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ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

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CHANGE OF COMMAND

PHOTO BY NATHAN PFALZ

Maj. Gen. William K. Gayler receives the unit colors from Lt. Gen. Robert B. Brown, Combined Arms Center commander, Fort Leavenworth, Kan., as he assumes command of the U.S. Army Aviation Center of Excellence and Fort Rucker, as outgoing commander Maj. Gen. Michael D. Lundy and Aviation Branch Command Sgt. Maj. Gregory M. Chambers look on during a ceremony Wednesday. For more on the change of command, check out next week's *Army Flier*.

FIT FEST

Fair promotes health, wellbeing

By Jenny Stripling
Lyster Army Health Clinic
Public Affairs Officer

Soldiers, families and civilians are invited to attend Fort Rucker's Health Fair and Safety Stand Down Friday from 9 a.m. to 4 p.m. at the festival fields. In the event of rain, the event will be held at Yano Hall.

"Fit Fest is designed to promote comprehensive health and wellbeing of Soldiers, families and civilians," said Maj. JoAnn Ward, chief of Preventative Medicine at Lyster

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REACHING OUT

Fort Rucker treats Gold Star Families to day at simulator

By Nathan Pfau
Army Flier Staff Writer

Being part of the Army family extends far beyond the Soldiers who serve in the Army, but also to the family members whose loved ones made the ultimate sacrifice in service to the nation.

That's why Fort Rucker's Survivor Outreach Services hosted its third Gold Star Simulator Day at the Goodhand Simulator Complex Saturday where 48 Gold Star family members, representing 14 fallen service members, received a taste of what Soldiers go through while training here on post.

A Gold Star family member is a designation given to spouses, parents and other family members of fallen service members, and Col. Shannon T. Miller, Fort Rucker garrison commander, was on hand during the event to welcome families and show her appreciation for the sacrifice that they and their Soldier made.

"We're extremely honored and privileged that you're all able to join us today," she said before families took to the simulators. "Anytime that we can reach out to be a part of our Gold Star families and reunite to enjoy some of these great experiences we have at Fort Rucker, it's an honor for us to be able to have that camaraderie with you all. That represents the total Army family and I want to thank you all."

Throughout the tour of the simulator



PHOTO BY NATHAN PFALZ

Jazmin Rhodes and Leo Reyna, Gold Star family members, take to the skies in a UH-60 Black Hawk simulator as CW4 Peter Jesse, B Company, 1st Battalion, 13th Aviation Regiment, shows them the ropes during Gold Star Simulator Day at the Goodhand Simulator Complex Saturday.

complex, families rotated in groups of 10 and got the chance to try their hand at flying in simulators ranging from the UH-60 Black Hawk to the CH-47 Chinook, and for many, the experience was a chance to not only get a glimpse into the training of Soldiers, but to bond with other family members.

"Being involved in Survivor Outreach Services has helped a lot because you get

to know other people who are grieving also," said Sheila McCary, Gold Star family member, who lost her son, Sgt. Ricky Jones, in June of 2009. "Everyone grieves differently, but we get to talk to each other and tell each other our stories, so it helps a lot to be able to process through the stages.

"We love to come out because the children are having a good time and they love

it," she continued. "Getting to share these experiences and to still be a part of the Army family after all this time just makes you feel good."

Making sure the families are taken care of no matter how long ago they lost their service member is the main goal of SOS, according to Rick Kohl, SOS support coordinator, and an event like the Gold Star Simulator Day is a perfect occasion to make those lasting connections.

"Gold Star Simulator Day is a special time for the survivor and Gold Star families to spend time together and experience a small part of Army Aviation training," he said. "The experience connects the family members to their Soldiers' Army training and helps them feel connected to each other."

Kohl said that SOS is often the only way that families are able to stay connected to the Army family and it's through that connection that they are able to develop a deeper understanding of their service member's experiences.

"That deeper understanding assists in the grieving process," said the SOS support coordinator. "Being together with other Gold Star families allows for the family members to talk with one another, and these discussions are often deeply meaningful. Outreach events, like Gold Star Simulator Day, help us maintain our commitment to families of the fallen and to continue to recognize their sacrifice."

23rd FTS graduates 1st class of non-prior service students

By Nathan Pfau
Army Flier Staff Writer

Three Airmen earned the honor of being the first service members coming right out of basic training to attend and graduate from the 23rd Flying Training Squadron's Career Enlisted Aviation Rotary-Wing Fundamentals course on Fort Rucker.

Airmen 1st Class Adam Flaucher and Brandon Mathis, and Airman Connor Farrell, all special missions Aviators-in-training of Class 16-06, graduated from the course at the 23rd Flying Training Squadron Baker Auditorium on Cairns Army Airfield Friday after two months of training.

"This is a milestone for CEARF, as this is the first graduation of our non-prior service Airmen," said Tech. Sgt. Adam Stubbs, CEARF flight chief. "Traditionally, only Airmen with prior military or Aviation experience were allowed to cross-train



COURTESY PHOTO

Tech. Sgt. Adam Davis (left), special missions Aviator instructor at the Air Force's 23rd FTS, instructs Airmen 1st Class Connor Farrell (center) and Brandon Mathis, then-students in Class 16-06, on how to preflight the TH-1H prior to their first flight March 2.

into the special missions Aviator career field."

The CEARF course began in 2013 as a means to train enlisted Aviators before they headed to

Kirtland Air Force Base, New Mexico. Before, these Aviators would arrive for the graduate training with no flight experience, resulting in a high washout rate,

according to Stubbs. But those attending the course were required to have prior service experience, until Class 16-06.

"Now, Airmen fresh out of Air Force basic training come to Fort Rucker to learn rotary wing fundamentals, and our focus is on providing these Airmen with a solid foundation that they will continue to use throughout their flying careers, he said."

