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Soldiers serve for life, become civic assets

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AT THE READY

Special reaction team excels during certification

By Nathan Pfau
Army Flier Staff Writer

With threats present across the world such as the recent terrorist attacks in Brussels, Belgium, a sense of security is an invaluable feeling, but that feeling doesn't count for much without the means to back it up.

That's why the Fort Rucker Special Reaction Team works to ensure it's ready to handle any situation that might threaten the lives of those on the installation, according to Capt. Jonathan Denny, Directorate of Public Safety operations officer in charge.

The SRT – comprised of both military and civilian police – recently conducted its annual certification exercise March 16 in Bowden Terrace, where the team deployed its armored vehicle to respond to a simulated situation on post to put its training to the test, he said.

"We provide a scenario where we activate the SRT just like they would be activated in a real-life scenario," Denny said. "The team has to prepare based on the situation, which can always end in different ways depending on how the scenario plays out."

During this exercise, the team was responding to a barricaded subject in one of the on-post housing facilities, who may

have been in some sort of altered mental state, said Chief Marcel Dumais, Fort Rucker chief of police.

"This scenario, specifically, we designed so that the team would have to do everything from make entry into the quarters and deal with what they would find inside," he said. "They don't know what the scenario is because we really want to get a good look at their tactics and how they do things, and the best way to see that is to not give them any information prior to the exercise."

"The purpose of the exercise not only gives us a chance to evaluate the team, but to also implement the variety of the capabilities that the team has," added Denny. "This essentially goes back to their purpose, which is



The Fort Rucker DPS Special Reaction Team mans its armored vehicle as members respond to a simulated situation in the Bowden Terrace housing area during the team's annual certification exercise.



PHOTOS BY NATHAN PFAU

Members of the special reaction team make sure each room is clear as they search through a home during a training exercise in the Bowden Terrace housing area March 16.

being another asset that we have on Fort Rucker in order to safeguard the community."

Being the community's safeguard is what makes the SRT special since team members are trained to take on the most extreme situations that the installation might face.

"We call those guys when it goes beyond a normal call of ser-

vice," said Dumais. "The situations that they're trained for are the most extreme cases that we would deal with on the installation – the barricaded subjects, terrorist threats and things of that nature."

"They are the tip of our spear, and these exercises give us the trust and confidence that the team is prepared to do whatever we need them to do," he continued. "They're ready to go at a moment's notice."

That type of readiness doesn't come easy, considering the team must conduct a full 40-hour week of training every month, as well as complete weapons qualifications quarterly in order to keep the community safe, Denny said.

Following the exercise, the team and DPS conduct an after-action review of the team's performance to evaluate what was done correctly and what might

be improved upon, and Dumais said the team's performance this time was top notch.

"I think the team did very well," he said. "They met all the (standards) they needed to and they are now certified for another year."

Having completed their certification, Dumais said that the community on Fort Rucker should rest assured that they have a team that can tackle any situation.

"I would like the community to know that we take this type of situation extremely seriously, so when we talk about a crisis management situation that we're going to deal with, we do consider that to be extremely important," said the police chief. "I hope that everyone on Fort Rucker feels more comfortable knowing that we have a trained special reaction team here to respond to whatever might happen."

TRASH OR TREASURE?

Yard sale source of savings, income for Soldiers, families

By Nathan Pfau
Army Flier Staff Writer

Moving can be a hassle, especially when it comes to relocating what can seem like mountains of furniture and items.

That's why Fort Rucker's seasonal community yard sales provide an opportunity for military families to shed unnecessary items and earn a little extra cash before they make the big move.

Fort Rucker will host its Outdoor Yard Sale and Flea Market April 2 from 7-11 a.m. at the Fort Rucker Festival Fields as a means for others to find treasures among other people's unwanted items.

"It's a great way for military families on and off post to be able to sell their household goods," said Kristi Fink, Directorate of Family, Morale, Welfare and Recreation special events coordinator.

"Military families move every couple years, so it's a good way to lighten the load when PCSing to a new location. But it's also a great way to find some new items for the upcoming move."

"The outdoor yard sale and flea market will provide an opportunity for the Fort Rucker community to buy and sell used household items in a consolidated fashion, especially for those buyers or sellers who live off post and are not eligible to par-

ticipate in the Corvias Military Housing yard sales," she added.

The event is open to the public and anyone can rent booth space during the event, although discounted rates are available to government ID card holders.

According to Fink, a total of 77 booths were registered for 2,000 participants last year. Anyone interested in a booth for the fall yard sale must register by Wednesday at 4:30 p.m.

Government rates are \$25 for a 15-by-20 space, \$35 for a 30-by-20 space and tables are \$10 each. Rates for the general public are \$35 for a 15-by-20 space, \$45 for a 30-by-20 space and \$10 per table. Registration forms can be found at <http://rucker.armymwr.com/us/rucker/programs/special-events> or at MWR Central in the Soldier Service Center, Bldg. 5700, Rm. 130.

Each year, community yard sales provide access to a wide variety of items at prices lower than people would find in a department store, Fink said.

"Patrons can find items ranging from baby clothes to furniture," said the events coordinator. "There are numerous toys, household items, collectibles and more. It's great way for families to find some amazing deals right before they move or

SEE SALE, PAGE A5



FILE PHOTO

Shoppers browse the wares at last year's outdoor yard sale. This year's event is scheduled for April 2, but the deadline to sign up to sell items is Wednesday.

Fair creates I-stop education services shop

By Nathan Pfau
Army Flier Staff Writer

Pursuing a college education for some can be a daunting task, especially when trying to transition out of military life, but one Fort Rucker event provided a one-stop-shop for those looking to pursue higher education.

The Fort Rucker Education Center held its Education Center Spring Fair March 17 on the lawn of Bldg. 4502, where people were able to meet and speak with representatives from on- and off-post institutions, both academic and vocational, about how they can plan for their future, said Randy McNally, Fort Rucker Education Center education service officer.

"What we're trying to do is to integrate academic and vocational schools, as well as other opportunities here that are

SEE EDUCATION, PAGE A5



PHOTO BY NATHAN PFAU

CW3 Jason James, D Co., 1st Bn., 14th Avn. Regt., speaks with Mandi Hull, Central Texas College site director for Fort Rucker, about continuing his bachelor's degree program during the Education Center Spring Fair March 17.

PERSPECTIVE

Practice OPSEC – even when on vacation

By Willie Worsham
Fort Rucker Operations Security Officer

It’s finally time to grab our beach towels and head for the Gulf Coast for a relaxing weekend of fun in the sun.

As the summer months approach and you start planning your vacations, remember to incorporate Operations Security into your travel and vacation plans.

In the government, OPSEC is the process we use to identify and protect sensitive information from our adversaries. Primarily used at work, we can also apply the same methodology to protect our families, friends and our homes.

Criminals look for indicators such as full mailboxes and lawns that are six inches high. These indicators reveal empty, unattended homes. Before leaving on vacation, think like the adversary. Look at your own home from a criminal’s perspective. Locate your vulnerabilities and fix them before you leave. Don’t be a soft target to a criminal.

Before you leave for your vacation, consider the following.

- Be careful not to post your upcoming travel plans on social network sites.

- Have someone pick up your mail and newspapers daily, or consider having delivery for these stopped.
- Make sure garbage cans are taken out and returned to their normal location after pick-up.
- Use a timer for indoor and outdoor lights.
- Have your lawn cut.
- Make your home look occupied.
- Leave a vehicle parked in your driveway and leave your flood lights and porch lights on while you are away.

While on vacation, consider the following.

OPSEC and shopping

When shopping, here’s some information you want to protect:

- Credit Card and ATM numbers;
- The fact that you may be carrying a large amount of cash; and
- Loading items you recently purchased.

Vehicle security

- Don’t leave valuable items visible in your vehicle.
- Never leave your keys in your car.
- Park your vehicle in illuminated

areas of the parking lot.

OPSEC and travel

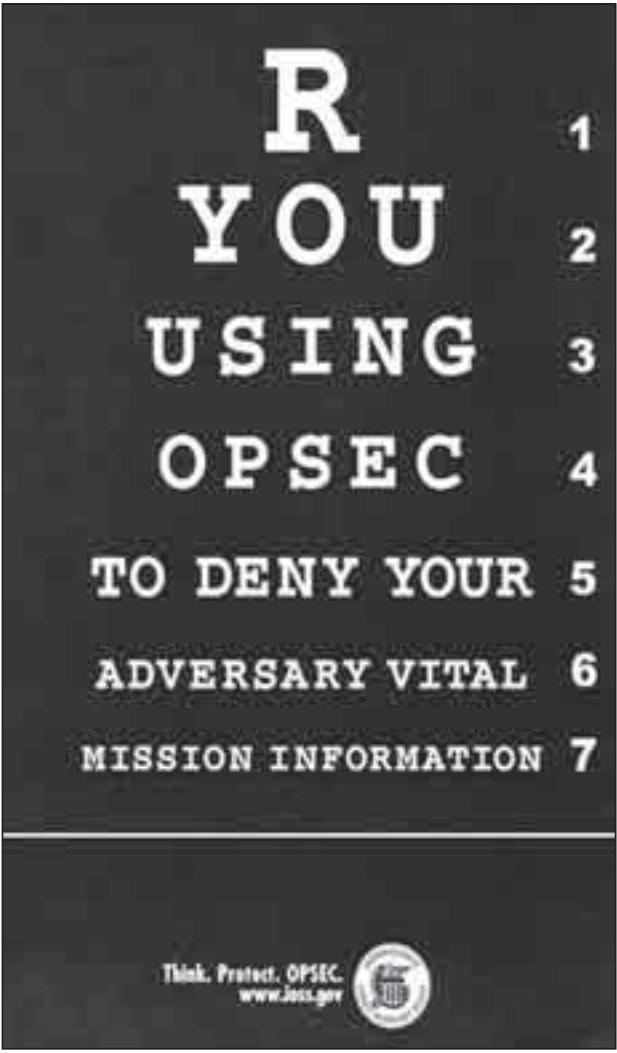
- Refrain from using military duffle bags or bags with government patches when traveling.
- Don’t use rank or a title to reserve airline tickets and hotel rooms.
- Be cautious about giving out information regarding family travel plans to those without a need to know.
- Be alert and report suspicious activity.

At the airport

- Stay alert and watch your bags and laptop computer at all times.
- Carry your purse close to your body.
- Avoid displaying expensive items such as cameras, phones, etc.
- Try and blend in.

At the hotel

- Never leave luggage unattended.
- Keep valuables in the hotel room safe.
- Keep all hotel doors and windows locked.
- Learn the location of fire exits, stairwells, elevators and public phones in case of an emergency.



THIS MONTH IN ARMY AVIATION HISTORY

This month we’re spotlighting the March 1980 issue of the *U.S. Army Aviation Digest*. This issue features:

Operation Northern Leap: 20/20 Hindsight

Ask any group of Army Aviators for their opinions about self-deploying helicopters to Europe, and about half will tell you you’re crazy while most of the rest will say it’s the only way to go. While this leaves few in between, the true value of self-deployment does seem to lie somewhere in the middle.

Operation Northern Leap: The Flight

You have a seat aboard one of the

Army’s CH-47 Chinook helicopters that flew the Atlantic as the airmission commander of Operation Northern Leap recounts the historic flight.

Threat: The Claw of the Bear

The tank, including those of the Soviets and its Warsaw Pact allies, is considered to be the mainstay of the combat battle formation. Army Aviation acknowledged this fact years ago, resulting in the need for an antitank helicopter.

This challenge has been met with the introduction of the AH-1 Cobra and development of the advanced attack helicopter.

No Weak Links

Among the first things you learn in the Army is respect for the chain of command. If you fail to honor this policy, you are apt to find yourself in hot water. However, there is another “chain” – one associated with Aviation safety – that is seldom publicized as such. Yet, it is of such vital importance that should you violate it, you not only may find yourself in trouble but also your very life at stake.

... and more.

Download this issue of the *U.S. Army Aviation Digest* at <http://go.usa.gov/cpW7x>.



Rotor Wash



Spc. Bryan McMahon,
164th TAOG

“Start off easy with walking or jogging, then work your way to more intense exercises.”



W01 Jacob Radke,
B Co., 1st Bn.,
145th Avn. Regt.

“Commit to whatever exercise you’re going to do, and try to be accountable for it by telling friends about it.”



Pfc. Victor Reveles,
A Co., 1st Bn.,
13th Avn. Regt.

“Make sure you’re not going too hard to begin with. Do a lot of stretching beforehand.”



Pfc. Nicholas Romero,
A Co., 1st Bn.,
13th Avn. Regt.

“Get a workout partner to help keep you motivated.”



Dana Harvey,
military spouse

“Drink plenty of water when you’re working out. You have to be careful not to get dehydrated.”

“The Spring Boot Camp runs March 28 through May 6. What are some ways people can get back into the swing of working out after a long, cold winter?”

