red rose on the casket.

Geneva said although the group of family members at the cemetery wasn't exceptionally large, "there are others here in spirit." Her father, Smith's only brother,



Geneva Smith (on wheelchair), watches as a casket team from the Old Guard carries her uncle to his final resting place.

died in 2011. The two brothers had grown together up in Abbeville, Georgia.

Although Geneva never met her uncle, she said her father talked about him all the time.

"If I could be like somebody else, I'd like to be like him," Geneva said of her uncle. She said her father portrayed him as

funny and full of good-natured pranks.

Smith is among more than 200 Korean War casualties identified so far by the Defense POW/MIA Accounting Agency or DPAA.

"As advances in technology have happened, we are able to identify more and more," said Slaughter.



Adopt a pet

For more information about animal adoptions, call the Veterinary Clinic at 255-9061. The Stray Facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the Veterinary Clinic.



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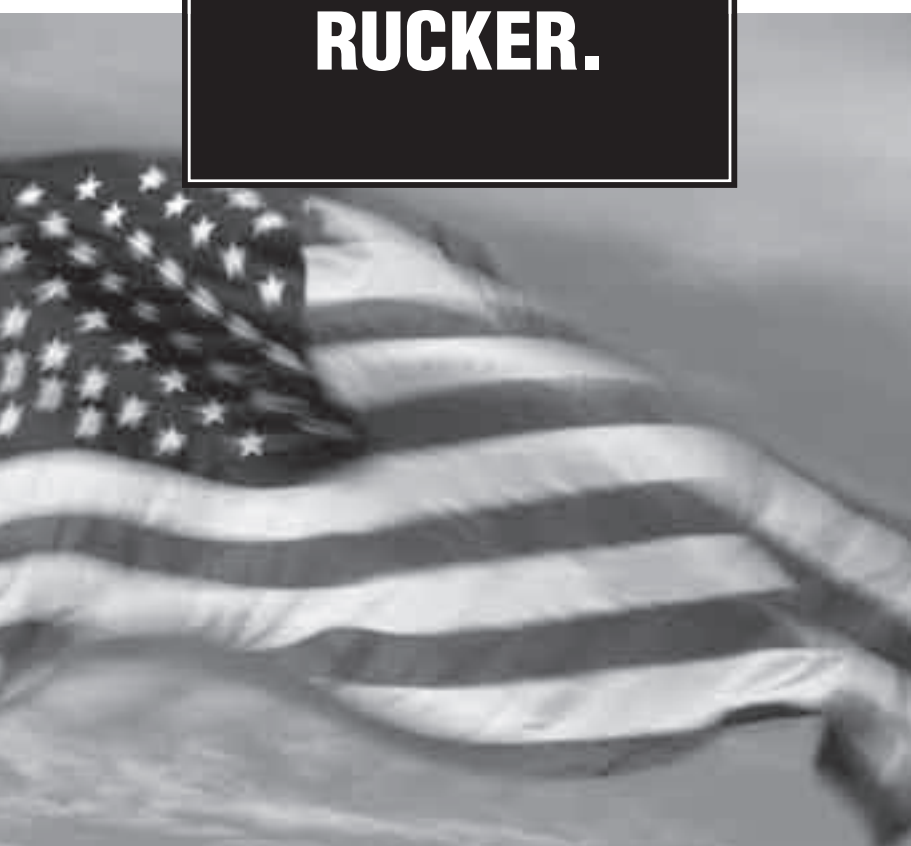
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RELIGIOUS SERVICES

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. Collective 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 Study (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
Larry's Restaurant, Daleville



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Holy Week Services 2016

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

Good Friday (25 Mar):
Catholic, 1600 (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, 0600, Wings Chapel
Catholic Mass, 0800, 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
(Duke's 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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MARCH 17, 2016

IT TAKES 2

Just Ball/No Talk downs Avengers to win intramural crown

By Nathan Pfau
Army Flier Staff Writer

Coming off a shorter-than-usual season, teams competing in the 2016 Fort Rucker Intramural Basketball season were eager to get into the championship game, but only one team could come out on top.

Fort Rucker's Department of Defense Education Activity team Just Ball/No Talk made a comeback to take the championship title from the 1st Battalion, 11th Aviation Regiment Avengers during the 2016 Fort Rucker Intramural Basketball Post Championship Game March 8 in a double-elimination tournament that had players and spectators on the edge of their seats.

"It was a tough game," said Sgt. Warren Johnson, Just Ball/No Talk team captain. "We played a tough defense and denied the three pointers, and we came out and kept pushing the ball up and down the court on every rebound."

Just Ball came into the double-elimination tournament in the winner's bracket, needing only a single win to take the championship, but wasn't able to pull out a win in the first game for the title, losing to their opponents by 14 points. Johnson said it was his team's strong defensive capability that allowed them to muster and take the championship.