Upon completion of the CEARF course, the Airmen then move on to Kirtland where they will attend CV-22 Osprey, HH-60G Pave Hawk, or UH-1 Huey graduate-level courses with the fundamentals they need to succeed.

"The Osprey and the Pave Hawk are difficult aircraft to operate and learn, and the attrition rate was about 50 percent for the CV-22, which is a very expensive aircraft to operate," said Stubbs. "This course gives them the tools that they need to be successful in these more difficult aircraft."

Throughout the training process, the service members start off with two weeks of academic studies where they learn about aircraft systems, parts-and-pieces nomenclature, weight and balance, and things of that nature, said Stubbs. They even test for motion sickness to make sure the students are able to handle the flights. They'll then go onto simulator flights, followed by emergency procedures.

"Once they finish those flights, they will have a type of check ride that they must pass to be able to go into the next session, which is remote training," said the flight chief. "With the remote training, we will take them away from the airfields and they'll have to do scenarios to understand if they'll be able to complete a mission with the resources they have."

Mathis, who enlisted straight out of high school, said the train-

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PERSPECTIVE

HATCH ACT

Civilian employees, Soldiers must be cautious of political activity on social media

By Carrie E. David
U.S. Army Space and Missile Defense
Command Public Affairs

REDSTONE ARSENAL — Most federal employees – military and civilian – who have served through at least one election cycle know of the limits on political activity imposed by The Hatch Act and service-specific rules, but the ever-growing popularity of social media has raised many new questions over what political activity is permissible.

The Hatch Act, passed in 1939, restricts the political activity of civilian employees serving in a variety of federally funded programs, but it was amended in 1993 to allow most employees to engage in certain types of political activity while in their personal capacity.

“While The Hatch Act allows most federal employees to participate in some types of political activity, the act prohibits political activity while on duty, while wearing an official uniform or insignia, while using a government vehicle, and in any federal workplace,” said Sarah Green, senior ethics attorney, U.S. Army Space and Missile Defense Command/Army Forces Strategic Command. “The ease of accessing one’s personal social media and email though have made it much easier for federal employees to unknowingly violate the law.”

Political activity in this case is defined as any activity directed at the success or failure of a political party or partisan political group or candidate in a partisan race. Complying with the act is possible if employees remember a few guidelines, Green said.

Receiving political or partisan emails or invitations to fundraisers at work is not inherently a problem if employees keep the guidelines in mind.

“Federal employees may receive a political e-mail at work, and they may forward that email to their personal accounts,” Green said. “They may not forward that email to



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others and definitely not to subordinates. And under no circumstance can a federal employee solicit or receive political contributions at any time, nor invite individuals to political fundraising events.”

Social media with its likes, shares, tweets, profile pictures and posts creates its own minefields.

“Federal employees may not like, friend or follow the social media page of a partisan group or candidate in a partisan race while on duty or in the workplace,” Green said. “If a federal employee displays a political party or campaign logo or candidate photograph as his profile picture, then he cannot post, share, like, or tweet anything while on duty or in the workplace even if the item is nonpolitical.”

Service members’ social media activity is further restricted.

“Service members may express their personal views on public issues or political candidates on social media, much as they would be permitted to write a letter to the editor,” Green said. “If the service member is identified in any way as being active duty, then the entry must clearly and prominently state that the view is not that of the Department of Defense.

“In addition, Soldiers may friend, like or follow the social media page of a political party or partisan candidate, campaign, group or cause,” Green said. “They cannot, however, engage in any partisan political activity. They cannot link to, share posts, or encourage others to like or follow said

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Go to www.FVAP.gov to fill out your Federal Post Card Application

What is the Federal Post Card Application?
The Federal Post Card Application (FPCA) is the primary form for requesting registration and/or an absentee ballot from your local election official. The FPCA acts as both a registration and absentee ballot request form. FVAP encourages our military voters to submit a new FPCA every year and when they move.

Who is eligible to fill out the Federal Post Card Application?

- Member of the Uniformed Services on active duty, or an eligible Family member
- A U.S. citizen residing outside of the U.S. temporarily; or
- A U.S. citizen residing outside of the U.S. indefinitely.
- May also apply to a member of the National Guard, in some States

Need Assistance? Contact your Unit Voting Assistance Officer or your Installation Voting Assistance Office (IVAO) for more information. Your IVAO is located at the Soldier Service Center, Bldg 5700, Room 280. Our hours of operation are 0730 – 1600. Phone 334-255-1839. E-mail: usarmy.ruckerusag.mbx.voting-office@mail.mil

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entity.”

For more information, view the Political Activity Guidance for Senate Confirmed Officials at DOD and The Hatch Act: Frequently Asked Questions on Federal Employees and the Use of Social Media at

https://www.smdc.army.mil/2015_FAQ_Hatch_Act_and_Social_Media.pdf.

For more information on voting assistance or the Hatch Act, visit the Fort Rucker Voting Assistance Office in Bldg. 5700, Rm. 280, or call 255-1839.

Rotor Wash



2nd Lt. Nevada Shelton,
D Co., 1st Bn.,
145th Avn. Regt

“Volunteering helps build community trust. It’s important to help the community out when they need it because they supply future Soldiers and give us so much.”



Jesse Aldmen,
military spouse

“It’s a great way to give back and support the community that has done so much for the military.”



Spc. Joseph Christensen,
1st Bn., 11th Avn. Regt.

“It gets everyone out and involved in their community and you are able to build stronger bonds with people.”



Michele Pfannenstiel,
military spouse

“Volunteering is an avenue for spouses to get job experience, and it is a way that they can get out, meet new people and help out their community while keeping busy and being productive.”



Pvt. Brody Wood,
1st Bn., 13th Avn. Regt.

“It is always important to volunteer. If you have free time that you can give back to the community that needs help, you should. Everyone benefits when we help each other.”