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FORT RUCKER COMMANDING GENERAL

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SecArmy: Soldiers serve for life, become civic assets

By C. Todd Lopez
Army News Service

HUNTSVILLE — Readiness is the Army’s No. 1 priority, say both the Army’s chief of staff and acting secretary – and “there is no other No. 1.”

But if there’s a front runner for the No. 2 priority, at least for the acting secretary, it would have to be the Army’s Soldier for Life Program, and the commitment the Army has to prepare for civilian life those who have volunteered to serve in uniform.

Soldier for Life Patrick J. Murphy, who took the helm last year as under secretary of the Army, but who now also serves as acting secretary, as well, said March 17 that for the \$125 billion Americans will be asked to spend next fiscal year for the Army, they will get more than national security and peace of mind.

“I get pretty ticked off when I see in the media, time and time again, that our veterans are treated like they are charity cases,” he said. “They are not – veterans on average make \$10k more than their civilian counterparts. Veterans are more likely to be employed. Veterans are more likely to vote in elections. They



Acting Secretary of the Army Patrick J. Murphy speaks March 17 in Huntsville.

are more likely to coach little league.”

After leaving the Army, he said, Soldiers bring with them to their civilian communities the principles they learned in uniform, including loyalty, duty, selfless service, honor, integrity and personal courage.

“What we do in our Army and our military makes these young Americans – whether they get out at age 21/22, or 52, or 62 – civic assets that are a treasure to our society,” he said.

The Army’s Soldier for Life program furthers the idea that Soldiers continue to serve after their time in uniform as ambassa-

dors for the Army. “They want to continue to serve,” he said “And we need to ask them to continue to serve. We need them to be our ambassadors – we need them to go into our career centers, our recruitment centers, to go talk about what it was like.”

A larger aspect of the SFL program touches Soldiers before they leave the Army, helping them better prepare for employment outside the Army after they serve.

Murphy said for the Army, readiness means units that are fully manned, trained in their combat tasks, fully equipped, and led by competent leaders. That readiness will win wars, if need be. It will

also be a key aspect of preventing wars, as well – because a ready force deters aggressive action of would-be aggressors.

“I’d rather be proactive than reactive” he said. “We are reminded with alarming frequency that great power conflicts are not dead. They manifest themselves today on a regional basis. Both Russia and China are challenging America’s willingness and ability to enforce international standards of conduct. But a ready Army provides America the strength to deter such actions.”

Readiness makes future training less costly, he said, and also prepares the Army for transformation.

“Our Army must be prepared and willing to face the high-end advanced combat power of Russia, or more likely, Russian capability employed by surrogate actors,” he said. “We are dedicating resources to develop solutions for this and future possibilities to allow our force the space to develop new concepts or those suggested by the National Commission on the Future of the Army.”

As the under secretary of the Army, Murphy also serves as the service’s chief management officer. He said another way for the

Army to achieve readiness is to ensure it is spending the money it gets from the Congress as wisely as possible. That means, he said, complying with a congressional mandate to be auditable – something the Army has yet to comply with.

“Every federal agency has to be auditable. We’re the only ones, the DOD and the services – that are not. That is unacceptable,” he said. “Our board of directors – the Congress of the United States of America – has been very clear. We need to become auditable by next fiscal year. We need to get after it this year.”

Murphy said the benefits of being auditable include allowing the Army to better know how it spends money, so that it can find places to save money – and then direct those resources toward better preparing Soldiers for conflict.

“Efforts like this will make our Army more efficient, investing fewer dollars to accomplish the same outcomes – it will also make us a more effective Army by freeing up more dollars to invest in readiness,” he said. “We have to make every dollar count. Our Soldiers and our nation depend on it.”

Future of deployments: surge-ready, rotationally focused

By C. Todd Lopez
Army News Service

HUNTSVILLE — Most Soldiers who have been in the Army over the last 13 years have deployed at least once. Many have deployed multiple times. But the way their units deployed to Iraq and Afghanistan is no longer good enough if they want to be ready for everything they’ll be called upon to react to, Army leaders say.

The way the Army deployed for 13 years is “not useful for the world we live in right now,” said Lt. Gen. Patrick J. Donahue III, the deputy commanding general for U.S. Army Forces Command, speaking at a symposium March 16.

The general outlined a prototypical deployment for a unit during the 13 years of conflict in Iraq and Afghanistan as an illustration of how what worked then will no longer work in the future.

He said a unit might receive from FORSCOM a tasking to go to Diyala, Iraq, and be given a 14-month lead time to prepare for that rotational deployment.

“That brigade would start focusing on that rotational mission,” he said. “It would train on search and attack, it would (train on) cordon and knock, it would learn all the tribal dynamics of the Sunnis and Shias in that province, understand Kurd/Arab friction up in Khanaqin, and the Sunni/Shia friction down in Khalis, and understand the capabilities of the 5th Iraqi Army Division, and train to the tasks that were required to do those types of missions.”

What the unit didn’t do, he said, “was combined arms breach – it didn’t do a deliberate attack and deliberate defense. And the way that brigade deployed, it would do its training at (a) Combat Training Center, and often just go back and drop its stuff off

... at home station, fly over into theater and fall in on Theater Provided Equipment.”

Donahue acknowledged that the Army has deployed a lot over the last 13 years, but said that “we have gotten rusty in our ability to deploy units and their equipment.”

Lt. Gen. Gustave F. Perna, the Army’s deputy chief of staff, G-4, said when he and other Soldiers who have been in the Army since well-before Iraq and Afghanistan think about deployments, it looks different from what the Army has been doing most recently.

“Our reflections are of the days when we had to make sure our equipment was ready, we had to load out our equipment, we had to get out to the rail heads and make sure we were rail- and air-certified,” he said. “We had to understand load plans on how we wanted the equipment loaded on ships so when we got to where we wanted, the equipment came off when we needed it. That skill set is lost. And so it is, literally, back to the basics and making sure we know how to do that.”

Donahue said FORSCOM has recently been pushing units through Emergency Deployment Reaction Exercises to bring their deployment skills up to snuff. One of the most ambitious of those EDREs, he said, involves a brigade with the 101st Airborne Division.

“They thought they were going to the Joint Readiness Training Center in April, as they always do, with contracted line haul and contracted rail,” he said. “Last week we alerted them to instead to deploy via sea. They are shaking up all sorts of dust and knocking off all sorts of rust, as they develop, rediscover in some, probably most cases, their ability to send their 800 vehicles and 200 containers first by rail to



PHOTO BY SGT. WILLIAM A. TANNER

Troopers from 2nd Squadron, 2d Cavalry Regiment load their Strykers onto railcars as they deploy in support of Operation Atlantic Resolve from Rose Barracks, Germany, March 11, 2015.

Jacksonville, load them on ship, sail them to Port Arthur, Texas, download them, and bring them into JRTC that way ... so we are actually executing the whole process ... to see if we can make it work.”

Donahue said FORSCOM has a new mission statement that for the first time includes the concept of readiness – a direct reference to Chief of Staff of the Army Gen. Mark A. Milley’s No. 1 priority.

And FORSCOM’s commander, Gen. Robert B. Abrams, has promised that FORSCOM units will now be “surge-ready and rotationally focused,” Donahue said.

Surge-ready, Donahue said, means that a unit’s mission-essential task list or METL must include the ability to deploy with all its equipment. The installation must also have the ability to deploy that equipment and actually train for it.

A unit will still be ready for rotational missions, he said, but it will also be doing decisive-action training. A unit “will first train to decisive action. It will do a deliberate attack, it will do a defense, it will do ... a battalion time on target. You never know when you will get the call to go somewhere besides that rotational mission.”

The way ahead with training, Donahue said, is for units to continue to be ready for their rotational assignments.

FORSCOM is “still focused on meeting combatant commander requirements,” he said. But added to that is training for surge requirements. Units must first become skilled in their mission-essential task list and then train for other assigned missions.

“That’s big change for how we have been doing training and building readiness in FORSCOM in the last 13 years,” he said.

News Briefs

USAAACE command changes

- The U.S. Army Aviation Center of Excellence will host its command sergeant major of the Branch change of responsibility ceremony today at 1:30 p.m. at the U.S. Army Aviation Museum. Command Sgt. Maj. Gregory M. Chambers will assume responsibility from Command Sgt. Maj. Eric C. Thom.
- USAACE will host its change of command ceremony April 6 at 9 a.m. on Howze Field. Maj. Gen. William Gayler will assume command from Maj. Gen. Michael D. Lundy.
- USAACE will host its change of charter ceremony for chief warrant officer of the Branch April 18 at 9 a.m. in the U.S. Army Aviation Museum.

Spring cleanup

All Fort Rucker organizations will conduct spring cleanup operations Monday-March 31 to improve the overall appearance of the installation. The schedule is Monday, cleanup of interior offices and work areas; Tuesday, cleanup of exterior areas and police call areas; Wednesday, 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.

Easter Sunrise Service

The Fort Rucker Community Easter Sunrise Service is scheduled for Sunday 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.

Biker blessing, breakfast

The religious support office will hold its first Fort Rucker Biker Blessing and Breakfast April 9 from 8-11 a.m. at Wings Chapel, Bldg. 6036. The blessing is an outreach ministry that gives an opportunity for all active duty military, veteran and Army civilian motorcycle riders to come together in fellowship, hear inspirational words and receive a blessing for a safe riding season. Units will also have the opportunity to perform safety inspections.

For more information, call 255-2723 or 255-2989.

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. 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 now-Friday. Normal operations are expected to resume Monday. 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 directions to call the 1-800 number. To schedule or cancel an appointment at LAHC, call toll free 1-800-261-7193. The appointment line call center is open from 7 a.m. to 4 p.m. Mondays through Fridays, and is closed on holidays and days of no significant activity.

Army observes Women’s History Month

By J.D. Leipold
Army News Service

WASHINGTON — The U.S. Senate hosted a panel March 17 to discuss the role women have played in public service and defense by inviting senior Army women to speak about their experiences.

Before they assembled for the panel, senior leaders mingled with fellow Soldiers and Senate staffers, offering their thoughts on the importance of remembering just how far women have come since suffrage.

Less than a century ago, women didn’t have the right to vote, even though they had served in the military as far back as the American Revolution.

“I think as we lift barriers on people, you’ll see them flourish over time and move forward,” said Army Chief of Legislative Liaison Maj. Gen. Laura Richardson. She added that women have no interest in seeing standards changed to accommodate them.

This year, the Army is opening all military occupational specialties to women and the service has established gender-neutral standards for combat arms positions.

“The first thing you want to know is if your buddy on your left and on your right can do the job, and it has nothing to do with gender,” Richardson said.

“That’s very important for women, that standards are not changed,” she continued. “You will hear the loudest voices on that subject coming from women



PHOTO BY J.D. LEIPOLD

The Army helped observed Women’s History Month on Capitol Hill March 21, providing a panel of senior leaders to discuss their experiences: Army General Counsel Alissa Starzak, Army JAG Lt. Gen. Flora Darpino; Chief of Legislative Liaison Maj. Gen. Laura Richardson; Director (DOD) SAPRO Maj. Gen. Camille Nichols; Vice Director JIDA Maj. Gen. Julie Bentz and Director of the U.S. Army Women’s Museum Francoise Bonnell, Ph.D.

... we want to earn it as it’s supposed to be and with the requirements that are as they are.”

Over the course of the country’s wars, women have served in the military as nurses, office and factory workers, as truckers and pilots and even spies, but until recently they were not permitted by law to fight directly alongside men as combatants.

“I think with over 52 percent of our population being women, that it’s really important to reach out and recognize the talent that exists inside the whole nation,” said Maj. Gen. Camille Nichols, director of the Defense Department Sexual Assault Prevention and Response Office.

Nichols was a member of the second class at West Point to have women graduates in 1981. “I think because we are more than half the population that

we’re sometimes just taken for granted many times ... this ceremony helps put a spotlight on the fact that there are still some inequities in our society and that we need to address those.”

Nichols added, “One of the most powerful things that got me to join the military, then stay in the military, was that I got equal pay, so I think we need to take a long hard look at how we can take the talent and pay the talent for what they are worth.”

During World War II, about 60,000 women joined the Army Nurse Corps and while they were awarded commissions as second lieutenants, they weren’t considered part of the regular Army and received half the pay of their male counterparts. It wasn’t until February 1944 that Congress passed a bill granting Army and Navy nurses actual military rank

for the remainder of the war plus six months.

The speakers this year also included:

- Army General Counsel Alissa Starzak;
- Army Judge Advocate General Lt. Gen. Flora Darpino;
- Vice Director of the Joint Improvised-Threat Defeat Agency Maj. Gen. Julie Bentz; and
- Director of the U.S. Army Women’s Museum, Francoise Bonnell, who served as the panel moderator.

One Soldier in the audience was Spc. Kayla McCullough, 23, a three-year member of the 3rd U.S. Infantry Regiment (The Old Guard), who joined the Army after serving in her junior ROTC unit in high school. She said she thought it was important to celebrate and remember

how far women have come, not just in the in the military, but in all careers.