"During the second game we switched up the defense because we were a bit undersized — they were bigger than us," he said. "We switched the defense and denied them from getting the offensive rebounds, and once we got the offensive rebounds away and denied them from their threes, it was easier after that."

The Avengers got off to a quick start pulling out an early lead against Just Ball, whose defense couldn't seem to keep up early on.

The DODEA team managed to stay on their opponent's heels for the first few minutes, but the 1-11th's offense started to prove too much for their opposing defense.

The Avengers seemed to be quicker

on the rebounds and were able to pull a 20-point lead in the first quarter, and although Just Ball tried to close the gap, their defense continued to stumble, allowing their opponents to extend their lead to 48-23 at the end of the half.

Just Ball managed to get off to a solid start going into the second half starting off with a 3-point shot, but the Avengers just matched their pace.

The 1-11th seemed to be losing a bit of their momentum, but not enough to allow their opponents to close in on their lead.

Try as they might, Just Ball couldn't close the gap before the sound of the buzzer that ended the first game, 75-61, sending the championship bout into a second game.

This was the DODEA team's chance to come back and take the title, and they did just that, starting off strong with possession at the tossup to get on the scoreboard first.

Both teams went into the second game with high energy and both teams were evenly matched for most of the game.

As Just Ball switched up their defense, it kept the Avengers on their toes as their opponents held on to a small lead for most of the first half.

The 1-11th managed to steal the lead on a couple of occasions, but the DODEA team wouldn't let up as their defense held strong to get as many rebounds as possible.

As the game progressed, the Avengers opted for a more aggressive play style, which might have cost them the game, as they gave up more than 12 free throws throughout the second half alone.

The 1-11th were able to stay within reach of their opponents, but the abundant fouls were beginning to catch up to them, with one of their players fouling out in the second half.

Before they knew it, Just Ball was up by 13 points with only minutes left in the game, and try as they might, the Avengers were unable to close the gap before the final buzzer sounded, ending the game 58-50 with Just Ball as the champions.



PHOTO BY NATHAN PFAU

Players battle for the toss up during the 2016 Fort Rucker Intramural Post Championship Game at Fortenberry-Colton Physical Fitness Center March 8.

SURGEONS GENERAL:

Medical readiness aligns with overall readiness

By Terri Moon Cronk
Department of Defense News

WASHINGTON — Maintaining medical readiness for the nation's fighting force aligns with the military's top readiness priority, the Army, Navy and Air Force surgeons general told a Senate appropriations panel March 9.

Surgeons general Army Lt. Gen. (Dr.) Nadja Y. West, who is also the commanding general of U.S. Army Medical Command; Navy Vice Adm. (Dr.) C. Forrest Faison III and Air Force Lt. Gen. (Dr.) Mark A. Ediger described how they are maintaining medical readiness for the force of the future in budget request hearing for defense health.

Army medicine's priority of readiness and health is a direct reflection of the service's top readiness posture, West said. "We see readiness and health as closely coupled," she added.

Combined Army, Navy and Air Force medicine comprises a joint medical force without peer, West said.

Meeting future challenges

"The Army continues to be the nation's premier expeditionary medical force (to meet) the challenges of a complex world" by remaining globally engaged, regionally aligned and surge ready to face the ever-changing challenges of tomorrow, the Army surgeon general said.

Army medicine must also continue to ensure its beneficiaries have access to high-quality and safe health care, West said.

"As we look for ways to continue to improve how we operate, access to care is a matter for all of us," she said.

With a goal of adding more primary and specialty care appointments in Army medical treatment facilities, West said, she has "direct-



ARMY PHOTO

West

ed rapid improvements" for access to care.

"My commitment to our nation, the Army and Congress today is the Army will never be caught unprepared for tomorrow's challenges," West said, emphasizing the importance of force development to better prepare Army medical professionals for the future.

"Army medicine will continue to stand as a unique organization that has the versatility, agility and scale to adapt to the challenges that arise at home or abroad," she said.

Navy medicine is agile

Navy medicine is an agile, rapidly deployable force, and three factors are indisputable, Faison said.

"We have the highest combat survival in recorded history," the Navy's surgeon general said. "Many of our wounded warriors alive today ... would have died of their wounds in any previous conflict."

Every wounded warrior who received care from injury on the battlefield to recovery in Navy medical centers did so "completely and exclusively" at the hands of the men and women who received their training, clinical experience and

preparation in a military treatment facility, he said.

Faison emphasized the investments made in medical research and development, training, and medical education remain critical to meeting existing and future mission requirements. And U.S. military medical training is among the best in the world, while its global research and development efforts help keep its personnel safe as they counter tomorrow's threats.

But Navy medicine is not a perfect system and more needs to be done, Faison said.

The services, he added, "are working hard to improve access, care continuity, convenience and satisfaction with the care (military medicine) delivers in peacetime."