“National Volunteer Week runs Monday through April 16 and is about inspiring, recognizing and encouraging people to seek out ways to engage in their communities. Why do you think it is important to volunteer?”

COMMAND

Maj. Gen. William K. Gayler
FORT RUCKER COMMANDING GENERAL

Col. Shannon T. Miller
FORT RUCKER GARRISON COMMANDER

Lisa Eichhorn
FORT RUCKER PUBLIC AFFAIRS OFFICER

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Post recognizes, honors volunteers

By Nathan Pfau
Army Flier Staff Writer

Volunteers are often an invaluable resource for Army installations, and that’s no different at Fort Rucker where volunteers donate thousands of hours of their time each year.

That’s why Fort Rucker is recognizing those who give of their time and skills with Volunteer Recognition Week, which runs Monday through April 16, according to Vernon Johnson, Fort Rucker Army volunteer coordinator. Additionally, the Annual Volunteer Appreciation Luncheon ceremony will be held at The Landing April 25 at 11 a.m.

“Volunteers are a valuable asset to the installation,” said Johnson. “As our volunteers offer their helping hands in the community, it brings a greater success story to the Fort Rucker community and the total Army family, and many of Fort Rucker’s volunteers have special skills, which enhance the different community agencies here on Fort Rucker.”

One of those volunteers is Tori Evans, volunteer photographer for the Directorate of Family, and Morale Welfare and Recreation, who offers up her time to pho-



PHOTO BY NATHAN PF AU

Tori Evans, volunteer photographer for DFMWR, shoots photos of the disc golf course and the Beaver Lake trail Tuesday.

tograph different events ranging from 5K runs, festivals and even Freedom Fest in July.

Evans, who is a former veteran and current military spouse, has been volunteering in the Army since 2005 when she got married, and believes that it not only improves her skills, but also is a way to give back to the commu-

nity.

“When I got out of the Army, I wasn’t sure what I really wanted to do, and then as my husband started doing his career, I started volunteering as a personal trainer to Soldiers,” she said. “From there, I stumbled into the family readiness group and my daughter’s school, and now to photog-

raphy. It keeps me busy and I feel like it’s a way to give back.”

“At this point, I also want to get better at what I do (in terms of photography), and volunteering is a great way for me to get experience with that,” she continued. “Even though I don’t get paid for what I do, there is definitely a need for it, and it’s nice to

be needed and be able to provide that service for them.”

It’s because of volunteers like Evans that Johnson said the recognition week is necessary.

“This is the installation’s opportunity to show its support and appreciation to our Army Volunteer Corps personnel for the wonderful contributions they have made,” said the Army volunteer coordinator. “Volunteers are able to serve in various positions ranging from FRG leaders; child, youth and school services coaches; Army Volunteer Corps managers; Army Family Action Plan managers; special events volunteers; graphic designer; record training clerk; historians; museum assistants and many other positions.

The installation will formally recognize volunteers who are registered in the Volunteer Management Information System and have more than 100 hours of volunteer service in calendar year 2015, said Johnson, adding that volunteers will be recognized in six categories: lifetime achievement, helping hands, adult, youth, family and Soldier.

Anyone interested in volunteering should call 255-1429 or email Vernon.b.johnson.civ@mail.mil.

Needs assessment survey gives customers voice

By Nathan Pfau
Army Flier Staff Writer

Army Community Service provides a variety of services to provide a helping hand to members of the Fort Rucker community, and now those members can make their voices heard as to what form that helping hand should take

ACS is conducting its Outreach Needs Assessment Survey now through May 15 in order to give people a chance to identify their interests and needs from the organization, according to Cheareice Thomas, ACS outreach program manager.

“The ACS needs assessment survey (gathers) data to determine how current programs are meeting these identifiable needs, while providing insight for developing other programs,” said Thomas. “A part of ACS’s mission is to measure



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service effectiveness, and the survey will assist with developing program amenities and addressing this objective.”

The survey, which is 22 questions long, will give people the opportunity to voice their satisfaction with any program that is available through ACS, as well as provide feedback into ways to improve programs. They can also voice what type of programs might be lacking and suggest a helpful solution.

“The assessment will provide us the awareness of any gaps or areas in need,” said the program manager. “The needs assessment provides an opportunity for community members to have their voices heard by sharing how the ACS program managers may work for them to best meet their needs. It allows us to work towards a common goal to ensure that their tour here at Fort Rucker is a resilient and rewarding experience for their family.”

Thomas said the survey is conducted annually, but ACS conducts a broader needs assessment every three years in preparation for the ACS accreditation.

The survey is one that can impact actual change in the community, she said, and it has helped to improve many programs.

“One issue that has been identified in the past was the need for child care services for families who required care in order to be able to attend the classes or program sessions offered through ACS,” said Thomas, adding that since the issue has been identified, a solution can now be worked on.

Without surveys such as the needs assessment survey, it might be difficult to understand the needs of the broader community, she said.

To take the survey, people can visit <https://www.surveymonkey.com/r/6YMW8QP>.

News Briefs

SHARP presentation

Fort Rucker Sexual Harassment/Assault Response and Prevention officials will host a presentation featuring Veraunda Jackson, prosecutor and motivational speaker from Orlando, Florida, Monday and Tuesday from 9 a.m. to noon and 1-4 p.m. at the post theater. Jackson will discuss topics dealing with sexual assault, an educational presentation on sexual assault and a presentation on how to assist with sexual assault.

For more information, call 255-9897.

Army Aviation 33rd Anniversary Ball

The Landing will host the Army Aviation 33rd Anniversary Ball Saturday at 6 p.m. The ball is open to Soldiers, civilians and retirees. For more information, call 255-6237.

Biker blessing, breakfast

The religious support office will hold its first Fort Rucker Biker Blessing and Breakfast Saturday 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.