“I think the Army itself has come a long way as far as women standing equal in the service – it’s a wonderful thing that I’m able to be a part of it,” she said. “I have a very young daughter who when she’s older, I’ll explain to her and make sure she understands that she can do and be anything she wants to be and that all she’ll have to do is put her mind to it and strive to be the best she can be... I’ll try to be her best example.”

Like McCullough, Spc. Natalie Xavier is also in her third year with the Army and Old Guard and is in human resources to ensure Soldiers’ personnel records are up-to-date. At 31 and a mother of three with a civilian husband who supports her steadfastly, she intends to make a career of the Army.

“I think it’s really phenomenal how far women have come – there are a lot of mentally tough really strong women out there who can compete against men and even beat them. It’s wonderful we have this opportunity to do anything in the Army,” Xavier said. “It’s really important that we take time out to reflect on the changes the Army is making and recognize the positive direction we’re moving in.”

In 1981, Congress issued a resolution authorizing the president to proclaim March 7, 1982, as the start to “Women’s History Week.” Then in 1987, Congress declared March as “Women’s History Month” in perpetuity.

Researcher: Robots could take brunt of 1st contact with enemy

By David Vergun
Army News Service

SPRINGFIELD, Va. – “We should be thinking about having a robotic vanguard, particularly for maneuver formations,” said the Army’s chief roboticist at U.S. Army Tank Automotive Research Development and Engineering Center. “There’s no reason why the first contact with an enemy force should be with a man-platform, because it means that platform is at the greatest risk.”

Dr. Bob Sadowski, with TARDEC in Warren, Michigan, spoke at a robotics conference in Springfield March 2.

A robot doesn’t feel pain and suffering if it gets blown up, he continued. “We want it to be the bullet catcher who takes those rounds.”

Besides taking the hit, robots could pinpoint and uncover the direction from which the enemy is firing, he added.

Realizing that the enemy is also developing these systems, he said. “So if we don’t play in this space, we’re not even going to understand what the enemy is doing.”

Where it’s at

Over the last 10 years, the Army has focused on logistical challenges in Iraq and Afghanistan, Sadowski said. A lot of Soldiers were lost in convoys that encountered improvised explosive devices, and the funding and research went into stopping that.

The Army’s demonstration of driverless vehicles took place in May 2014 at the Department of Energy’s Savannah River Site in South Carolina, where a convoy consisting of seven different tactical vehicles drove completely unmanned at speeds exceeding 40 mph.

Once that technology matures and is fielded, the problem is that “if you replace 16 drivers with 16 autonomous vehicles, you’ve just lost 16 M-16s that the drivers would be carrying to protect the convoy,” Sadowski said. “So, you’d need to consider arming the autonomous vehicles, with a Soldier being the remote triggerman.”

Possibly by the end of this year, that experiment at Savannah River will morph into an extended warfighter experiment, or an Army warfighter assessment at Fort Bliss, Texas, he added.

Where it’s going

Today, the effort is still in logistics,



PHOTO BY JONATHAN KOESTER

but current thinking and doctrine is that robots should be more than logistics – they should be in the fight, as well, he said.

The Marines tried this with a robot in Afghanistan – a mule-like device that followed a patrol dismounted, he said. It was rated for 1,000 pounds, but the Marines loaded it up with 2,000. Then they complained it was too slow.

So, in the future, Sadowski said perhaps robots need to be able to talk back and say, “Sir, I can’t carry that.”

Currently, testing of vehicles is being done on-road, but off-road is where Soldiers fight, he said.

Future robotic development may go to warp speed by using modeling and simulation, saving time and money by plugging scenarios into computers and testing vehicles in dirt, mud, snow, sand, rain and so on, he said.

To get a peek at the future, look at what’s being done already, he said. The Army teamed with Sikorsky and Lockheed Martin to rig a UH-60D helicopter to fly autonomously carrying a robot as its payload. It flew without the aid of a pilot to its destination, dropped off the robot and flew back.

Had it had problems along the way, say with its engine, a sensor was programmed to look for possible landing

sites along the way. As well, the robot payload, which was slingloaded, was balanced by the computer, which gave it even more stability in-flight than a pilot could have done, he said.

Robots will someday interact with other robots like that someday.

In Australia, an experiment will take place where an operator in the U.S. will remotely guide a robot through the outback with just a second of latency from control to action using satellite technology, he said. It will also be red-teamed,

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TRADOC:

Big 8 initiative, Army Operating Concept will build future Army

By Supunnee Ulibarri
U.S. Army Training and Doctrine Command Public Affairs

HUNTSVILLE — Gen. David G. Perkins, commanding general of U.S. Army Training and Doctrine Command, discussed TRADOC’s perspectives on Big 8 initiatives and how the Army Operating Concept will build the future Army during the 2016 Association of the United States Army’s Global Force Symposium at the Van Braun Center March 17.

“As the Army looks to the future, the force will have to operate under a persistent climate of complexity,” Perkins said. “The enemy also operates in this environment, and as a result, winning in a complex

world means constantly evolving and repositioning the Army to provide enemies with multiple dilemmas, matched with multiple capabilities, through a higher rate of innovation.”

Perkins stressed the importance of providing commanders on the ground with multiple options at the tactical, operational and strategic levels of war, but to do so requires the Army to innovate quicker.

“Innovating is not simply buying new equipment to better fight the enemy,” Perkins said. “The Army doesn’t need \$1,000,000 solutions to \$100 problems. We need \$10 solutions to \$100 problems.”

An important consideration is that the enemy is also changing and evolving at a rapid rate. “If we buy a new tank, the en-

emy will develop a new threat to take out that tank. That’s why we must innovate new capabilities that will keep us ahead of the enemy,” he said.

Perkins went on to explain eight capability areas TRADOC has determined the Army needs to increase its rate of innovation to stay ahead of the enemy. These capabilities emerged from TRADOC’s campaign of learning, using the 20 Army Warfighting Challenges, and require senior leader emphasis to synchronize across the services and industry.

The Big 8 areas are combat vehicles, expeditionary mission command, cross-domain fires, advanced protection, cyber electromagnetic, future vertical lift, robotics/autonomous systems, and Soldier team

performance and overmatch.

The world is changing and adversaries today have no set template for how they fight, and the Big 8 capabilities will help increase the rate of innovation giving an asymmetric advantage in future conflicts, according to Perkins.

“The Army does not buy things to fight, we develop capabilities to win in a complex world that is ever changing. This includes not only technology but also developing people – innovative professionals, who adapt quickly to changing threats,” Perkins said. “The Soldier is the centerpiece of the solution.”

The full video of Gen. Perkin’s remarks at the Global Force Symposium is available on TRADOC’s YouTube channel.

Sale

Continued from Page A1

when they arrive on post.”

Although the event is open to the public, Fink reminds people that certain sales are not allowed.

“No retail, commercial vending or business promotion is allowed,” Fink said. “Food and beverage, live animal and weapon sales are also prohibited.

Also, electricity is available on the event field on a first-come, first-served basis, and participants must bring

their own extension cords, if needed. All participants are responsible for their individual change fund and participants may bring canopies, but no tent stakes may be longer than 12 inches in length.

For more information, call 255-1749 or 255-2997.

Education

Continued from Page A1

not only on post, but within a short distance from the post,” McNally said. “We had a summary of schools that were here from the local area, as well as schools that are here full-time on Fort Rucker, to present their programs to the community.”

The fair had representatives from schools like, Embry-Riddle University and Troy University, as well as those from the Florida Institute of Technology. In addition to schools, representatives from Army Community Service and the U.S. Department of Veterans Affairs were on hand to answer any questions people might have had about their benefits.

For CW4 Jonathan Hulse, D Company, 1st Battalion, 14th Aviation Regiment, the fair was an invaluable tool to help him get

back on the road to complete his master’s degree.

“I already got my bachelor’s degree from Embry-Riddle last year, so I wanted to come up here and inquire about getting my master’s degree with them,” he said. “I think this (fair) is a good way to get people involved (in their education),” adding that it was a great opportunity for him to be able to ask about his VA benefits, which is precisely what McNally said representatives are there for.

“This is a chance for people to ask any questions they might have regarding benefits,” said the education service officer. “We had counselors here that they can ask questions directly to and find out more about their benefits or opportunities that are available to them.”

The fair wasn’t an opportunity just for

Soldiers, however, but a chance for family members to come out and ask about continuing education, as well.

For Laura Antley, military spouse, the education fair gave her an opportunity to talk to representatives from different schools on what she needed to do in order to get the education she needed for her bachelor’s degree.

“I’ve always wanted to get a degree in business, and I’ve done some classes in community colleges, but it’s been a long time since I’ve gone back to school,” she said. “It can be intimidating going back to school after such a long time, so it really helps to be able to have someone to talk to in a relaxed setting and just ask whatever needs to be asked.


“I was able to ask about tuition, credit hours, how long the program might take

for me, and just anything that I wasn’t sure about when making this decision,” she continued. “I just think it’s a great chance for anyone to have here, and I’m grateful for it.”


Although the education fair was an opportunity for people to get a one-stop-shop experience, McNally said the education center exists to assist people year round.

“We really want to give Soldiers a foundation that they can build on because we want them to achieve their degrees, achieve their goals and not fall short of them because of lack of support,” he said. “At the education center it’s about the whole Soldier and the whole community.”

For more information on the services available at the education center, call 255-2925.



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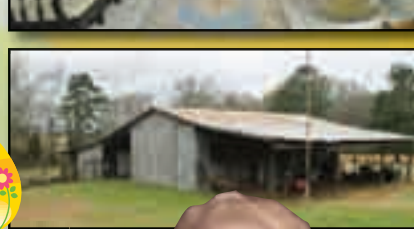
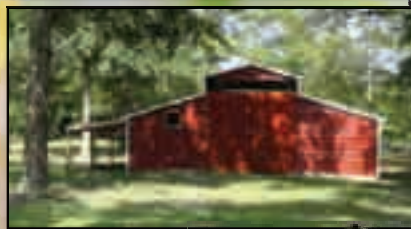
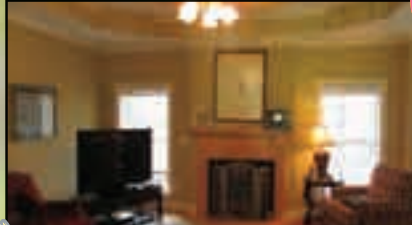
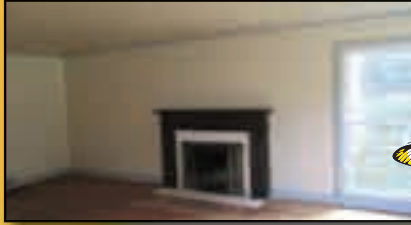
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OFFICE WITH A VIEW

PHOTO BY CAPT. JOE BUSH

A crew chief assigned to the 82nd Combat Aviation Brigade sits on the tailgate of A CH-47 Chinook and looks out over the Fort Bragg, N.C.-area as part of a reenlistment jump March 11. In appreciation of their commitment to continued service in the U.S. Army, 82 Soldiers were given the opportunity to earn German parachutist badges following the ceremony by conducting a helicopter jump led by a German jumpmaster.

FUTURE FLIGHT

Army researchers explore future rotorcraft technologies



ARMY ILLUSTRATION

Artist's concept of a future vertical lift aircraft.

By David McNally
U.S. Army Research Laboratory
Public Affairs

ABERDEEN PROVING GROUND, Md. — The U.S. Army is moving ahead with research on potential new component-level technologies for future rotorcraft.

A team from the U.S. Army Research Laboratory completed the first-ever live-fire test of a rotor blade with individual blade control technology in mid-January.

Researchers fired three shots representative of typical ground fire on a 7-foot span, 10-inch chord rotor blade section with a 4-foot long Continuous Trailing Edge Flap at ARL's Survivability and Lethality Analysis Directorate's Airbase Experimental Facility 6 and 7.

"The purpose of this program is to generate some limited ballistic data that could reduce risk and/or encourage Future Vertical Lift design-

ers to consider CTEF technology," said Brian G. Smith, ARL-SLAD aviation analysis team leader.

"We wanted to know what would happen to vehicle performance, or the rotor blade structural integrity, if it is hit by live fire in combat," said Matthew L. Wilbur, ARL Vehicle Technology Directorate senior research engineer working at the NASA Langley Research Center, Virginia. "This technology may provide reduced noise signature, reduced vibration, enhanced rotor performance, and also offer a lighter and more efficient technology for flight control of the helicopter."

The CTEF experiments are being conducted under the Science and Technology Red Teaming initiative sponsored by the Office of the Assistant Secretary of the Army for Acquisition, Logistics and Technology. This initiative provides early, in-depth vulnerability assessments of emerging

SEE FLIGHT, PAGE B4

Center developing more adaptable, secure radar technology

By Alison Barrow
Communications-Electronics Research,
Development and Engineering Center

ABERDEEN PROVING GROUND, Md. — Radar detectors signaling speeding motorists of police presence are about to get a run for their money as the Army is developing innovative radar technology that could someday be common practice for users wanting to mask their radar emissions.