Navy medicine is "committed to continuing the necessary reforms which will improve our patients' experiences, and most importantly, their health," Faison said. "However, we must do so without putting at risk the very system which has yielded such unprecedented survival."

Care is key to readiness

The Air Force surgeon general agreed with his colleagues on the importance of military medicine. "The broad scope of care we provide is key to our readiness," Ediger said.

Today, nearly 700 medical airmen and women are deployed to capture lessons learned from their experiences, and that work helps Air Force medical research identify gaps and improvements in its programs, operational procedures and overall readiness, he said.

"As a health system, we know we must continually improve," said Ediger, adding that while progress has been made, Air Force medicine is "focused on improving in areas of quality, safety and access to care."

Campaign promotes life jacket safety

By Terri Moon Cronk
Department of Defense News

WASHINGTON — Every year, thousands of people in the United States mourn the loss of loved ones who could have survived if they had been wearing a life jacket while spending time on or near the nation's waters.

To heighten awareness for the use of life jackets, the U.S. Army Corps of Engineers recently launched a new water safety campaign titled "Life Jackets Worn ... Nobody Mourns." USACE, in cooperation with the Corps of Engineers Natural Resources and Education Foundation, a non-profit foundation established to support USACE natural resources and recreation programs, developed the campaign that targets adult males.

In the last 10 years, 88 percent of all USACE public water-related fatalities were men and 68 percent were between the ages of 20 and 60, according to data compiled by the USACE National Operations Center for Water Safety. The center also reports that 84 percent of all public water-related fatalities involved people not wearing life jackets and found that the greatest number of water-related fatalities involved people swimming in areas that are not designated for swimming. Also, 27 percent of boating fatalities involved people falling overboard.

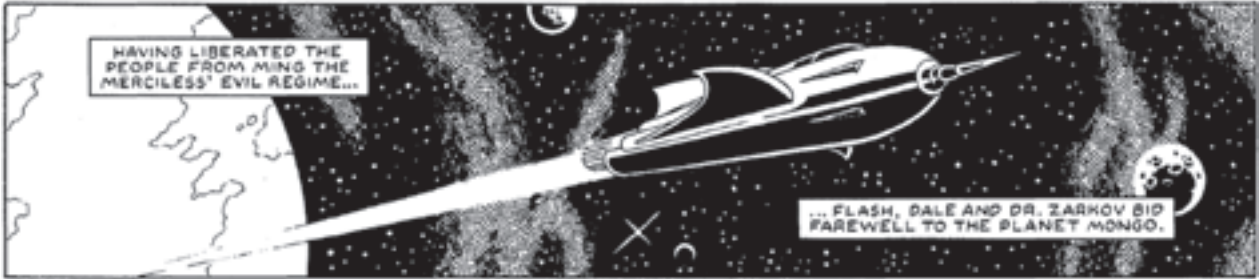
The USACE National Operations Center for Water Safety offer the following safety reminders when on or near the water.

- A person's swimming ability generally decreases with age, and regardless of how well you swim you could have to fight for your life due to conditions such as waves, current, or exhaustion. Swimming in a lake or river is not like swimming in a pool so wearing a properly fitted life jacket is critical. Many people drown when they attempt to retrieve an inflatable toy or their boat that has drifted away because they cannot swim as far as they think they can. Also, most people do not have the strength or skill to get back into a small boat from the water without wearing a life jacket.
- Even if you think you are a strong swimmer you could



CDC GRAPHIC

DOWN TIME



Just Like Cats & Dogs

by Dave T. Phipps



Trivia test

by Fifi Rodriguez

TRIVIA

1. U.S. PRESIDENTS: Who was the first president to be born after the United States declared independence?
2. SCIENCE: What is the lowest level of Earth's atmosphere called?
3. LITERATURE: In which of Shakespeare's plays was the line "To be or not to be" spoken?
4. HISTORY: Who was the last president of the Soviet Union?
5. MATH: What is the only prime number that is also even?
6. U.S. STATES: How many U.S. states are not adjacent to another state?
7. ANATOMY: How many bones are in an infant's body?
8. ANIMAL KINGDOM: What would a group of bears be called?
9. ASTRONOMY: How long is a Martian year?
10. MUSIC: What group had a hit in 1979 with the song "Jukebox Hero"?

See Page D4 for this week's answers.