SHARP bike ride

The 1st Aviation Brigade, in partnership with the Fort Rucker Family Advocacy Program, will sponsor a bike ride to highlight Sexual Assault Awareness Month April 15 at the brigade – Bldg. 8453. Riders will form up at 11:30 a.m. and the ride will begin at noon. The ride will be just less than 3 miles and refreshments will be available at the brigade afterwards.

Ernestine Doby, 1st Avn. Bde. sexual assault victim advocate, said the physical fitness center and outdoor recreation have agreed to loan military personnel their bikes, free of charge, on a first come, first served basis. For more information on the event, call 255-2951.

USAAACE change of charter

USAAACE 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.

IG staff assistance visit

The U.S. Army Training and Doctrine Command Inspector General will conduct a staff assistance visit at Fort Rucker April 18-26. The objectives of the assistance visit are to: assess the installation IG functions and operations; assess the perceptions about the installation command cli-

mate from Soldiers and Department of the Army civilians via sensing sessions; and conduct IG Action Request.

TRADOC IG will conduct a personal conference for Soldiers and DA civilians April 19 at Bldg. 5205, Kelly Hall, and April 20 at Bldg. 8950, The Commons, on Seventh Avenue.

For more information, call 255-2118 or 255-1896.

ACS survey

The Army Community Service is conducting a needs assessment survey throughout April. People taking part in the survey will assist ACS in developing programs that meet the needs of the Fort Rucker community. The survey is available online at <https://www.surveymonkey.com/r/6YMW8QP>, or paper copies are available through ACS.

For more information, call 255-9641.

Prescription Take Back Day

Installation Management Command will host another National Prescription Take Back Day at Fort Rucker April 30 at the Fort Rucker Post Exchange in front of the barber shop from 10 a.m. to 2 p.m. For more information, call 255-7509.

Military pay briefing change

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

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

ID card appointment system

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

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

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

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

Clinic appointment line number change

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

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

Thrift shop grant program

The Fort Rucker Thrift Shop offers a grant program for teachers that offers funding for their ideas to inspire their students. For information on obtaining a grant, visit <http://www.fortruckerthriftshop.org/teacher-grants.html>.

Lyster update

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

Weight control program

The Lyster Army Health Clinic Fit for Performance weight control program consists of six sessions taken over a six- to twelve-week period. The program is available to all active duty military, retired military and family members. Classes are held Tuesdays from 9-11 a.m. or 1-3 p.m.

For more information, call the nutrition care clinic at 255-7986.

Surveys make a difference

People who receive Army Provider Level Satisfaction Surveys in the mail after an appointment at Lyster Army Health Clinic should not throw them out – they should fill them out. The surveys help provide feedback on people’s clinic experience, and help bring money back to the facility to help provide beneficiaries excellent care and service.

SHARP FOCUS

‘Grass roots’ bystander intervention

By C. Todd Lopez
Army News Service

WASHINGTON — A master sergeant with the 3rd Infantry Division asked about 25 people to close their eyes and imagine a fictional scenario involving somebody they care about.

“Imagine a party. You’re not at the party. But you can see it. Like they removed the roof of the house and you are looking down at it. And you think about the person you love most in the world. The party is getting late and they are getting ready to leave. And they go to the back room to get their coat and they are followed there by a person who begins to assault them. And as the assault goes on, a third party opens the door, looks in, then closes the door and walks away.”

Master Sgt. Jeff Fenlason is with Division Headquarters and Headquarters Battalion, 3rd ID, Fort Stewart, Georgia, and serves as the NCO in charge of the unit’s “bystander intervention program” — a program he helped create and that might right now be the only one of its kind in the Army.

Two questions followed the scenario Fenlason posed during his presentation Monday at the Pentagon, a shortened version of the one he offers to Soldiers around the Army.

The first of those questions: “How do you feel about the person assaulting your loved one?”

“I want to stop them,” was one answer. “I want to hurt them,” was another answer. “I want to kill them,” was the most extreme.

And a second question: “How do you feel about the person that did nothing to stop it?”

“Angry,” and “they are worthless,” were two answers. A more detailed answer: “I was thinking that the person being assaulted was my niece, who is in college now. And I was thinking what if the third party was my daughter. Well maybe my daughter would be at risk if she tried to do something. But there comes a point where you have to be brave and do something.”

How bystanders to crimes or other emergencies behave, whether they identify a situation as one that needs to be intervened on, and whether they are themselves willing to intervene or choose instead to do nothing, was the focus of Fenlason’s presentation.

What he discussed is the result of nearly three years now of practice and development that was kicked off in the spring of 2013 when he was part of 1st



PHOTO BY SPC. TREVOR WIEGE

Master Sgt. Jeff Fenlason, Division Headquarters and Headquarters Battalion, 3rd Infantry Division, Fort Stewart, Ga., discusses bystander intervention during a briefing Monday at the Pentagon.

Armored Brigade Combat Team, 3rd ID, and was asked to look at how things could be done differently in his brigade when it comes to stopping sexual assaults.

“We went looking if we could make a difference and end sexual assault in my brigade,” he said. “We started looking at how SHARP training was done and what their data said. But it was sort of a SHARP light.”

Where they were headed, he said, “wasn’t really much different than the current SHARP training.”

But then he had a chance discussion with a professional at the University of North Carolina at Chapel Hill, who he said was dealing with a similar set of young people there, with a similar set of problems as the Army when it comes to sexual assault.

There, he said, he heard this for the first time: “we have to empower the good people in the world to step up,” Fenlason said. “And that made all the change in the world. Then we started looking at bystander intervention.”

“Bystander intervention is a sociological word, not a brand or a title,” Fenlason said. “It speaks to the phenomenon of why people involve themselves, or don’t involve themselves in a variety of situations. Once we understood the science behind that, we were able to put it into the Army culture.”