Over the past several years, the threat of being compromised has become an increasing issue for Soldiers in theater. The need to preserve radar system performance while operating in both a contested (adversarial attack) and congested (high traffic) radio frequency environment has presented a significant challenge to radar system designers.

These challenges led the U.S. Army Materiel Command's Communications-Electronics Research, Development and Engineering Center to research and develop a tunable, noise-encrypted radar waveform referred to as Advanced Pulse Compression Noise.

"The battlespace is continually evolving, and with that, comes the need to change the way we think about radar design. Techniques such as real-time re-programmable waveform synthesis and low probability of intercept/low probability of detection provide added capability that will address the emerging electromagnetic spectrum challenges our Soldiers are likely to face in the future," said Dr. Paul Zablocky, director of CERDEC's Intelligence and Information Warfare Directorate.

The APCN waveform embodies select aspects from both traditional and non-traditional radar waveforms, and can be programmed in real-time to allow the system user (the Soldier) to optimize radar performance based on the particular scenario.

"Encrypting our radar waveforms limits the likelihood

SEE RADAR, PAGE B4

WASPS

1st women in history to fly for Army Air Corps

By Shannon Collins
Department of Defense News

WASHINGTON — Before there could be women flying combat missions in Iraq and Afghanistan, there were the pioneers of the Army Air Forces of World War II.

July 5, 1943, the Women's Auxiliary Ferrying Squadron and the Women's Flying Training Detachment merged into a single unit for all female pilots. The new group called itself the Women's Airforce Service Pilots, with its pilots known as WASPs.

Training

The women paid their own way to travel to basic training at Avenger Field in Sweetwater, Texas. More than 25,000 women applied, even some from Canada, England and Brazil, said Bernice "Bee" Falk Haydu, a WASP pilot from Montclair, New Jersey. Only 1,830 U.S. women were accepted into the program. Of those, 1,074 earned their wings.

To qualify, applicants had to be at least 5 feet, 4 inches tall, pass Army physicals and have a pilot's license, Haydu said. Women also had to have at least a high school diploma and be age 18 to 35.

"Most of the women were college graduates, but the toughest part of the training was you started out in a basic aircraft and then you'd go to a medium and then an advanced," Haydu said.

When she joined the WASP program in 1944, Haydu said training was being accelerated.

"They wanted to experiment with



PHOTO BY NAVY PETTY OFFICER 2ND CLASS GLENN SLAUGHTER

Bernice Haydu, a Women Airforce Service Pilot during World War II, stands next to an AT-6 Texan at Page Field near Fort Myers, Florida, Feb. 20.

the women to see if they could eliminate one of the phases of training, so we went from the Stearman, which is an open cockpit biplane, in primary (training), and after about 60 to 70 hours of that, we went directly into the advanced, which was the AT-6 (Texan) — that's 650 horsepower compared to 220 horsepower," she said.

During training, the women had to pay for their dress uniforms, and their room and board, but were issued men's coveralls that they nicknamed "zoot suits," Haydu said. There were six women per bay in the barracks, with one latrine, one sink, one shower and one toilet.

If the winds kicked up, the women would lie on the bottom wings of the airplanes to help keep them down, she said, "because they needed more weight to keep the airplanes on the ground."

Missions

After graduating, the women

would go to either Ferrying Command or Training Command. Lucile Doll Wise was a pilot at Ferrying Command, and she said she ferried aircraft from factories to air bases and points of embarkation.

"There was an alarming shortage of pilots at the beginning of the war," Wise said, "and we delivered more than 12,000 aircraft in the two years we operated. We also performed many other domestic flying duties.

"I loved every minute of it," she added, "but it was not easy. It was hard work and I came back from trips pretty tired."

Haydu served as an engineering test pilot and a utility pilot in the Training Command, where the women's missions ranged from towing aerial targets for the infantry, flying tracking missions, smoke-laying, searchlight strafing and simulated bombing, and testing radio-controlled aircraft. The

SEE WASPS, PAGE B4

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Flight

Continued from Page B1

technologies across laboratory, table-top, and live field environments.

Specifically, the live fire CTEF experiments explore the ballistic vulnerability of emerging individual blade control technologies and promote the development of components that are threat ready.

A team from ASA (ALT) visited researchers March 4 to observe another round of test firings and to speak with researchers.

“We want to understand

how this technology might be applied to future aircraft,” said Todd M. Turner, ASA (ALT) Air Portfolio director. “Our goal is to design, develop and demonstrate the next generation of technologies that will provide unmatched vertical lift aircraft performance to meet future operation capabilities.”

Investments made by the ASA (ALT) Air Portfolio fund research in advanced air vehicles, aircraft and occupant survivability and manned/unmanned teaming.

The CTEF experiment represents a leap in technology from an active rotor standpoint, Wilbur said.

“The actuators used in the CTEF are not your typical motors – they are solid-state devices that change shape when an electric current is applied,” Wilbur said. “They work great, but if they are damaged they tend to short circuit, which means that the remaining healthy actuators no longer receive the power they need to function. To defeat this failure mode, we devised a method where each

actuator has a small fuse in-line with its connection to the power source. For this particular test, that meant fabricating a blade in which each actuator was individually wired and the fuses were external to the blade at the point where the electrical power was distributed.”

Wilbur said in a follow-on activity they hope to

start later this year, small surface-mount fuses will be embedded directly on the actuators, so that no outside electrical power distribution or extensive wiring will be necessary.

“The big active-rotor breakthrough associated with this was the fact that the insertion of the fuses in-line with each actuator worked perfectly,” he said.

“We acquired high-speed blade performance data during each of the shots, and in each case it is clear that the blade continued to actuate with no degradation in performance other than that attributable to the loss of the damaged actuators.”

Funding to conduct this research is the enabling factor, he said.

Radar

Continued from Page B1

for adversaries to intercept and exploit our emissions. Programming the waveform in real-time takes this capability even further, and ensures operational effectiveness,” said Dr. Mark Govoni, a research scientist in CERDEC I2WD’s Radar Division who established the theory and patented the design for the APCN waveform.

This secure waveform could be used not just by Soldiers but civilian law enforcement agencies as well.

“Having the ability to transmit a radar waveform that’s continually changing, one that never repeats itself, and looks like noise, is extremely difficult to intercept and becomes advantageous for police because they can now remain anonymous to radar detectors,” Govoni said.

WASPs

Continued from Page B1

women were also flight instructors, engineering test pilots and utility pilots, and performed all stateside flying duties.

“If an engine needed to be flown a certain manner for a certain number hours before it went into regular service, I would do that,” she said. “I also would fly personnel to wherever they had to go.”

Haydu said she was disappointed when the WASPs

were disbanded Dec. 20, 1944, just 11 days before she was to begin training to fly the B-25 Mitchell bomber. The last class graduated Dec. 7, 1944.

Gen. Henry “Hap” Arnold of the Army Air Corps told the last crop of pilots, “We of the (Army Air Forces) are proud of you – we will never forget our debt to you.”

The WASPs had ferried more than 50 percent of the combat aircraft within the U.S. during the war and

flew at 126 bases across the country. Thirty-eight of these women died in their service: 11 in training and 27 during missions.

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DEDICATED TO MILITARY CHILDREN

Event gets youth 'out and moving'

By Nathan Pfau
Army Flier Staff Writer

Thousands crowded the Fort Rucker Festival Fields Saturday as children lined up to search for more than 16,000 eggs filled with treats and toys during one of the installation's biggest events.

The 12th annual Children's Festival returned to Fort Rucker with a host of activities, including train rides, inflatables, jugglers, superheroes and even a petting zoo, and according to Kristi Fink, Directorate of Family, Morale, Welfare and Recreation special events coordinator, it was all dedicated to military children.

"The Children's Festival is a great way to get the kids out and moving," she said. "In this day and age, the kids stay inside and play games on their electronics or watch television. It's good to get them interested in outdoor activities, and any time there is something to take your mind off of the daily struggles is a good thing."

People, young and old, were encouraged to dress as their favorite superhero, and many took part in kids karaoke, which was a new addition this year.

Darcy Mayville, military spouse, came out to the festival fields with her two children, Jordan and Jamie, as a means to get some fun in the sun on what they called a "gorgeous day – too nice to waste."

"We wanted to come out and see everything they had to offer out here, and we were really surprised at the amount of people that were here," she said. "My kids really had fun during the egg hunt, which I'm glad they had so many eggs for all the children, because they all got a chance to get some surprises."

For Jordan, he said his favorite part of the festival, not including the egg hunt,



PHOTOS BY NATHAN PFAU

Children hunt for eggs during the 12th annual Children's Festival at the Fort Rucker Festival Fields Saturday.

was the petting zoo.

"I got to pet a kangaroo and some goats," he said. "They were really soft."

For Mayville, events like the Children's Festival are a great way to get the children out of the house to meet other families.

"It's great when they hold events like this where so many families can come out and mingle," she said. "A lot of times people can get stuck in their little bubble, especially in a military family when you move around a lot, but it's important to get out and get to know other families, and it's great to be able to talk with people going through a lot of the same things that you are."

In addition to new and familiar faces, some children even had the chance to test their mettle with a scaled down version of the Warrant Officer Career College obstacle course, where they had the chance to scale up incline walls and cross monkey bars.

"I thought it was the greatest thing that they had Soldiers out there to help children get across (the obstacle course)," said Julianne Farone, military spouse, who visited the festival with her son, Jeremy. "That's the community that is here



Children pet baby goats in a petting zoo.

and that's the community that everyone needs to get to know, and I just thought it was amazing to see that – Soldiers taking time out of their weekend to help children and families have a good time."

The event was also a chance for people to get a photo opportunity with the Easter Bunny before he made his rounds to hide

eggs this year.

"Jeremy loves seasonal characters," said Farone. "He always gets so excited to see characters like the Easter Bunny, and I'm just so glad that the post goes out to make these events something that the children will remember. It will definitely give them fond memories of this place."

HELPING HAND

New parent support program provides tools, workshops, more

By Jeremy Henderson
Army Flier Staff Writer

Parenthood presents a variety of challenges, but Fort Rucker's New Parent Support Program offers services, classes and workshops to provide new and future parents with valuable tools.

"NPSP has a multitude of resources at our finger tips to provide information to many on- and off-post organizations," Vicky Harmon, NPSP nurse specialist, said. "These include some of the following: the (Women, Infants and Children) programs, (Child, youth and school services) registration, Exceptional Family Member Program, Department of Human Resources, DEERS, Army Community Service and family advocacy program."

According to Harmon, NPSP promotes healthy families through a variety of services including home visits, support groups and parenting classes.

The NPSP is open to all active duty military, retirees and family members — either expecting or with children up to age 3.

"You do not need to be a first-time parent," Harmon said. "This could be your sixth child, but you could use support and education. Remember that no two children are alike."

NPSP contributes to mission readiness, supports family member adaptation to military life, and enhances the knowledge and skills family members need to form

...with the help of
the services ACS, FAP
and NPSP provide,
everyone can be a
success story."

— VICKY HARMON,
NEW PARENT SUPPORT
PROGRAM NURSE SPECIALIST

healthy relationships, according to Harmon. NPSP helps parents to provide safe, nurturing environments for their children, prevents family violence and fosters a supportive military community for young military families.

"NPSP offers many classes," Harmon said. "NPSP is always looking to the community for suggestions of new ones to add. During the month of April, NPSP is offering infant and child CPR and infant massage classes. Baby Sign Language we offered throughout March."

Harmon added that future training opportunities will include advice on feeding children from birth to age 5, baby-led weaning, baby sign language, "Today's Mom" nutrition workshop series and the expectant parent workshop series.

"Do not be afraid to ask for help," Harmon said. "No one person knows everything and it is bet-

ter to ask rather than to get into a situation that might cause a problem. We have tons of literature for new and expecting parents, and a staff that have a combined 75 years of knowledge and experience."

According to Harmon, the benefits of NPSP extend much further than the classroom.

"Participants become more confident parents," she said. "They learn to understand the ages and stages of their child's development. They help their children develop social skills, develop a support system, lessen stress, make parenting fun, improve communication between spouses, develop new friendships and help them become more comfortable in the military community."

New and expectant parents will have the opportunity to hear a firsthand account of NPSP's many benefits from guest speaker Una Taylor during a Single Parent Brown Bag Lunch Tuesday from 11:45 a.m. to 12:45 p.m. at Munson Heights Community Center. Snacks will be provided, but attendees are asked to bring their own lunch to the event. Refrigerator storage will be provided.

According to Harmon, the lunch is geared toward helping attendees meet other single parents, network and learn what resource are available.

"(Taylor) is the representation of a parent that went through a pregnancy and had a newborn as a single parent," Harmon said. "She demonstrates that, with support, you can accomplish your goals. It is always a positive note to hear a success story and know that, with the help of the services ACS, FAP and NPSP provide, everyone can be a success story."

The lunch is free and open to all active duty military, retirees and their family members.