Super Crossword MIXED VEGETABLES

- ACROSS**
- 1 Reinforcing shoe tip
 - 7 Brand of prescription painkiller
 - 13 Toss out
 - 20 Southern African land
 - 21 Give in
 - 22 Big markets
 - 23 Many an earthen plant holder
 - 25 Vegetable mixed inside
 - 110-Across
 - 26 Dog biscuit, to a dog
 - 27 Bit in a stew
 - 28 Canon — Rebel
 - 29 Bakery item
 - 30 — Paese (cheese)
 - 31 Mall with wholesale goods
 - 34 Speakers of Celtic
 - 36 Put — (ruses)
 - 37 — a woman?': Sojourner Truth
 - 38 Knife cut
 - 39 Writer Oz
 - 43 Diplomacy
 - 45 Food store worker
 - 49 Vegetable mixed inside
 - 72-Across
 - 52 Ranks
 - 54 Gorbachev's wife
 - 55 Not sleeping
 - 56 Fills untidily
 - 57 Vegetable mixed inside
 - 23-Across and 84-Across
 - 58 Vegetable mixed inside
 - 97-Across
 - 60 It's charged
 - 61 Like slightly spoiled meat
 - 62 "Ta-ta"
 - 63 Pack-toting beast
 - 64 Dell products
 - 65 Vast span
 - 66 DOJ arm
 - 69 Swinging ditty
 - 71 Toby brew
 - 72 Rapid weight-loss option
 - 75 Vegetable mixed inside
 - 23-Across
 - 78 University in Silicon Valley
 - 80 Moray lurer
 - 81 Eye-tricking paintings
 - 82 Lobbies for
 - 83 Vegetable mixed inside
 - 45-Across
 - 84 Impact depression near Flagstaff
 - 86 Jedi sage
 - 87 Begged
 - 88 Corn units
 - 89 1950s Ford
 - 92 Vacation site
 - 95 In a strange way
 - 97 Affect one's emotions
 - 101 Spinks foe
 - 104 Dijon "yes"
 - 105 Sauna sound
 - 106 Part of GPS: Abbr.
 - 107 Made known
 - 108 Vegetable mixed inside
 - 31-Across
 - 110 Surfs while watching TV
 - 113 Intertangles
 - 114 Langston Hughes memoir, with "The"
 - 115 Probes into
 - 116 TV satirist Stephen
 - 117 Party split
 - 118 Double boxing punch
 - 43 "Kon- —"
 - 44 "Just —!"
 - 46 Tendency to keep silent
 - 47 Nondairy spreads
 - 48 Overpack
 - 49 Broccoli —
 - 50 Cockeyed
 - 51 Calendar info
 - 52 Lodge group
 - 53 Feed lines to
 - 9 Brand of cable modem
 - 10 Plains shelter
 - 11 "When is — not ..."
 - 12 Reno stakes
 - 13 Loses hope
 - 14 Irreverence
 - 15 Pitcher's talk
 - 16 Dupe
 - 17 Qatari, e.g.
 - 18 Paddy plant
 - 19 Writer Roald
 - 24 In the work already mentioned: Abbr.
 - 32 Dash device
 - 33 Snug
 - 34 Dells
 - 35 Periodic pay
 - 38 Contempt
 - 40 Israel's
 - 41 "In that area"
 - 42 Three-hand card game
 - 79 One axing
 - 82 Most flaky
 - 83 RC, say
 - 85 One losing weight
 - 86 "You've gotta be kidding!"
 - 90 Puts down, to a rapper
 - 91 Overhead stadium recorder
 - 92 Most irritated
 - 93 Future D.A.'s major
 - 94 Builds on
 - 96 "Irma la —"
 - 97 — law (old Germanic legal code)
 - 98 Femur locale
 - 99 "Emperor of the Air" author
 - 100 Doorway joint
 - 101 British actor
 - 102 Guinness
 - 103 "— never fly!"
 - 105 Fliers' mil. posts
 - 109 Key near Q
 - 111 23rd Greek letter
 - 112 Bustle

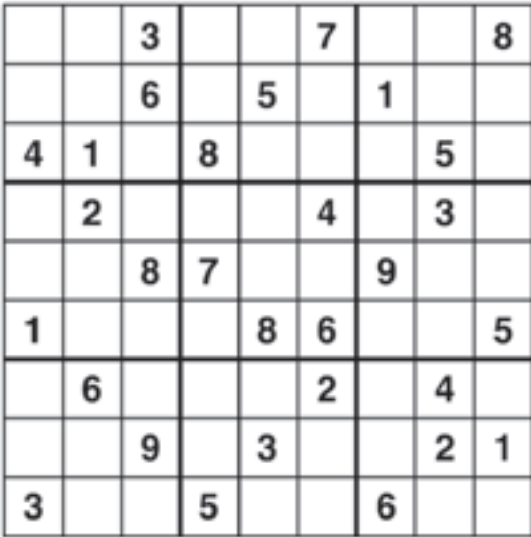


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See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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 Hal Kaufman

WORD A single seven-letter word starting and ending with the letter D may be formed in black squares of the diagram at right in a manner that permits it to be read in a dozen ways.

Hint: It is a word that may be read both backwards and forwards.

How quickly can you discover such a word?