Bystander effect

The bystander effect, Fenlason said, “refers to the phenomenon in which the greater the numbers of people that are present, the less likely those people are to help a person in distress.”

One explanation for that phenomenon, he said, includes the diminished level of personal responsibility that is felt when there are more people around.

Fenlason cited a July 4 situation on the subway in Washing-

ton, D.C., to illustrate the bystander effect. Then, a man was killed after having been stabbed 30 to 40 times and there were plenty of others on the subway, Fenlason said.

But nobody responded or offered assistance, Fenlason said. Quoting a newspaper story regarding the incident, Fenlason said that one man reported he had felt he could have done something, because he thought he was big enough to, and felt confident that if he had acted others would have assisted too — but he then opted to do nothing. He didn’t take the first step.

“Then you drop down three paraphrases in the story,” Fenlason said. “It says law enforcement showed up and told them they’d done the right thing, because the perpetrator had a knife. You let the professionals handle it. We’ve gotten to a culture where you always let the professionals handle it? So that makes it somebody else’s problem.”

But he confirmed that no matter how many others are present — an individual, including a Soldier — always maintains 100-percent responsibility for their own choice to do the right thing. Increased numbers of bystanders doesn’t decrease their personal responsibility, he said.

Fenlason said Soldier intervention to stop a sexual assault, for instance, might be a tough call, especially if by intervening the Soldier feels he might get himself in trouble.

Intervention could lead to a fight, he said. And a fight could lead to the police being called. And a Soldier in a fight who has been drinking underage might find himself arrested and in trouble with his command.

Fear of that, Fenlason said, might prevent a Soldier from trying to do the right thing.

To get Soldiers to feel confident enough to value stopping a rape or an assault over the reper-

cussions they might face personally for intervening requires that Soldiers have confidence that their leadership has their back.

“If I don’t trust that my chain of command will hear me out, and will listen and invest in me, then I won’t get involved,” Fenlason said.

Another explanation for the bystander effect, he said, is that bystanders feel the need to “behave in correct and socially acceptable ways.” When other observers fail to react, individuals often take that as a signal that a response is not needed or appropriate.

“Everybody wants to be on a team,” he said. “The problem is we have to figure out how to tell them what the team means, at the local level. It has to be about what does it mean to be a member of this squad, this platoon, this company. How do we do business? Who’s setting the norms?”

That answer has to come from the team leader or the squad leader, Fenlason said.

“In a safety brief on a Friday, instead of telling Soldiers not to do the things they already know not to do, we can instead lay things out in scenarios,” he said.

“I often tell people if I was in charge of a unit today, I wouldn’t tell you what to do. I would expect, I would demand intervention. When it’s an emergency, you intervene,” he said.

That conversation that starts Friday afternoon before the weekend continues the following week, he said, throughout the unit. “In the motor pool, it’s ‘maintenance Monday,’ and somebody says ‘hey first sergeant, Johnny’s full of crap, that’s not what he would have done.’”

And the first sergeant, Fenlason said, takes that as a cue to continue the conversation there on the spot. In that way, the conversation on how to intervene and the expectation of the unit that Soldiers will intervene is ongoing.

“It becomes part of the fabric of that unit. It’s full-time work. It takes an invested chain of command a lot of time if they want to have that positive effect,” Fenlason said. “They have to reclaim defining what it means to be a member of that organization. If you don’t do it, the kid in the barracks will do it for you. We need leadership to spend a lot of time talking about what it means to be ‘Manchu,’ or whatever that unit label is.

“We want to educate at the lower level what it means to be a member of this organization,” he said. “This organization treats

women how? This organization treats people of color how? Or, this organization treats people with different sexual orientations how?”

Fenlason’s presentation was condensed down from about the three hours or more that’s presented to Soldiers at units across the Army, and it was put on at the Pentagon as part of Sexual Assault Prevention and Response month.

Sgt. 1st Class Genita M. Ruffin, with the Army’s Inspector General, and Staff Sgt. Kris Campbell, with the Assistant Secretary of the Army for Manpower and Reserve Affairs, both attended the presentation.

“This goes completely against the standard ‘check-the-block’ training,” said Campbell. “This is the total opposite of that. It’s a complete breath of fresh air. It’s not cover-your-ass training. It’s what needs to be said, no matter how uncomfortable or taboo it is. This right here would completely change everything.”

Ruffin was also on board with what she heard.

“This here was awesome training,” she said. “I think this training should go to the units, to be an eye-opener to everybody. I think this right here, with the new generation of Soldiers coming into the Army? They need to hear this.”

Fenlason said that the bystander intervention training he and his team at 3rd ID have developed is spreading across the Army — and they are the ones making that happen.

“It’s completely grass roots,” he said. “We’ve been very careful to say this is leader development. That’s the responsibility of every command. It’s developing trust and judgment. We’re trying to help units develop the judgment of their Soldiers to intervene, and the trust that their command will at least listen to what happened and take the fullest, broadest look they can at a situation.”

Fenlason and his team teach two courses. The first is to actually teach Soldiers at 3rd ID the material they have developed regarding bystander intervention. The other course they teach is to prepare personnel at other commands to teach it to their own Soldiers — a “train the trainer” thing, he said.

Already, Fenlason said, they have trained 60 facilitators at 82nd Airborne Division; 250 facilitators for Army Recruiting Command; and 60 to 90 facilitators at 1st Armored Division. Throughout the Army, he said, they’ve trained more than 600 facilitators.

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SecDef announces Operation Inherent Resolve Campaign Medal

By Jim Garamone
Department of Defense News

WASHINGTON — Service members who serve or have served in Iraq or Syria as part of Operation Inherent Resolve will receive the Inherent Resolve Campaign Medal, Defense Secretary Ash Carter announced in Tampa, Florida, March 30.

Carter announced the new award during the U.S. Central Command change-of-command ceremony where Army Gen. Lloyd J. Austin III transferred the command's flag to Army Gen. Joe Votel.