"Spouses who have a deployed spouse may attend, for they are functioning as a single parent and could also use the support," Harmon said.

For more information, call 255-9647.

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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 safety issues to the ACS volunteer coordinator. Adhere to guidance outlined in Army Regulation 608-1 and AFTB standard operating procedure. Call 255-1429 for more information.



PHOTO BY NATHAN PFAU

Military family members take part in last year's stroller parade to help raise awareness of child abuse prevention efforts. This year's parade is scheduled for April 25.

ON POST

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

Wear Blue Day

Army Community Service officials welcome people to join them in supporting Child Abuse Prevention Month by wearing blue on Fridays in April. For details on Blue Day and Child Abuse Prevention Month activities, call 255-2647.

Teal Day Campaign

April is Sexual Assault Awareness Prevention Month and this year’s theme is “Sexual Assault. Sexual Harassment. Not in Our Army.” The Teal Day Campaign will begin April 5 as a Fort Rucker community-wide effort to recognize people’s collective responsibility to prevent all forms of sexual assault and sexual harassment by wearing something teal Tuesdays in April. For more information, call 255-2382.

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.

Relocation readiness

Army Community Service will host its relocation readiness workshop Friday 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, Saturday. Participants will depart Fort Rucker at 5 a.m., travel to Wild Adventures for a day at the park and return to post at about 10 p.m. Cost for the trip is \$53 per person, and includes ticket to Wild Adventures and transportation to and from Fort Rucker. There needs to be a minimum of 22 people for the trip. To sign up, stop by MWR Central or call 255-2997.

Skateboarder’s Party

The Fort Rucker Youth Center will host its Skateboarder’s Party Saturday 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 Sunday 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 Monday, Wednesday 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 today. For more information or to register, call 255-9644 or 255-3898.

Right Arm Night

The Landing Zone will host Right Arm Night March 31 from 4-6 p.m., hosted by the 1st Battalion, 145th Aviation Regiment. Right Arm Night is an Army tradition, promoting a night of camaraderie and esprit de corps as leaders come together and treat those who help them accomplish the mission. Complimentary appetizers will be served while supplies last. Right Arm Night is held every month, and both military and civilians are welcome. For more information, call 598-8025.

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. People who attend will meet in Rm. 350 at 8:40 a.m. to fill out paperwork before going to the multipurpose room. The class will end



FILE PHOTO

Youth fishing tournament

A scene from a previous youth fishing tournament. Fort Rucker Outdoor Recreation will host a youth fishing tournament April 16 from 7 a.m. to noon at Parours Lake. This event is open to the public for youth ages 3-15. Entry fee is \$15. Live bait is permitted, but no minnows. Prizes will be awarded to first-third place winners. Bait, snacks and a few fishing gear items will be available for purchase the morning of the event. People can register at ODR or MWR Central. For more information, call ODR at 255-4305 or MWR Central at 255-2997.

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.

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.

Autism Awareness Month

In observance of Autism Awareness Month, Army Community Service will “Light it up Blue” during in April. This time each year, people from around the world join together in support of Autism Awareness Month to lighten it up blue throughout their communities. According to organizers, Light it up Blue helps spread awareness and understanding of autism; bring attention to the needs of all people with autism; and celebrate and honor the unique talents and skills of people with autism. For more information, call 255-9277.

Federal job workshop

Army Community Service Employment Readiness will host its federal job workshop April 5 from 8:30-11:30 a.m. in Bldg. 5700, Rm. 371A. The workshop seeks to demystify the federal hiring process and lessen people’s frustrations at putting together effective and impactful USAJOBS.gov résumés. All workshop participants will receive a complimentary copy of Kathryn Troutman’s “Jobseeker’s Guide” (7th Edition). Space is limited to the first 40 people to register. For more information, call 255-2594.

Child Abuse Prevention Month proclamation

The Fort Rucker New Parent Support Program and garrison command will host a proclamation signing in support of Child Abuse Prevention Month April 7 at 10 a.m. in the atrium of the Soldiers Service Center, Bldg. 5700. For more information, call 255-9647.

Family member resilience training

Army Community Service will host family member resilience training at The Commons April 7 from 9-11:30 a.m. The training is designed to give people the tools they need to become more resilient in all the challenges that life may throw at them. For more information, call 255-3161.

National Library Week

The Center Library will celebrate National Library Week April 11-15 to highlight the changing role of libraries, librarians and li-

DFMWR Spotlight

FORT RUCKER

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Rave

March 25 | The Landing | 8-11 pm

Tickets:

\$10

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Attention BOSS Soldiers!

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For more information call Fort Rucker Bingo, (334)255-9626.

Authorized Patrons may bring up to 10 guests to Bingo Rave. Bingo is open to Authorized Patrons: all military personnel, retirees, DA civilians, contractors, Fort Rucker Employees (with the exception of Family & MWR managers), AAFES and Commissary employees, as well as any of the above mentioned spouses & Family members.

brary workers. The library will run a contest for adults ages 18 and older to write in three sentences or less how the library has transformed their lives? A winner will be chosen each day to win a prize and a grand prize winner will be chosen for a \$20 gift certificate to The Landing Zone. Teens ages 13-17 will have a chance to win a daily prize by correctly answering Trivia Madness and can compete for a grand prize of one free game

of bowling at Rucker Lanes by creating a poster demonstrating how libraries transform lives. Children ages 12 and under can tell in writing or in pictures what they love most about the Center Library to be entered for a daily drawing. One grand prize winner will receive a sweet treat, according library officials. For more information, visit the library or call 255-3885.

FORT RUCKER MOVIE SCHEDULE FOR MARCH 24-27			
Thursday, March 24	Friday, March 25	Saturday, March 26	Sunday, March 27
The Divergent Series: Allegiant (PG-13)7 p.m.	The Divergent Series: Allegiant (PG-13)7 p.m.	Kung Fu Panda 3 (PG)4 p.m. Deadpool (R)7 p.m.	Hail Caesar! (PG-13)1 p.m. How to Be Single (R)4 p.m.
TICKETS ARE \$6 FOR ADULTS AND \$5 FOR CHILDREN, 12 AND UNDER. MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME. SCHEDULE SUBJECT TO CHANGE. FOR MORE INFORMATION, CALL 255-2408.			

75 YEARS

USO marks history of bringing piece of home to troops

By Sgt. Youtoy Martin
U.S. Army Central
Public Affairs

CAMP ARIFJAN, Kuwait – The USO’s 75th Anniversary Spring Tour landed at Camp Arifjan and showcased celebrities that entertained service members stationed on the base March 15.

Service members in attendance at the event got the opportunity to meet and greet country singer Craig Morgan, Miss America Betty Cantrell, NFL player Charles Tillman, and mixed martial artists Donald “Cowboy” Cerrone and Anthony Pettis.

“(The event) took my mind off everything, if even for an hour or so,” said Capt. Ray Bramblet, a safety officer with Area Support Group - Kuwait and a native of Calhoun, Georgia. “To have somebody come here from my home state, Miss America and Craig Morgan made me forget the day-to-day grind that we face here.”

Morgan, who wrapped up the event, is no stranger to military life or USO tours. He has served with the USO for over 15 years and also served over nine years of active duty in the Army.

Morgan echoes the Army’s Soldier for Life initiative.

“The military is a bigger part of my life, even more than the music,” he said. “I’ve spent more time in the military than the music business, up to this point.”



NFL cornerback Charles Tillman addresses the audience during the USO’s 75th Anniversary Spring Tour at Camp Arifjan, Kuwait, March 15.

The military is not just something you do, it’s a part of your personality, it’s who you are, said Morgan.

“For me to come over and entertain the men and women who are serving is very humbling,” he added. “It becomes emotional for me, because I have served and it’s been a part of my life and still is.”

During his session on stage, Morgan asked if anyone was a song writer in the audience, to which many said yes, but one brave Soldier raised his hand. He was invited to the stage where he was tasked to cre-

ate lyrics to a song on the spot along with Morgan.

“I was really nervous, but it was really awesome,” Sgt. Mark Bail, a Department of Public Works quality control NCO with Area Support Group - Kuwait. “I’ve been on the stage a lot and I’ve been a singer/song writer for several years, it’s something I enjoy. Being put on the spot it was kind of nerve racking, but it was a lot of fun.”

Bail, a native of Athens, Ohio, said he has been a singer/songwriter for over 15 years. He held his own on the stage and in the end received an autographed

electric guitar from Morgan.

“It’s awesome for them to take time out of their schedules to show support for us,” said Bail. “This place can get really mundane, stuff like this boosts the camp up. To have big names like these come out here and support us is just amazing.”

The event was hosted by Cantrell, who sang a few numbers for the troops – a talent she used in winning the Miss America crown. Mixed martial arts fighters Cerrone and Pettis, along with NFL cornerback Tillman, brought comic relief to the stage. They entertained ques-

tions from the audience, tossed out fighting gloves and footballs to the crowd, and thanked the troops for their service.

Tillman, a 14-year NFL member with the Carolina Panthers, said had it not been for a career in football, his plan was to join the military.

His father served 20 years in the Army before retiring out of Fort Hood, Texas, he said. Now on his fourth USO tour, Tillman relates overcoming adversity after not playing in Super Bowl due to injury and resiliency every service member should have.

“I realize it wasn’t a time for me to feel sorry for myself,” said Tillman. “It was about my teammates, the guy next to me. I tried to be the best coach, cheerleader, water boy, trainer and equipment manager. Being one of the senior guys on the team, I had to take a step back and motivate the other players. I was on the sidelines getting my guys motivated and squared away.”

Although he didn’t go the military career route, Tillman said, he is grateful for everything the military does in keeping everyone safe back home and his role on the tour is to extend a huge thank you.

“I think we can serve in many ways and right now, my way is to let everyone in the military know, worldwide, that I am so appreciative,” said Tillman. “I know liberty is not free, so I’m grateful for what all service members provide for us.”

Soldiers improve maternity ward in Cambodian community

By Master Sgt. Mary Ferguson
8th Theater Sustainment Command
Public Affairs

TAKEO PROVINCE, Cambodia — U.S. and Cambodian engineers celebrated with the local community March 16 during a ribbon-cutting ceremony marking the completion of the Prey Sbat Health Center Facility maternity ward improvement project.

The project was sponsored by Angkor Sentinel 2016, an annual bilateral exercise hosted by the Royal Cambodian Armed Forces with participants from U.S. Army Pacific and Idaho Army National Guard units. The improvements were completed by Seabees from the U.S. Navy Mobile

Construction Battalion Three, U.S. Pacific Fleet, and Royal Cambodian Army Engineers.

The engineers leveraged the project as a chance to train and build relationships together while improving the ward by adding necessary restroom facilities.

“The quality of our partnership with the local government is what brought us to Prey Sbat,” said CW5 Daniel Villarreal.

Villarreal is the 8th Theater Sustainment Command’s command chief warrant officer and represented U.S. Army Pacific and Angkor Sentinel 2016 as keynote speaker during the ceremony.

Builder 1st Class Frank Guerrero, a U.S. Navy Seabee who worked on the project, said, “Working with the Royal

Cambodian Army was great. They have their way of doing construction and we have ours, and what was great was that we both joined those ways together.”

“Every day, we’d come out to work and we’d always have a crowd of locals, curious, and some even came to try to help, and they are the reason why we are here, so it was really great to see that our work made a difference to them too,” he said.

“Improving the medical facilities available to mothers and working to make newborn babies of this area as healthy as they can be are most certainly shared desires of both of our countries,” said Villarreal. “Aside from community health benefits

that will result from this new building, the U.S. Navy Seabees and Royal Cambodian Army Engineers who worked here will also take home with them new friendships and a deeper appreciation of the people of Cambodia.”

The 26-day project wrapped-up the Seabees’ six-month mission in Cambodia.

Angkor Sentinel 2016 began March 14 and runs through Friday at the Training School for Multi-National Peacekeeping Forces in Kampong Speu Province. It includes other U.S. Army and Royal Cambodian Army engineer expert academic exchanges and events.



PHOTOS BY MAJ. LESLIE A. WADDLE

U.S. and Cambodian engineers celebrated with the local community in Takeo Province, Cambodia, March 16 during a ribbon-cutting ceremony marking the completion of the Prey Sbat Health Center Facility maternity ward improvement project.



U.S. and Cambodian engineers cut a ribbon to mark the completion of the improvement project.

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ARMY FLIER Church Directory

“Be ye followers of me, even as I also am of Christ.”
1 Corinthians 11:1

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Reverend Chad Ingle
2454 Andrews Ave, Ozark, AL
334.774.6758
www.princeofpeaceozark.org

✦ **CHRIST THE KING**
LUTHERAN CHURCH
Reverend Jim Endrihs
208 E Watts St, Enterprise, AL
334.347.6716
www.enterprisechurch.org

LCMS

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Traditional - in the Fellowship Hall..... 11:00AM
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Tourists invited to walk through history

Army Flier
Staff Reports

People can experience the culture and history of Alabama with April Walking Tours throughout the state.