ANSWER: DREADFUL

LAST WORD PUZZLER

Think you're familiar with old sayings? Here's a test. See how quickly you can correct these word-for-word errors of the following:

1. A kitchen sink saves eight.
2. A rolling stone gathers no moss.
3. Out of sight, out of glass.
4. All that glitters is not silver.
5. There's many a slip 'twixt the cup and the lip.
6. Every man has his Thelma.

Time limit: 2 min.

EASTER

AKT-4Y EGGS Challenge: Draw connecting lines, and add colors of your choice for an illusory Easter egg design.

Wishing Well

THAT'S HOW Mom's giving her new plant some loving care. Apply colors exactly: 1—Red, 2—Lt. Blue, 3—Yellow, 4—Lt. Brown, 5—Flash tones, 6—Lt. Green, 7—Dk. Brown, 8—Purple.

SPELLBINDER

SCORE 10 points for using all the letters in the word below to form two complete words:

GERANIUM

THINK! score 2 points each for all words of four letters or more found among the letters.

Try to score at least 30 points.

WIN today, winning today!

Wishing Well

4 3 2 7 5 3 4 3 6 2 7 2 6
I P A N C R N A S I E D O
2 8 5 4 8 3 4 3 6 4 2 7 6
I B H C E C O T C M S W I
8 3 4 7 8 5 6 8 4 2 8 6 3
A I E G G O A R I R E L C
4 7 6 2 6 7 6 8 3 4 7 8 2
N O A E C A C E E C L A C
4 5 6 7 3 6 3 7 4 8 4 7 4
R O L S P A A S E B A E S
2 7 5 2 5 4 5 3 8 5 2 5 3
E T S I E E W T L I V S I
8 6 4 5 2 5 3 5 6 3 2 3 3
E I D E E L E Y M N D C E

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 BOLTSOFF

Find at least six differences in details between panels.

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Soldiers getting junctional tourniquet

By Ellen Crown

U.S. Army Medical Materiel Agency
Public Affairs

FORT DETRICK, Md. — The U.S. Army Medical Materiel Agency, a subordinate command within the U.S. Army Medical Research and Materiel Command, is fielding a new junctional tourniquet designed to save warfighters from dying on the battlefield after injuries to the groin or armpit area.

The SAM™ junctional tourniquet, which weighs about one pound, straps on like a belt and includes two inflatable air bladders that medics can inflate individually or both at the same time. The device is designed so that a person can position it in under a minute – a crucial factor for combat medics who only have mere minutes to save a fellow warfighter’s life if he or she is hemorrhaging.

Exsanguination, or bleeding to death, is the most common cause of potentially survivable death to wounded warfighters. Groin and pelvic injuries have become increasingly common because of the enemy’s use of Improvised Explosive Devices. Blasts from IEDs often cause pelvic fractures and high leg injuries, which result in massive blood loss if not immediately treated.

“One of the unique elements about this device is that it is easy to carry and use, yet incredibly effective when used properly,” said Megan McGhee, a biomedical engineer and product manager assigned to the Project Management Office for Medical Devices at USAMMA.

McGhee explained that some other junctional tourniquets models required assembly and were bulkier.

“If it is going to be something that we want Soldiers to carry on the battlefield and use, it has to be not only simple to use but also as small and light-weight as possible,” said McGhee.



PHOTOS BY ELLEN CROWN

The U.S. Army Medical Materiel Agency is fielding a new junctional tourniquet designed to save Warfighters from bleeding to death on the battlefield.

The U.S. Food and Drug Administration cleared the SAM™ junctional tourniquet in 2013 for inguinal (groin area) use. The device was also later cleared for axillary use (armpit), as well as for pelvic binding.

Tourniquets are not new technology. The Combat Application Tourniquet, which was also developed by the USAMRMC, is standard issue to all deploying Soldiers. In a case of a bleeding emergency, a Warfighter can use a tourniquet to stop the flow of blood temporarily. Nevertheless, the Combat Application Tourniquet does not work on junctional injuries, which is why a specific junctional tourniquet is necessary.

The U.S. Army Institute of Surgical Research, as well as the Naval Medical Research Unit San Antonio, tested the junctional tourniquet to ensure it met the needs of the warfighter. Additionally, the USAMRMC Test Branch performed altitude testing.

In addition, the USAMMA understood that warfighters would need a way to carry the device. Industry experts developed an attachable sack – a molle bag – that could fasten to the combat medic’s main M9 bag. USAMMA worked with them to provide feedback that informed design changes and subsequent training information provided with each tourniquet. Additionally, the Army’s Capability Development Integration Directorate performed form fit and function tests.

Finally, the junctional tourniquet molle bag became available in 2015. The USAMMA started the fielding process to update specific Army’s Sets, Kits and Outfits with the new junctional tourniquets. The USAMMA worked closely with the U.S. Army Medical Materiel Development Activity, also a subcommand of the USAMRMC, to update the ground ambulance and air ambulance SKOs. USAMMA also began



Each junctional tourniquet comes with a simple step-by-step instruction card.

updating the tactical combat medical company and forward surgical team SKOs. Additionally, USAMMA is updating the combat medic bag SKOs to include a junctional tourniquet and molle bag.