"It is fitting then, that as we mark the change of command between these two leaders, that we introduce the Inherent Resolve Campaign Medal," Carter said. "I am pleased to announce today, by the president's order and upon the

chairman's and my recommendation, that our Sailors, Soldiers, Airmen and Marines serving in Iraq and Syria as part of Operation Inherent Resolve are now eligible for this medal and distinction."

The award is retroactive to June 15, 2014, and is for service members based in Iraq or Syria, those who flew missions over those countries, and those who served in contiguous waters for 30 consecutive days or 60 nonconsecutive days, officials said.

The award distinctly recognizes service members battling terrorist groups in Iraq and Syria. Service members who were killed or were medically evacuated from those countries due to wounds or injuries immediately qualify for the award, as do members who engaged in combat.

Previously, the Global War on

Terrorism Expeditionary Medal recognized service in Iraq and Syria, and service members in neighboring countries such as Turkey will continue to receive that award.

The president establishes campaign medals for large-scale and long-duration combat actions or operations. Inherent Resolve meets the criteria, officials said. The entire operational area has been subject to lethal combat operations. U.S. forces are executing an extensive air campaign in the region. A U.S. division-plus force is providing command and control, intelligence and other advisory services.

The award is separate from the Iraq Campaign Medal awarded for service during operations Iraqi Freedom and New Dawn, officials said.



DOD ILLUSTRATION



PHOTO BY STAFF SGT. RUSSELL KLIKA

Soldiers participate in the U.S. Army Special Operations Command's Cultural Support Assessment and Selection program.

Army opening infantry, armor to women

By David Vergun
Army News Service

WASHINGTON — Friday, all positions in 19 series armor, 11 series infantry, and the 13F forward observer specialty opened to women.

Women who enlist for the newly-opened specialties beginning Friday will ship to basic combat training later this year.

What it means, though, is all of the traditional combat-arms branches are now open to both female officers and enlisted.

The only remaining military occupational specialties not yet open to women are Rangers and Special Forces.

Brig. Gen. Donna W. Martin, deputy commanding general for operations, U.S. Army Recruiting Command, Fort Knox, Kentucky, said she anticipates that Special Forces will soon follow.

As it did with the other combat-arms specialties, the Army wants officers and NCOs in place before new female Soldiers head to infantry and armor units, Martin said. With this leaders first approach, the Army will have women to serve as role models as well as mentors for new female Soldiers in the unit.

That approach affects the training timeline.

Female officers will go through their combat arms basic courses later this fall and then they'll head to their units, she said.

Women who enlist for the newly-opened MOSs will ship to their basic combat training locations "after we get the female leaders in place," Martin said.

That buys time to get new infrastructure and cadre in place for the women.

Last year, the 12B combat engineer and 13B and 13D artillery MOSs opened to women.

"We haven't seen a flood of young women who want to join the combat arms," but this is about the opportunity and women understanding there are no barriers stopping them from selecting any career they choose in the Army, Martin said.

Although she couldn't forecast the future, Martin said she suspects that over time, the trend could change as women enter combat arms specialties and serve as role models.

"Look at the three female Rangers who completed Ranger school. I think young girls are saying 'if they can do it, I can do it, too,'" she said.

They inspired not just Soldiers, but women across America, she added.

The culture is changing and in many ways has already changed with regard to women in combat arms specialties, Martin said.

Over the last 15 years, multitudes of women have deployed to Iraq and Afghanistan, where the traditional front line was blurred, she said.

"Women have held their own in combat and proven themselves over and over again. Our operators have seen that for many, many years. So, they're ready for this," she said.

"As I speak to our recruiting force, they welcome it, as well," she added. "They don't see this as a big deal. They believe that as long as the standards don't change – and they won't – everyone should have the same opportunities. When you put on our uniform and when you join our family, it doesn't matter what gender you are."

Martin said when she asks Soldiers if they have daughters, a good number say "yes."

She said she then challenges them. "How would you feel if someone told your daughter she could not do something? They all agree that if their daughters wanted to do something, they should have the opportunity. What an exciting time this is for our Army and for the United States."



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Data from the job book allows leaders to easily monitor unit training, and quickly add training tasks to units and individual Soldiers.



The Digital Leader Readiness Tool is available for small units and designated leaders once built by the unit in DTMS. The Digital Leader Readiness Tool pro-

The Training Management Directorate, Fort Leavenworth, led the digital job book project. TMD is a subordinate

For more information about the Digital Job Book or the Digital Leader Readiness Tool, send an e-mail to usarmy.leavenworth.cac.mbx.dtmshd@mail.mil, or call 913-684-2700 or 877-241-0347.

U.S. European Command
Press Release

As discussed during the announcement of the Fiscal Year 2017 European Reassurance Initiative budget proposal, the Army has decided to begin storing “static” equipment, known as Army Prepositioned Stocks, within Europe for contingency operations.



Gen. Phil Breedlove, U.S. European Command commander, said, "This is a big step in enhancing the Army's rotational presence and increasing their combat equipment in Europe. This Army implementation plan continues to demonstrate our strong and

balanced approach to reassuring our NATO allies and partners in the wake of an aggressive Russia in eastern Europe and elsewhere. This means our allies and partners will see more capability – they will see a more frequent presence of an armored brigade

When the first rotational armored brigade combat team arrives early next year, the equipment currently used by rotational forces, known as the European

By the end of 2017, there will be a continuous presence of three fully equipped Army Brigade Combat Teams – one armored, one airborne, one Stryker – one prepositioned set of combat-ready equipment sufficient to support another Armored Brigade Combat Team, as well as division-level enablers in Europe.