Twenty-two towns across the state are offering free guided walking tours each Saturday morning in April. Tours begin at 10 a.m. and are about an hour long. Community leaders will escort people through the historic districts or courthouse square areas of their hometowns, sharing their personal

remembrances and some tall tales from the old days.

The cities and tour starting points are as follows:

- Athens — Athens Visitor Center
- Atmore — Heritage Park
- Attalla — Gazebo at 4th St. and 5th Ave.
- Birmingham — Birmingham Civil Rights Institute
- Butler — Town Hall
- Columbia — Old Bank Building (April 2 and 9 only)
- Cullman — Cullman County Museum

- Decatur — Rose Garden at Delano Park
- Demopolis — Downtown Square
- Elba — Chamber of Commerce
- Enterprise — Enterprise Farmers Market
- Fairhope — Fairhope Welcome Center
- Florence — Various locations
- Foley — Foley Welcome Center
- Heflin — Tom and Rebecca’s Park
- Huntsville — Constitution Village (April 2 and 9 only)
- Madison — Madison Roundhouse (April 16, 23 and 30 only)

- Mobile — History Museum of Mobile
 - Montgomery — Montgomery Area Visitor Center
 - Mooresville — Post Office
 - Pell City — Public Library (April 9, 16, 23 and 30)
 - Prattville — Prattaugan Museum
 - Selma — Selma
 - Sheffield — Sheffield Municipal Building
 - Shelby — Shelby Iron Works Park
 - Tuscumbia — ColdWater Bookstore
- For more information, visit alabama.travel/trails/april-walking-tours.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

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

DALEVILLE

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

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

DOTHAN

ONGOING — Disabled American Veterans Chapter 87 will host a dinner and meeting at 6 p.m. the third Thursday of each month at the Doug Tew Recreation Center. For more information, call 836-0217, Ext. 123, or send an email to davchapter87@gmail.com.

ONGOING — The American Legion Post 12 holds monthly meetings on the second Thursday of each month at 7 p.m. Meetings are held at the VFW on Taylor Road. For more information, call 400-5356.

ONGOING — Veterans of Foreign Wars Post 3073 Wiregrass Post membership meetings are at the post headquarters at

1426 Taylor Road every third Tuesday of the month at 6:30 p.m. There is a fish fry every Friday night from 5-7 p.m., then karaoke beginning at 6 p.m. Breakfast is served Sundays from 8-11a.m. The post can host parties, weddings, and hails and farewells.

ENTERPRISE

APRIL 8 — Gates will open at 5:30 p.m. for the free Movie Under Moonlight featuring a showing of “The Peanuts Movie” that will begin once it turns dark at Bates Memorial Stadium. There will also be bounce houses and concessions. People are welcomed to bring lawn chairs and blanket, but no coolers. For more information, call 34802693.

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.

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.

MAY 10 — A Disabled American Veterans Mobile Service Officer Van will be at the Enterprise Farmers Market from 9 a.m. to 2 p.m. The van travels across the country to counsel and assist veterans to educate them and their families on benefits and service available to them in thanks for their service. For more information, call the Disabled American Veterans Chapter 9 Enterprise-Coffee County at 308-2480.

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 25 — The Good Friday service, Way of the Cross, will be held at 12:30 p.m. The congregations of Westview Heights United Methodist Church, St. Michael’s Episcopal Church, and St. John’s Catholic Church are sponsoring the outdoor service. The service will begin in front of Westview Heights United Methodist Church on Camilla Avenue. People of all faiths are invited to participate.

MARCH 26 — Ridgecrest Baptist Church in Ozark will host its annual Egglympics at Police Memorial Park from 10 a.m. to 2 p.m. The event will feature games, food, fellowship, a devotional and an Easter egg hunt. People are asked to bring a covered dish to share. Easter activities culminate March 27 with a Sunrise Service at 6:30 a.m., followed by breakfast, Sunday School at 9:15 a.m. and morning worship at 10:30 a.m.

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.

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.

WIREGRASS 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

Cottontail Express

The Heart of Dixie Railroad Museum in Calera will host its Cottontail Express now through March 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>.

Civil rights walking tour

People are welcome to explore Montgomery’s history through walking tours to different historical sites from profound moments from the slavery era, the Civil War, and the Civil Rights Movement. The tour highlights pioneers and unsung heroes who contributed to a new era. Walking tours are held every Saturday and Sunday at 1:30 and 2:30 p.m. Tours start from The Village Gallery. Cost is \$10 for adults, \$5 for children 12 and under and children 4 and younger are admitted for free. Book a tour by calling 334-595-9243.

Earth Day Safari at zoo

Montgomery Zoo officials said its Earth Day Safari April 19 from 9 a.m. to 2 p.m. is a fun and educational field trip for students. People can participate in an endangered species scavenger hunt, play Earth Day trivia games, see live animal presentations and enjoy specialized keeper talks at various animal exhibits.

For more information, visit www.montgomeryzoo.com/announcements/earth-day-safari.

[com/announcements/earth-day-safari](http://www.montgomeryzoo.com/announcements/earth-day-safari).

Seabreeze Jazz Festival

The Seabreeze Jazz Festival is scheduled for April 20-24 at Aaron Bessant Park in Panama City Beach, Florida. The Seabreeze Jazz Festival was named a Top 10 Jazz Festival in the U.S. by “JazzIZ Magazine” and recently nominated as Best Jazz Festival at the Oasis Smooth Jazz Awards.

For more information, including times and acts that will perform, visit <http://www.seabreezejazzfestival.com/>.

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>.

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/>

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>.

Participants honor Bataan Death March Soldiers

By Miriam U. Rodriguez
U.S. Army Test and Evaluation Command

WHITE SANDS MISSILE RANGE, N.M. — Over 6,600 marchers, including wounded warriors, a 10 year old and a 98 year old participated in the Bataan Memorial Death March Sunday, honoring those who endured the Bataan Death March.

The Bataan Memorial Death March honors a special group of World War II heroes responsible for the defense of the islands of Luzon, Corregidor and the harbor defense forts of the Philippines.

On April 9, 1942, tens of thousands of American and Filipino soldiers surrendered to Japanese forces. The Americans were Army, Army Air Corps, Navy and Marines.

“We have marchers here covering nine decades,” said event host WSMR Commander Brig. Gen. Timothy Coffin. “That is the history of our past – and the foundation of our future.”

Coffin called the event “a gathering of eagles” that included participants from all 50 states plus the District of Columbia and several foreign countries. “We have the wise (eagles) ... who have seen much and give us much advice, we have young eagles in the prime of their life with much strength and we have the younger eagles to whom we are showing the way.”

Deputy Assistant Secretary of Defense, Office of Warrior Care Policy, James Rodriguez was among the leaders marching with wounded warriors.

“I am honored and privileged to be marching alongside many of our nation’s veterans and service members,” Rodriguez said. “The Bataan Memorial Death March serves as an important reminder of the enduring resilience and perseverance of our nation’s heroes. I see these same distinct qualities in the men and women who proudly wear the uniform today and in our wounded, ill and injured service members

who are striving each day to successfully recover.”

Bataan prisoner of war survivor 98-year-old retired Col. Ben Skardon completed 8 1/2 miles of the Bataan Memorial Death March course for the ninth consecutive year, marching with his “brigade,” made up of family members, prior students or individuals who have connected with him in prior marches. His brigade has consistently grown every year – this year was his largest following.

As in previous years, Skardon finished his march in good spirits. Fellow Clemson University classmates and prior students of Skardon chanted the Clemson fight song as Skardon approached his finish line.

Coffin also thanked volunteers who helped make the event possible.

Shelly Lowe, WSMR administration assistant who runs the volunteer program for the event, said over 1,200 volunteers help make the memorial march the success that it is every year.

“Without them, we couldn’t do it,” Lowe said. “We appreciate every one of them. They help make Bataan successful.”

Volunteers from every field came out to support Bataan. These included medic volunteers, emergency services volunteers and volunteers to man water stations, some as young as 7 years old.

“Since the first time I came out here, it’s been so impactful, so I keep coming back,” said volunteer Ryan Francis.

Many of the marchers carried food items, such as rice and beans, in their rucksacks to reach the 35-pound minimum, which they donated to the six local county food banks. At the time of publication, more than 12,000 pounds had been donated.

The overall winners are Dillon Clift, 3:44:21; ROTC team light, St. Johns University ROTC, 3:47:44; ROTC team heavy, Colorado University ROTC, 5:23:55.



PHOTO BY STAFF SGT. MARCUS FICHTL

Jacob Miller, New Mexico State University Reserve Officers' Training Corps cadet, right, supports Bataan survivor Harold Bergbower, center, as he salutes Bataan Memorial Death March participants before they start the course.

KNOWLEDGE

THE OFFICIAL SAFETY MAGAZINE OF THE U.S. ARMY

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

Holy Week Services 2016

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

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

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

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

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

Postlude Easter Sunrise Service
27 Mar, 0630, behind Wings Chapel
(Quinn 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, 334-255-2989/2012

Visit us at: www.rucker.army.mil/religious and www.facebook.com/fortruckerchapels

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.

Thai Buffet

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What will you find?

Two Services: 9:00am & 10:45am
90 County Road 539

 myhighpointe.com

Good Friday Service

March 25th 6:30 pm



Enterprise High School

1801 Boll Weevil Circle

EASTER SUNDAY SERVICES

March 27th

9:00 am
&
11:00 am



Enterprise High School

1801 Boll Weevil Circle
Enterprise, AL



Easter Sunday Schedule of Services

SUNRISE SERVICE
(at Wesley Chapel UMC on CR 156)
6:00 AM

SUNDAY SCHOOL
10:00 AM

EASTER CANTATA and MORNING WORSHIP
11:00 AM

Come join us as we worship the Risen Savior, Jesus Christ!

Calvary Baptist Church

Pastor: Kerry Mitchell
1837 Hwy 51
Enterprise, AL
(334) 894-6216
www.cbcenterprise.com





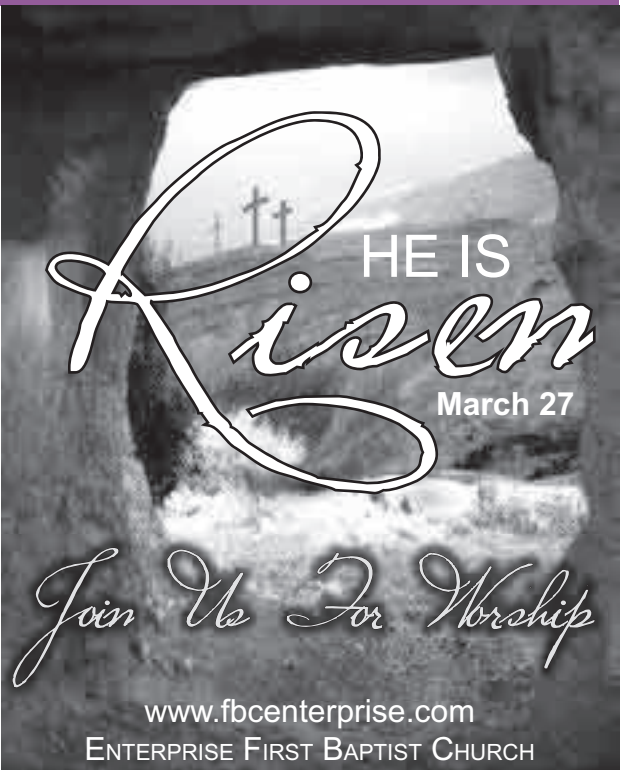
Heritage UMC

Please join us for a combined sunrise service at St. Luke UMC with refreshments to follow! Then continue the celebration with us back at Heritage UMC for Sunday school and more worship of our risen savior! All are welcome, and we would love to celebrate as a family with you!

Worship with us at St. Luke
Sunrise Service: 6:00 a.m. at St. Luke

Worship with us at Heritage UMC
Sunday School 9:30 a.m. • Fellowship 10:30 a.m.
Easter Worship Service 10:45 a.m.

2911 Rucker Boulevard • Enterprise
334.347.1991 • HeritageUnitedMethodist.org



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March 27

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Son Rise Service Begins at 6:30AM
Breakfast to follow
Sunday School at 9:00AM
Church Service 10:00AM

Pastor John McCrummen



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Worship 11am & 6 pm
Wednesday: Youth 6:30 pm
Adult 6:30 pm

Jesus said in John's Gospel: "Because I live you also shall live." John 14:19. God provides salvation to everyone who will believe in His son, Jesus Christ. I hope you have a wonderful Easter as we celebrate the resurrection of Jesus Christ our Lord and Savior.