Since the devices are one-time-use items, the new junctional tourniquet can be supplied with the bag (NSN with molle bag: 6515-01-646-2617), or separately with the tourniquet on its own (NSN without molle bag: 6515-01-618-7475). Being able to order and field the tourniquet without the bag for those who already have a carrying case will help the Army avoid unnecessary costs and logistical burden.

Each device comes with a training DVD and simple step-by-step instructions printed on the actual tourniquet as well as on an instructional card. The U.S. Army Medical Department Center and School staff is also training new combat medics on how to use junctional tourniquets.

GUT WORK

Science brewing at Natick — early research sets foundation for advances

By Jane Benson

Natick Soldier Research, Development
and Engineering Center Public Affairs

NATICK, Mass. — Fermentation research by a chemical engineer at the Natick Soldier Research, Development and Engineering Center is at the heart, or rather the gut, of NSRDEC’s early research to improve Soldier health and performance.

Early research is an important part of the mission of NSRDEC, laying the groundwork for discovery and innovation to improve Soldier protection and quality of life.

Jason Soares, who works in NSRDEC’s Warfighter Directorate, is investigating gut bacteria, focusing on the bio-fermentation aspect.

NSRDEC chemical engineer Laurel Doherty is Soares’ colleague and does a lot of the hands-on work. This early research in gut bacteria will eventually be used to improve rations to help Soldiers combat the effects of stress and to improve their overall performance.

“Fermentation gives you a tool to mimic what is happening in the gut in a lab setting,” said Soares. “An actual colon has three domains. Our fermentation system can be set up so we can actually see and experiment under the conditions of all three domains of the colon.

“Part of our work was actually developing that model to use as a tool for our research. So we are not only studying fermentation, we are, at the laboratory level, developing the tools to make our fermentation more relevant,” he said. “We are developing the methods to study the specific problem that we are trying to address.”

Soares and his NSRDEC colleagues work closely with U.S. Army Research Institute of Environmental Medicine. USARIEM is studying the effects of switching to a diet of Meals, Ready-to-Eat, which Soldiers often eat in remote or combat situations. The findings will be shared with NSRDEC’s Combat Feeding Directorate to provide insights into ration improvements.

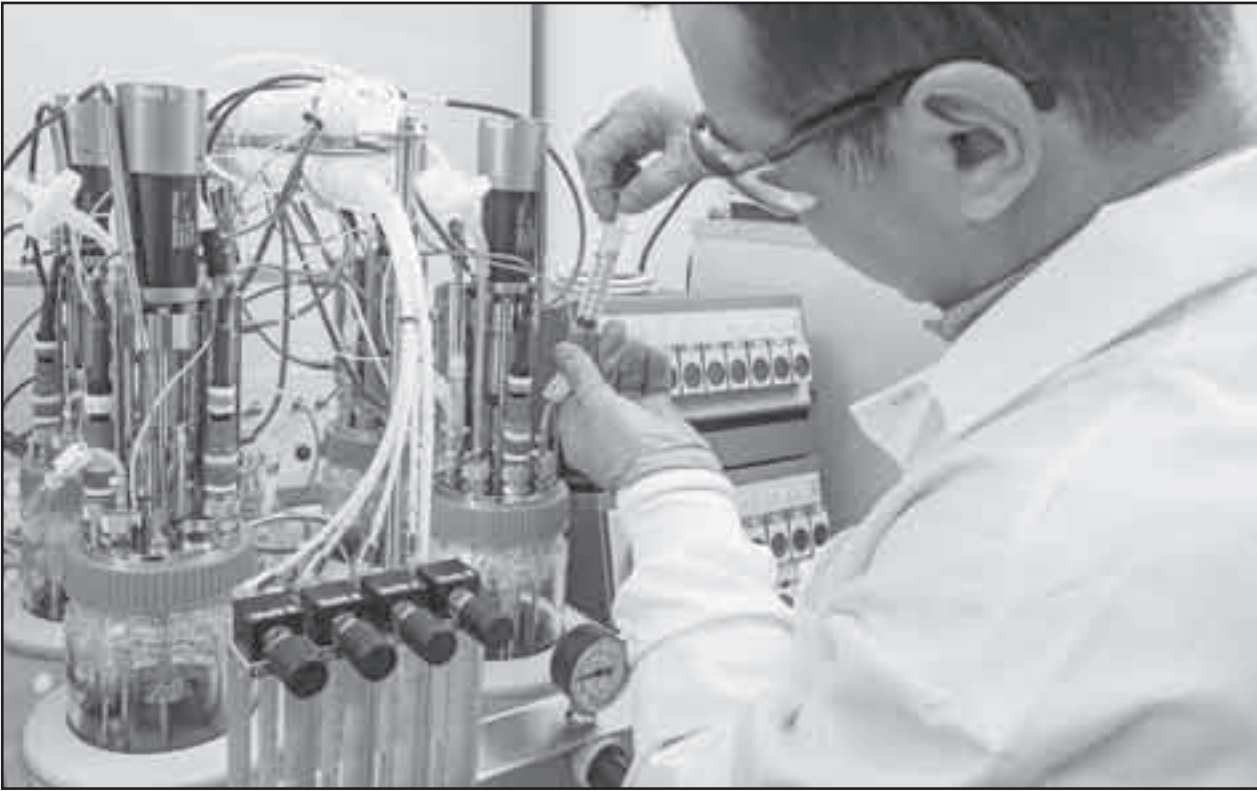
“We can factor in the unique stresses faced by the warfighter,” said Soares. “We partner with USARIEM, and they provide us the samples that enable us to do our warfighter-centric research. The work we are doing is related to USARIEM’s 21-day MRE study. So the stressor is a rapid change in diet. This mimics the training cycle that Soldiers go through.”