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SecDef proposes updates to Goldwater-Nichols Act

By Lisa Ferdinando
Department of Defense News

WASHINGTON — To best confront challenges in an increasingly complex world, the law that defines much of the Defense Department’s institutional organization needs to be updated, Defense Secretary Ash Carter said Tuesday.

The Goldwater-Nichols Act of 1986 is an important piece of legislation that solidified the chain of command and reinforced the concept of “jointness,” Carter said at the Center for Strategic and International Studies.

In remarks that focused on updating the legislation, the secretary called for clarifying the role and authority of the chairman of the Joint Chiefs of Staff, adapting combatant commands to new functions, streamlining acquisition, and making changes to joint personnel management.

“This year, as Goldwater-Nichols turns 30, we can see that the world has changed,” Carter said. “Instead of the Cold War and one clear threat, we face a security environment that’s dramatically different from the last quarter-century.”

In some cases, he said, the “pendulum between service equities and jointness may have swung too far,” such as not involving the service chiefs enough in acquisition decision-making and accountability.

“It’s time that we consider practical updates to this critical organizational framework, while still preserving its spirit and intent,” he said.

The first reform Carter outlined was clarifying the role of the chairman of the



PHOTO BY NAVY PETTY OFFICER 1ST CLASS TIM D. GODBEE
Defense Secretary Ash Carter addresses the Center for Strategic and International Studies in Washington, D.C., Tuesday.

Joint Chiefs and in some cases, the Joint Chiefs and the Joint Staff.

He said the Defense Department needs someone in uniform who can look across the services and combatant commands and make objective recommendations to the department’s civilian leadership about where to allocate forces throughout the world and where to apportion risk to achieve maximum benefit to our nation.

“The person best postured to do that is the chairman of the Joint Chiefs of Staff,” he said. The role of chairman needs to stay outside the chain of command, Carter added, to allow the chairman to provide the best, most objective advice to the president and secretary of defense.

Carter said updates are needed in the combatant commands, adapting them to new functions – including in cyber – and continuing to aggressively streamline headquarters.

Instead of combining the combatant commands, the Defense Department intends to be “more efficient” by integrating functions such as logistics, intelligence and plans across the Joint Staff, the combatant commands and subordinate commands, Carter said.

This, he added, would eliminate redundancies while not losing capability.

Carter explained the Defense Department is looking to “simplify and improve” command and control by making it less top-

heavy and more efficient. Where possible to improve efficiencies and effectiveness, billets currently filled by four-star generals and admirals will be filled by three-star officers in the future, Carter said.

A major area where Goldwater-Nichols needs to be improved is in joint personnel management, Carter said.

He noted that one of the hallmarks of the legislation is that it made joint duty required for all officers who wanted to rise to the highest levels in the military.

Carter said the definition of a “joint duty assignment” needs to be broadened. The department is proposing the definition goes beyond planning and command and control to include joint experience in other operational functions such as intelligence, fires, transportation and maneuver, protection, and sustainment, including joint acquisition.

“For example,” the secretary said, “while a staff officer in a combatant command would get joint duty credit, an officer in a combined air operations center coordinating with service members in all different uniforms to call in airstrikes against ISIL might not.”

Updates to the legislation must not undo its “many positive benefits,” Carter said. The need for the reform comes down to one simple reason: to help the people who wear the uniform.

“We do this because our service members, and the nation they protect, deserve the best Defense Department and military we can give them, because they’re giving their best day in and day out, all around the globe,” he said.

Fit

Continued from Page A1

Army Health Clinic. “Our focus will also be on safety awareness training for Aviation and ground topics.”

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 opportunities at the health fair to learn about improving health with emotional resources including yoga

and other exercise classes. Additionally, with focus on the Army Medicine Performance Triad, information on nutrition and sleep will be available.

The health fair is free of charge and everyone is invited to attend.

FTS

Continued from Page A1

ing was no easy task and required a lot of situational awareness.

“One of the big things is when we’re landing, we have to be able to see what’s

going on outside the aircraft, so we have to scan and see if there are any obstacles on the ground or any slopes. If it is unsafe, you call a go-around,” he said.

Other flights included practicing approaches, crew communication, running

aircraft performance charts and calculating fuel requirements.

Learning these skills and being able to get a foothold in their career field isn’t just a benefit to the service members, but the Air Force, as well, said Stubbs.

“By the time these Airmen are staff or technical sergeants, they will be seasoned Aviators,” said Stubbs. “By giving them the tools to understand helicopter and tilt-rotor flight, they should all be well prepared for their graduate training.”



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\$11,000: Large lot in downtown block. Level & on paved road. **JACKIE THOMPSON 406-1231 & TERRI 406-2072**

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182 Commons
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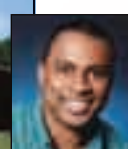
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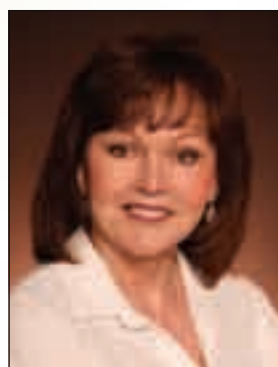
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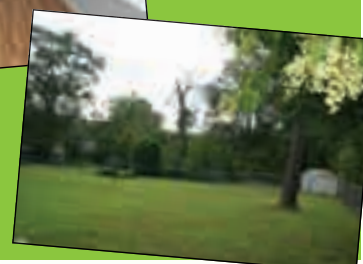
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MINI UAS:

Big capabilities can come in small packages

By David Vergun
Army News Service

WASHINGTON — The basic small-unit fighting capability of the Army is the squad.

One of its weaknesses is broad-area situational awareness, particularly in unfamiliar environments, according to Col. Phil Cheatham, deputy branch chief of the Electronics and Special Developments Branch at the Maneuver Center of Excellence at Fort Benning, Georgia.

A likely solution? A nano unmanned aircraft system with reconnaissance capability, he said. For now, it's called the Soldier

Borne Sensor.