Pastor Anderson

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Are you and your family looking for a place to worship this Easter? Come celebrate our risen Lord with us. **March 27th @ 10am**
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Easter Services

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Morning Worship 10:00 am
Evening Worship/Lord's Supper 6:00 pm

Ino Baptist Church

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www.inobaptist.com
Pastor: Bro. Garry Winstead

Saint John the Evangelist Catholic Church



HOLY WEEK Schedule

Holy Thursday Mass	March 24, 7 pm
Good Friday Service	March 25, 7 pm
Easter Vigil	March 26, 8 pm
Easter Mass	March 27, 10 am
Mass in Spanish	March 27, 12 pm
Mass at St. Mary, Geneva	March 27, 11 am

123 Heath Street • Enterprise AL
334-347-6751
Rev. Gregory Okorobia – Pastor



First Baptist Church of Level Plains

invites you to

Easter Sunday

Morning Worship 10:00 am

8189 County Road 1 • Enterprise
(334) 347-7151
www.fbclp.life

"... I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live: And whosoever liveth and believeth in me shall never die ..." JOHN 11:25-26



Fort Rucker to host Fit Fest

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

Healthcare at Fort Rucker has come a long way since the first Army hospital on post opened its doors in 1942, and Lyster Army Health Clinic and Fort Rucker are doing their part to keep Soldiers, families and civilians healthy.

Soldiers, families and civilians are invited to attend Fort Rucker's second annual Fit Fest, part of the commanding general's Fit Challenge, April 8 from 9 a.m. to 4 p.m. at the Fort Rucker Festival Fields.

"The CG's Fit Challenge is designed to promote comprehensive health and wellbeing of Soldiers, families and civilians," said Maj. JoAnn Ward, chief of Preventative Medicine at Lyster Army Health Clinic. "Our focus will also be on safety awareness training for Aviation and ground troops."

According to Ward, the health fair will aim to focus on the five dimensions of strength within the Army Resilience Program: Physical, Emotional, Social, Family and Spiritual, as well as injury prevention and risk reduction.

"There will be fitness exhibitions, on-site health information, games, prizes, food and much more," said Ward.

Throughout the health fair will be designated areas and activities pertaining to each of the dimensions of strength, as well as injury prevention where participants can earn a certain number of points for the Commander's Cup and log them on their scavenger hunt forms.

"On site will be outside vendors, entities from Lyster and the Fort Rucker installation that will be offering information and activities designed to enhance your emotional



PHOTO BY JENNY STRIPLING

During the 2015 Fit Fest, people participate in several interactive activities, including Zumba. This year's Fit Fest is scheduled for April 8.

wellbeing, such as relationship strengthening exercises in groups," said Ward.

Col. Gary Wheeler, Lyster commander, encourages everyone in the Fort Rucker community to attend the fit festival in March.

"Most important physical and emotional health decisions are not made in the doctor's office," said Wheeler. "They are made when people are at work or at home with

their families. It is within this lifespaces where the daily choices people make can impact their health. When our beneficiaries come to Lyster, our goal is to arm them with the education so that when they leave their appointment, they are more familiar with how to improve their overall physical and emotional health."

Ward echoed Wheeler's sentiments, saying the hope with hosting the health fair and

safety stand down is that people will want to change behaviors long after they leave the event.

"When people are participating, winning prizes and gaining knowledge, we want them to put the knowledge of what they've learned to good use in their daily lives and strive to become healthier in all aspects of their lives," she said.

Admission to the health fair is free.

PERFORMANCE TRIAD

Program edges closer to Army-wide roll out

By David E. Gillespie
Army News Service

FORT CAMPBELL, Ky. — Getting Soldiers the proper equipment to fight the nation's wars takes considerable time and effort. The same is true when it comes to equipping them for the Performance Triad program, which continues to push toward an Army-wide roll out.

If the program sounds familiar, it's because Army Medicine's Performance Triad first launched as pilot in 2013 and continues to usher a groundswell of health culture change by providing a wealth of resources to boost military readiness and family well being.

With a prolific Web and social media presence, this science-backed program takes its namesake from the triad of sleep, activity and nutrition, and is considered the foundation of a ready and resilient modern force.

Bringing the program to the masses, however, is a multi-phased and time-intensive process, according to Col. Deydre Teyhen, director of health and wellness for the Army surgeon general and the lead for Performance Triad in Falls Church, Va.

"From a science perspective, the Performance Triad is packed full of the best science," Teyhen said. "As we get ready to roll this out Army wide, what we need to learn is what units are doing to make the program effective. We can take those best



PHOTO BY DAVID E. GILLESPIE

A Soldier takes part in a recent situational training exercise at Fort Campbell.

practices and roll it out to all units as we go Army wide."

In other words, the pilot is not about proof of concept. Instead, it aims to determine the best approach for instituting a cultural lifestyle change of sizeable magnitude. To that end, Fort Campbell's 2nd Brigade Combat Team, 101st Airborne Division (Air Assault), is one of five brigades across the Army currently under observation in the pilot program.

The pilot itself includes multiple components, Teyhen explained in November, while working with troops at Fort Campbell.

"First, we create Performance Triad coaches, who then take

the unit through a 26-week challenge over a six-month period. The coaches receive training to deliver those competitions and modules to the Soldiers," she said. "While the training is going on, we provide an orientation and overview for all of the Soldiers in the unit to ensure they understand why we are going through the Performance Triad and what it should look like in the next six months."

In the process, Soldiers are screened to identify their risks in sleep, activity and nutrition. The coaches ensure they know what installation resources are available to help them maximize their personal health readiness. The Performance Triad team returns to the unit in the third and sixth months to see how well Soldiers are progressing and gauge the effectiveness of teaching methods.

"Effectiveness doesn't happen from D.C. — effectiveness happens in the unit," Teyhen said. "We have to learn how units supply this best, and to ensure they optimize performance and readiness."

Beyond unit-level training, leadership engagement plays a vital role in the Performance Triad's comprehensive plan for transforming health and readiness.

"The key to the Performance Triad is leadership engagement," Teyhen

SEE PERFORMANCE, PAGE D3

Boot camp helps people shape up for summer

By Jeremy Henderson
Army Flier Staff Writer

Whether the goal is to trim up for summer, set a new personal record, or simply get back into a fitness routine, an upcoming program may be the key to success.

The Fort Rucker Directorate of Family, Morale, Welfare and Recreation Fitness and Aquatics Branch hosts a six-week spring boot camp Monday through May 6.

"The program can be adapted to all fitness levels," Lynn Avila, fitness programs coordinator, said. "If you want to get back into a fitness routine, our certified instructors can safely and effectively guide you toward that goal. If you are relatively fit and want to be challenged, however, our instructors can also help you safely push to new personal records."

"Our program is developed to five areas of fitness — functional fitness, strength, flexibility, high intensity interval training and endurance," she added. "We design a program that encompasses those areas and we include a fun day to add friendly competition."

The six-week transformation program challenges participants to run the hills, trails and stairs of Fort Rucker, conquer an obstacle course, enjoy game day on the football field and practice yoga at Lake Tholocco.

"Each day we will travel a different avenue of fitness," Avila said. "Whatever your goal might be — endurance, weight loss, adopting a new routine — we can help you achieve it at boot camp."

The camp will help people increase their fitness, boost their energy levels and have fun, according to Avila. Participants can also expect to see improvements in cardio fitness, stamina and strength, along with body composition.

"We have well-trained, professional fitness instructors who can help anyone at any fitness level safely push and better themselves to reach their individual goals," she said. "Whether we have 10 people or 30 people in the class, our instructors can adjust their approach to meet any fitness level and meet each person's needs."

Avila said it is important to challenge your physical abilities and explore new fitness venues or activities.

The program is from 8:30-9:45 a.m. five days a week, starting Monday. The cost of the program is \$100 per participant, due in full by Monday.

The price includes: training with certified personal trainers and group fitness instructors, access to all group fitness classes during the six weeks, a 2016 Spring Boot Camp T-shirt, and nutritional tips and information.

Orientation will be Monday at 8:30 a.m. at the Fort Rucker Physical Fitness Center.

Each registration packet will be reviewed for high-risk participants and people will be contacted if a doctor's release is needed before the orientation. Packets can be picked up either Fortenberry-Colton or Fort Rucker PFC.

For more information, call 255-3794.

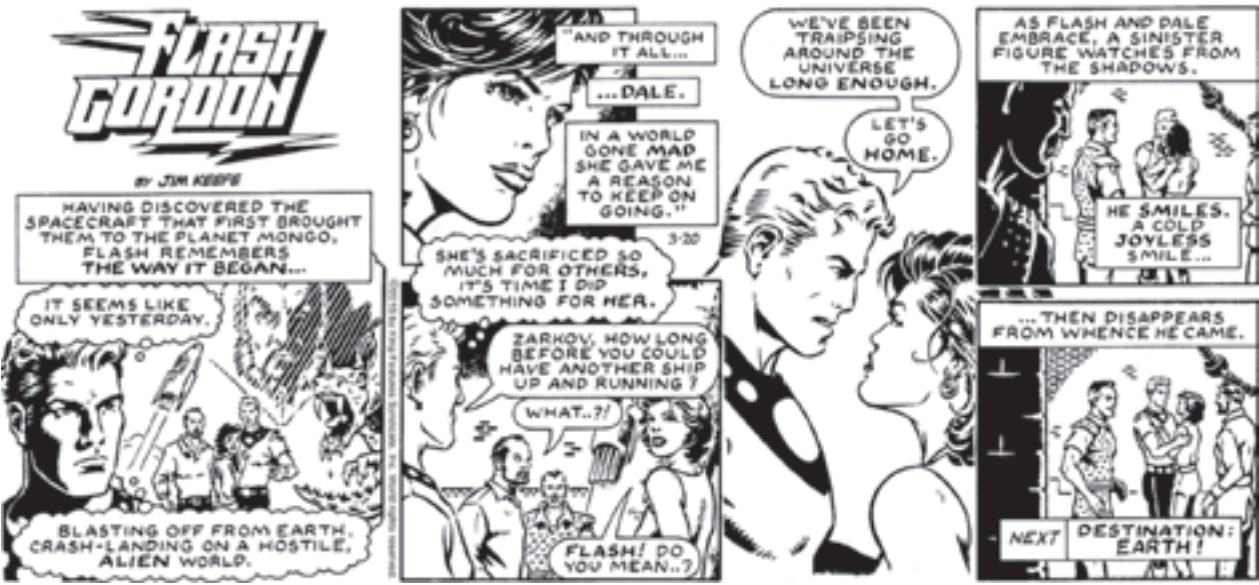


SHAMROCK SHUFFLE 5K

PHOTO BY TORI EVANS

Runners sprint off the line during the Shamrock Shuffle 5K/10K race in front of the Fort Rucker Physical Fitness Facility Saturday.

DOWN TIME



Just Like Cats & Dogs

by Dave T. Phipps



Trivia test

by Fifi Rodriguez

T R I V I A

1. LITERATURE: How many words is Shakespeare credited with inventing?
2. FOOD & DRINK: What is the Irish dish called colcannon made of?
3. ASTRONOMY: What is the third planet from the Sun in our solar system?
4. HISTORY: Who was Britain's first female prime minister?
5. SCIENCE: What is the scientific study of fingerprints called?
6. GEOGRAPHY: Where is the country of Palau located?
7. ANATOMY: Where are the three smallest bones in the human body found?
8. MATH: How many different ways can you make change for a dollar?
9. QUOTATIONS: What 20th-century mythologist made the observation, "We must be willing to let go of the life we planned so as to have the life that is waiting for us"?
10. FLAGS: What color is the maple leaf on Canada's flag?

See Page D3 for this week's answers.

Super Crossword WHERE IN THE WORD?