The samples from the study will enable Soares to observe how the stress of dietary changes impacts gut bacteria.

“We will be able to understand what bacteria play a role in that stress state,” said Soares. “Then we’ll see if we can introduce foods that will help them overcome the stress of having to change their diets immediately. People do adjust to changes in diet over time, but during that recovery time, warfighters still have to perform their missions and multiple duties.”



Natick chemical engineers Jason Soares and Laurel Doherty are performing early research in gut bacteria.



PHOTOS BY DAVID KAMM

Jason Soares, a chemical engineer at Natick Soldier Research, Development Engineering Center, investigates gut bacteria, focusing on the bio-fermentation aspect.

The rapid change in diet can cause gastrointestinal problems.

“Bacterial diarrhea, brought about by GI stress, is one of the top infectious diseases for warfighters,” said Soares. “This type of illness can have a major effect on ability to carry out a mission due to the complications that arise from it. So, what we’re doing at the lab level is gaining knowledge. Our outcome is going to be the knowledge that we will share with Combat Feeding, who can then make exploratory ration components that could potentially be used by USARIEM in a clinical trial.”

Preliminary research and the development of a knowledge base are essential steps in the research and development process – steps that make everything that comes after them possible.

“What Laurel and I are hoping to get out of our work is information that will form the basis for future research,” said Soares. “It’s a very important step in the process, but it is a step that isn’t always visible. Yet this underlying science is really important for getting solutions to the Soldier.”

Gut bacteria research is particularly relevant to the warfighter because what happens in a person’s gut can affect overall physical and cognitive function.

“What happens in your gut can actually affect your brain,” said Soares.

“It has been linked to depression, anxiety and memory,” said Doherty.

“It affects your immune system and health,” said Soares.

Soares hopes that in a few years, he and his NSRDEC colleagues will develop a fermentation tool to study the small intestine, as well.

“We will link the new tool to the large intestine/colon model,” said Soares. “This tool could further our research into the impact of stress and diet on the warfighter.”

Although gut bacteria research is being widely performed, NSRDEC’s research is specific to the warfighter.

“What I really like about this work is to do my part in helping the warfighter by helping him or her to feel better, perform better, because what they do is amazing,” said

Soares. “The gut work is great because we have that kind of connection to the warfighter. I love that we can tie our work to a warfighter-centric problem and know that what we are doing in the long term can benefit the warfighter.”

“I love the fact that this project is a direct path addressing a real and defined need,” said Doherty. “We can see how this research will help Soldiers down the road.”

“The knowledge always leads to something,” said Soares. “The gut microbiome could be a huge part of our future health strategies.”

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PERFORMANCE TRIAD

Sleep problems on rise — tips help people get some ZZZs

By Meredith M. Dodd
U.S. Army Public Health Center

It is time to tackle the epidemic no one talks about — lack of sleep.

Researchers noticed that those in the military undergoing basic training or enrolled in the U.S. Military Academy at West Point slept about five hours per night with sleeping problems on the rise since 2000.

Sleep is important — lack of sleep can interfere with concentration, alertness and decision making; increase negative emotional symptoms associated with depression, panic and trauma; and increase the likelihood of obesity. The Performance Triad — sleep, activity, nutrition — recommends that you snooze for at least eight hours per 24-hour period.

Not getting enough sleep? Not sleeping well? Do not fret. There are many things you can change to naturally increase the amount and quality of your sleep.



CENTERS FOR DISEASE CONTROL AND PREVENTION

Making changes to your environment is first. It is best to sleep in a quiet, cool, dark place if possible. Excess noise and light can re-energize your body, which makes it more difficult to sleep.