- ACROSS**
- 1 NFL standout
7 Treat kindly
15 Costumes
20 Like forests
21 Tangles
22 Be nuts over
23 RED
25 Entertainer Zsa Zsa
26 — -Caps (candy)
27 Great Lakes' — Locks
28 First full mo. of autumn
29 Spurring (on)
30 ELLE
36 Russian ruler of yore
39 German car make
40 — — to say this, but ...
41 SAGE
46 — -Z (thoroughly)
47 Low-value wallet wad
51 Pop lover
52 Want badly
53 RAN
56 Lusu bowlful
57 In the second-best category
59 Insect-catching tool
60 Having some benefit
- 61 Filmmaker Preminger
63 Critical hosp. area
64 Empire until '91
66 Places of learning, in French
67 PORT
72 Frosh's cap
74 Plane feature
75 "Not a word!"
76 Watch sound
79 Lou Grant, portrayer Ed
80 Agent's take
81 Malia and Sasha
84 Cap for a bagpiper
85 ACHE
89 Allan— ("Robin Hood" narrator)
90 — Little Teapot
91 Chop —
92 Nimble deer
93 SEA
96 Fuzzy fabrics
98 One who has regrets
99 Sonny & Cher's —
100 SLAT
- 108 Illusory
109 — bug — feature?"
110 Biceps' place
111 Actress Charlotte
114 Lab vial
115 HUM
121 Like a prebirth body position
122 One who quarantines
123 Señor's nap
124 Account
125 "Cagney & Lacey" co-star
126 Peddled
- DOWN**
- 1 Shoemaking tools
2 Money to be paid back
3 Wacky
4 Chop-chop
5 Get more mileage from
6 — a Grecian Urn
7 Honey maker
8 Objective
9 Abbr. stamped on a bad check
10 Suffix in some pasta names
11 Camp craft
12 Swedish king between John I and Canute II
13 Hang-up for an optometrist?
14 —Kosh
15 Flock of geese
16 Old saw
17 Redbreast
18 Horse to be busted
19 Suit fabric
24 Turn bad
29 "Daniel" singer John
30 — -Magnon
31 Relaxes
32 Corrodes, in a way
33 — Mae Brown (psychic in "Ghost")
34 Pear-shaped fruits
35 — ... could — horse!
36 Musical rate
37 Stuck-up type
38 Entry
42 U.S. media watchdog
43 Illinois city on the Mississippi
44 Some rescue ops king
45 A long time in the past
47 Decide not to join in
48 Super-suspenseful
49 Author — Stanley Gardner
50 Beatified Miles.
54 Smart-alecky
55 "Yowie!"
58 Interring individuals
62 Very testy
65 Amtrak stop: Abbr.
66 Surround with a saintly light
68 Suffix with zillion
69 "I — lot to you!"
70 Dancer Duncan
71 "Holy cow!"
72 Low voice
73 Favorite son of Isaac
77 Wee role
78 Rival of Target
80 Have bad flu symptoms, say
82 Swiss city on the Rhine
83 Mo. in which autumn starts
86 What hungry wolves do
87 Ungulate feature
88 Actress Hatcher
94 Neighbor of Hung.
95 One, in Ulm
96 Feeble
97 Pulpit speech
100 Bits of wind
101 Coastal arm
102 Poetic Muse
103 Hotelier Ritz
104 Actor Clark
105 Present label
106 Like Dublin denizens
107 — vincit amor ("Love conquers all")
111 Hazard
112 Poker post
113 "Holy cow!"
115 Collide with
116 Young fellow
117 LGA datum
118 Ty-D- —
119 Suffix with witch or trick
120 Unlike reruns



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See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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 D3 for this week's answers.

KID's CORNER

PUZZLE CARD

FREDIE FLUNKED STRAWS 101! See if you can remove eight straws from the 24 shown here and have three squares left.

A REVOLUTIONARY REBUS PUZZLE! What historic American event is represented in the rebus pictured to the right?

DON'T MANGLE THIS ONE! In this puzzle, all of the words get progressively longer, and they all start with MAN. Some hints are:

1. MAN (in place).
2. Found on a lion.
3. Tropical fruit.
4. To control.
5. An aquatic mammal.
6. A musical instrument.

Junior Whirl

by Charles Barry Townsend

CAN YOU SURVIVE THE FOLLOWING FIVE TESTS?

DARE RARE RASE RISE RISK

You have four minutes to solve these problems and move on to the next challenge. In this type of puzzle, you are given a word that must be changed into another word in a series of moves. During each move, you must change one letter in the previous word so as to form a new word. In our example, we changed DARE to RISK in four moves. See if you can change the following five words in four moves.

1. LOAN to PAID
2. RATE to COST
3. SAND to PILE
4. TAPE to WORM
5. WAND to SILK

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

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.

HOCUS-FOCUS

by HENRY BOLTINOFF

Find at least six differences in details between panels.

ARMY TRIALS

Injured Soldier strives to excel, earn spot on team

By Ronald Wolf
U.S. Army Warrior Transition Command

FORT BLISS, Texas — Army Staff Sgt. Tiffany Rodriguez-Rexroad's goals in participating in the Army Trials for the 2016 Department of Defense Warrior Games were to heal and to remain on active duty.

Rodriguez-Rexroad was injured in December when, as a pedestrian, she was hit by a truck. She's since had hip-replacement surgery and is recovering.

She was at the 2016 U.S. Army Trials trying out for the team for the first time, competing in cycling and field events such as shot put and air rifle marksmanship. Rodriguez-Rexroad is unable to participate in other events such as sitting volleyball until she fully recovers from her surgery.

She is assigned to the Brooke Army Medical Center, Warrior Transition Battalion, Fort Sam Houston. Her hometown is Bruceton Mills, West Virginia, which she proudly claims has a population of 85.

Major athletic competition

More than 100 wounded, ill and injured Soldiers and veterans were at Fort Bliss to train and compete in adaptive sports including archery, cycling, shooting, sitting volleyball, swimming, track and field, and wheelchair basketball.

The Army Trials, conducted by the Army Warrior Transition Command March 6-10, help to determine who will get a spot on the 2016 Army Team for the DOD Warrior Games. About 250 athletes, representing teams from the Army, Marine Corps, Navy, Air Force, U.S. Special Operations Command and the British armed forces will compete in the DOD Warrior Games June 14-22 at the U.S. Military Academy, West Point, New York.

Rodriguez-Rexroad said she's especially appreciative of the coaches who have helped her at the Warrior Transition Battalion and at the Army Trials. Her athletic skills and conditioning have improved since arriving

at Fort Bliss, she said.

She said she began adaptive reconditioning activities such as field events and shooting air rifles at the battalion, noting that they helped her feel positive about herself. She started participating in cycling, which enabled her to maintain weight and fitness levels and also led her to competing.

Cycling, she said, is her favorite event, and she has been doing it for about a year.

When she first saw a hand cycle at the Center for the Intrepid, she said, "That's cool, I want to try that."

Physical activity aids recovery

Adaptive reconditioning includes any physical activities that wounded, ill and injured Soldiers and veterans participate in regularly to support their physical and emotional well-being. These activities can contribute to a successful recovery. "Being able to do this stuff makes me able to know that I'm not broken," she said.

To support each wounded, ill or injured

Soldier's return to the force or transition to veteran status, the Army created a framework called the Comprehensive Transition Plan. The CTP uses six domains – career, physical, emotional, social, family and spiritual – to establish goals that map a Soldier's transition plan.

As the owner of the plan, each soldier takes charge of his or her transition and becomes accountable for developing and achieving their goals. One requirement for goals is to comply with ongoing medical and military responsibilities.

"I've always been athletic and getting back into athletic activities is a great help for me," she said.

Rodriguez-Rexroad said she enjoyed herself at the Army Trials.

"I like the camaraderie of the games," she said, "and I like being able to prove that Soldiers who are wounded, ill or injured are still able to accomplish things."

She added, "If I don't make the team (this year), I'm coming back again."

Performance

Continued from Page D1

emphasized. "If you can walk on an installation and say, 'This is the best dining facility,' you've identified a leadership issue. If one DFAC can optimize their food on the same contract, why can't the others follow suit? If the contract is in place, and one unit is excelling, it tells us the rest of the units could also bring it up to that level."

The idea is getting leaders involved in encouraging Soldiers to plan for personal readiness and optimize personal performance. Most notably Sgt. Maj. of the Army Daniel Dailey, who recently teamed with celebrity Chef Robert Irvine to promote the Performance Triad at Fort Campbell, has carried that drumbeat.

"If we could do those three key components – eat right, get enough sleep and be physically

fit – it is a huge cost-savings for readiness capability of the U.S. Army," Dailey told troops at a town hall meeting. "If you are not doing those things, you put yourself and your unit at risk."

The Army continues to draw down active-duty forces from 490,000 troops to 450,000 next year. "We've got a smaller force, but in some regards, we're asking our force to do a lot more. Our focus the next several years is to make sure we are ready when we're called upon," Dailey said.

The sergeant major of the Army is doing an amazing job, Irvine said. "The military is shrinking and those who do not meet military requirements are going to be looking for civilian jobs. But here's the fun part about all of that: the civilian world is doing exactly the same. They want you to be fit, they want you to be healthy, they want you to take

care of your family and they want you to sleep. You are a better human being for doing that, because you make better decisions. We've proven that."

A veteran of the British Royal Navy, Irvine said he was inspired years ago by Lt. Gen. Patricia Horoho, former Army surgeon general and longtime advocate of the program. In fact, Irvine said his book "Fit Fuel" includes concepts similar to Performance Triad.

When Performance Triad was started – eating healthy, sleeping and working out – Irvine said it was not taken seriously enough.

"I live the Performance Triad on a daily basis. It's a big deal, because if we want a healthy, modern warfighter, then it begins not only at home but also in the workplace," Irvine said. "The Performance Triad is something not only for the military, but also

for lifestyle outside the military. The components are really simple – eat well, work out and sleep. It's something we all need to do."

Life changes take dedication and commitment, and transformation does not happen overnight, he explained. "We can't just change the culture – it has to come slowly. Anyone who is struggling with this should realize I'm not asking you to go from four hours of sleep to eight hours of sleep overnight – just take an extra hour and think about it."

The old adage about the military moving on its stomach still rings true, Irvine said. "But if it doesn't have the right nutrition, doesn't have good sleep and doesn't have the right exercise for readiness, then we don't have anything. I think these next few years are going to be instrumental in changing our modern Army."

As part of that change, Soldiers need to have a holistic fitness that includes cognitive, physical and emotional fitness, Teyhen said.

"The Navy and Air Force (are) really good at manning their equipment. But in the Army, we equip the man and the woman. When we think about it philosophically from that perspective, we have to figure out if we are going to equip them, how can we optimize their personal readiness so they perform their best? That requires cognitive fitness, physical supremacy and emotional resilience," she said.

When Soldiers learn to package these three things together, they can make the right decision at the right time, Teyhen said. "We need to ensure they are fit enough holistically, because pushups, sit ups and a two-mile run are not going to prepare us for a war of the future."

SPORTS BRIEFS

2-Man Buddy Bass Tournament

Fort Rucker Outdoor Recreation will host its Two-Man Buddy Bass Tournament Saturday. Entry Fee is \$100 per two man team, with only 25 slots available. The Top 3 weigh-in totals will receive a cash prize. There will also be a cash prize for the biggest fish. Participants must have an Alabama State Fishing License, Fort Rucker Post Fishing Permit and Fort Rucker Boater Safety Completion Card. The event is open to the public.

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

Easter Sunday Bowl

Rucker Lanes will offer its Easter Sunday Bowl special Sunday from 10 a.m. to 8 p.m. where patrons can bowl for 25 cents per game and get 50-cent shoe rentals. For more information, call 255-9503.

April Fool's Day Bowl

Rucker Lanes will host its April Fool's Day Bowl special

April 1 from 10 a.m. to 8 p.m. People can bowl for 25 cents per game and get 50-cent shoe rentals. For more information, call 255-9503.

Gobbler Classic Turkey Hunt

Fort Rucker Outdoor Recreation hosts its Gobbler Classic Turkey Hunt now through April 30.

The entry fee is \$25 and participants must have an Alabama State All Game License, Fort Rucker Post Hunting Permit and Hunter Education Completion Card.

Alabama State Regulation and Fort Rucker Regulation 215-1 apply. The turkey must be harvested on Fort Rucker to qualify. People can register at ODR or MWR Central.

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

Enterprise baseball

Enterprise's semi-pro baseball team needs players for the 2016 season. The team hosts tryouts Saturdays and Sundays now through

Sunday. For times and locations, call 347-4275 or 464-1729.

Spring Boot Camp

Fort Rucker Physical Fitness Center will host its Spring Boot Camp April 4-May 13. Spring Boot Camp features a variety of workouts using plyometrics, agility drills, running and more. Cost is \$100 per participant. Registration forms are available at either physical fitness center.

For information, call 255-1951.

Adult swimming lessons

The Fort Rucker Physical Fitness Center will offer spring adult swimming lessons at the indoor swimming pool Tuesdays and Thursdays in April. The beginners class will be 5:15-6 p.m. and the intermediate class from 6:15-7 p.m. Cost is \$40 per student. People need to register at least three days prior to the start of each session at the Fort Rucker PFC.

For more information, call 255-9162.

PUZZLE ANSWERS

Super Crossword

Answers

ALL	PRO	BEN	IC	CET	O	GAR	B	S	
WOODED		ENS	NARE	S		ADORE			
LACQUERED		FIN	ISH			GABOR			
SNO		SOO		OCT		EGGING			
		CENTER		OF		EXCELLENCE			
TSAR		AUDI		I	HATE				
END		OF	MESSAGE		ATO	ONES			
MOM		COVET		SOPRANO	PART				
POI		CLASS	B	NET		UTILE			
OTTO		ICU	USSR		ECOLE				
		TRANSPORTATION		HUB					
BEANIE		WING		SHH	TICK				
ASNER		FEE		OBAMA	S	TAM			
SACRED		HEART		ADALE		IMA			
SUEY		ROE		SEASON		OPENER			
		WOOLS		RUER		IGOT			
PIECE		OF		LEGISLATION					
UNREAL		ORA			ARM	RAE			
FLASK		HUMBLE		BEGINNING					
FETAL		ISOLATOR			SIESTA				
STORY		TYNED		ALY		HAWKED			

Weekly SUDOKU

Answer

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

Trivia

Answers

1. More than 1,700
2. Cabbage and mashed potatoes
3. Earth
4. Margaret Thatcher
5. Dermatoglyphics
6. Western Pacific Ocean
7. The middle ear
8. 293
9. Joseph Campbell
10. Red

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