Having a colder temperature helps put your body into a hibernation mode that encourages deep sleep. Using a fan, white noise machine, earplugs, black-out curtains or a sleep mask can help achieve optimum sleeping conditions.

Avoiding caffeine, nicotine, alcohol and

big meals one to three hours before bed can make your sleep more restful. Getting enough natural light during the day and avoiding naps can help strengthen your sleep-wake cycle so you are tired at night.

Using the bed and bedroom for only sleep-related activities can help your body associate those areas with sleep. If you are constantly working on your laptop in bed, for instance, and dealing with work stressors, your body will remember the stress and associate it with that location, making it more difficult to sleep well. Similarly, maintaining a bedtime routine that works for you will help your body gradually prepare for sleep, since it can start to predict that a good night's rest is coming up.

If insomnia creeps up on you, do not force yourself to lay in bed worrying about when you will actually go to sleep. Just get up, do something else and try again when you start to feel sleepy.

There are many Army resources that you and your family can use to help catch

up on some well-earned ZZZs.

The Performance Triad, rolling out enterprise-wide this year, has excellent resources to help with sleep, including a free app for smartphones — just search “Performance Triad.” Army Wellness Centers, located at 27 different installations worldwide, are specially trained to help with sleep assessment, education and coaching. Check out the Army Public Health Center's (Provisional) Health Promotion and Wellness portal at <http://phc.amedd.army.mil/organization/hq/dhpw/Pages/Army-WellnessCentersOperation.aspx> to find an Army Wellness Center near you.

If you suspect you might have a sleep disorder or have many sleepless nights, seek assistance from your primary care manager. It is much easier to stop problems in their infancy than to treat them once they have magnified.

Make sleep your priority this month. Using the aforementioned sleep tips can lead to a healthier, happier, more alert you.

Safety

Continued from Page D1

drown if you fall into cold water because it causes an involuntary gasp (or torso) reflex, so a life jacket is the only thing that can help save your life and give you time to be rescued. Some researchers believe cold water is anything less than normal body temperature (98.6 degrees).

- While boating a person can develop boater's hypnosis,

which is a condition where sun, wind, noise, vibration and motion causes fatigue and slows a person's reaction time much like the effects of alcohol. Combining this condition with the use of alcohol or drugs reduces a person's coordination, judgment and reaction time even more. Additionally, if a person swims or falls underwater while under the influence of alcohol or drugs they can suffer from an inner ear condition that causes them to become disoriented and unaware of which direction

is up or down.

Misjudging your swimming ability, gasp reflex, boater's hypnosis, alcohol and drug usage and thinking nothing will happen to you are just a few of the reasons why even if you think you are a strong swimmer, you should always wear a life jacket. The best way to lower your risk of drowning is to wear a life jacket.

Visit PleaseWearIt.com for more information on water safety and to download free campaign materials.

FORT RUCKER SPORTS BRIEFS

Fort Rucker Warrior Classic

Outdoor recreation will host its Warrior Classic, a spring turkey and coyote hunt, Friday-Sunday. The hunt is open to the public. All hunters must be registered before the event begins. All hunters must possess an Alabama Hunting License and a Fort Rucker Hunting Permit. All hunters must abide by Fort Rucker and Alabama game laws. Hunters must present their game to the ODR service center between 8 a.m. and 4 p.m. Hunters should be familiar with Alabama and Fort Rucker regulations re-

garding authorized weapons and ammunition. For more information, call 255-4305.

Intramural softball coaches meeting

The Fort Rucker Physical Fitness Center will host intramural softball coaches meetings Monday at 9:30 a.m. and 5:30 p.m. at its conference room. For more information, call 255-2296.

Shamrock Shuffle 5K/10K

The Fort Rucker Physical Fitness Center

will host its Shamrock Shuffle 5K and 10K Saturday. 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, \$25 with shirt (while supplies last). Teams are \$160, 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.

Enterprise baseball

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

PUZZLE ANSWERS

Super Crossword

Answers



Weekly SUDOKU

Answer

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

TRIVIA

- Answers
1. Martin Van Buren
 2. The Impresario
 3. "Hallelujah"
 4. Musical Comedian
 5. J
 6. Two — Alaska and Hawaii
 7. About 300, because some horses haven't yet been bred together. Most adults have 208.
 8. A legend on which
 9. 687 Earth days
 10. Foreigner

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(4) Residency restrictions apply. See dealer for details. Must take retail delivery by 04/04/2016.
(5) Offer valid on vehicles equipped with V6 engines only. Residency restrictions apply. See dealer for details. Must take retail delivery by 04/04/2016.
(6) Residency restrictions apply. See dealer for details. Must take retail delivery by 04/04/2016.
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(8) Dealer's actual terms may vary. Offer through Chrysler Capital. Residency restrictions apply. Must take retail delivery by 02/28/2016. \$395 disposition fee due at lease end.

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