Cheatham and others spoke at a media roundtable from Program Executive Office-Soldier at Fort Belvoir, Virginia, March 22.

While large formations have access to intelligence gleaned from helicopters, satellites and large UAS like the Raven, more often than not, the fighters at the squad level don't know what's around the corner, over the hill or beyond the trees, particularly in areas where the enemy knows the terrain, he said.

A camera in the sky, perhaps 50 to 70 feet above the ground, would give them that invaluable capability, he said.

Producing such a UAS would seem like a simple thing, but it's not, Cheatham said.

There are a lot of factors that would determine whether or not the Army would purchase something like this.

Cost

The British have been using a similarly effective mini UAS called Black Hornet for several years now, said Cheatham.

However, the United Kingdom army is a lot smaller in comparison to the U.S. Army, which buys things like this in bulk. And, while

SEE UAS, PAGE B4



PHOTO BY DAVID VERGUN

Nina Langli, Norwegian Embassy in Washington, D.C., holds a PD-100 Black Hornet UAS aircraft near its two charging stations at the National Defense Industrial Association Special Operations exhibit Jan. 28, 2015.



GOING TO SCHOOL

ARMY PHOTO

Soldiers from around Fort Bragg, North Carolina, and partner nations conduct rappelling operations at The DeGlopper Air Assault School, XVIII Airborne Corps, March 16. The 10-day course teaches students how to control aircraft, sling various loads and rappel out of helicopters.

16TH CAB

Downed aircraft recovery team trains on JBLM

By Capt. Brian Harris
16th Combat Aviation Brigade
Public Affairs

JOINT BASE LEWIS-MCCHORD, Wash. — One of the primary roles of 46th Aviation Support Battalion is providing maintenance to keep the 16th Combat Aviation Brigade's aircraft ready for training and missions.

While this maintenance is generally done inside the relative safety of dedicate military facilities, the 46th ASB also has the responsibility for responding to maintenance issues that occur outside of the wire, which includes the worst-case scenario of a downed aircraft.

Soldiers of 46th ASB's Bravo Company honed their technical and tactical skills during a downed aircraft recovery team exercise at JBLM March 10.

"The purpose of this training was to educate Soldiers

SEE 16TH CAB, PAGE B4

BIG WINDY HELPS UNITS GO MOBILE

12th CAB gives field artillery a lift

By Sgt. William A. Tanner
2nd Cavalry Regiment Public Affairs

ROSE BARRACKS, Germany — Having a military unit that can effectively move from one location to another, set up shop and complete missions can be the difference between a successful mission or a failed one.

This type of movement is what Troopers assigned to Archer Battery, Field Artillery Squadron, 2nd Cavalry Regiment and Soldiers from the 12th Combat Aviation Brigade recently teamed up to train for.

March 22, Field Artillery Dragoons conducted sling load operations, transportation and air drops of their M777 Howitzers using CH-47 Chinook helicopters from the 12th CAB.

"Today we did our air assault operations, here, with the Artillery Squadron," said 1st Lt. Thomas Devane, a platoon leader from Archer Battery.

Making mobile assault operations with a Field Artillery unit possible is not an easy task. Usually bigger and stronger equipment is brought in to help move the unit's weaponry from one location to another.

However, with an aerial assault operation, the equipment brought in for transportation support must not only be strong but also airborne. That is where the CH-47 Chinook helicopter comes in handy.

"We came in with Chinooks and dropped our battery worth of Howitzers in place so that we can provide fire support, if needed," said Devane.

Devane elaborated on the events that transpired throughout the day, as well as the importance of the training that was taking place.

"This is something that we don't get a chance to do very often," said Devane. "It's also a critical part of our certification process so that we are fully prepared to do follow on missions."

The key to keeping the unit's cannon crewmembers ready for something



PHOTOS BY SGT. WILLIAM A. TANNER

A CH-47 Chinook carries an M777 Howitzer.



Troopers assigned to Archer Battery, Field Artillery Squadron, 2nd Cavalry Regiment, sling load an M777 Howitzer to a 12th CAB CH-47 Chinook March 22 at Grafenwoehr Training Area, Germany.

like this is with practice and with Saber Strike, an upcoming multinational Regimental training event, coming up, staying prepared will keep this unit on top of their game.

"Essentially, if we are fully certified and fully prepared, then we can be ready to conduct any operations with our NATO Allies and partners," said Devane. "This is a great training event and I am happy to be doing it."



PHOTO BY SGT. THOMAS MORT

Spc. Raymond Rader, a CH-47 helicopter repairer from H Co., 1st Bn, 214th Avn. Regt. "Big Windy," watches a trailing CH-47 while en route to sling load and air operations training.

Chinooks lend muscle to 44th Sig. Bn.

By Sgt. Thomas Mort
12th Combat Aviation Brigade
Public Affairs

GRAFENWOEHR, Germany — Soldiers from the 44th Expeditionary Signal Battalion, 2nd Signal Brigade, "Brigade of Excellence," conducted sling load and air operations training with the help of two CH-47 Chinooks from H Company, 1st Battalion, 214th Aviation Regiment, 12th Combat Aviation Brigade "Big Windy" March 22-23 at a local training area.

During the two-day exercise, the Signal Soldiers from 44th ESB sling loaded two HWMV's, a Satellite Transportable Terminal and a 10,000-pound generator in a single, dual and tandem load configuration, to establish a dynamic presence.

"We're replicating moving a network command post node from one location to the other by using air mobile operations from 12th CAB," said Col. Ed Buck, commander of 2nd Signal Brigade.

As part of the five pillars of a Strong Europe, the 44th's goal was to enhance their tactical posture by empowering junior leaders to conduct an alerted Emergency Deployment Readiness Exercise.

"Sling load operations allow us the ability to move our assemblage's quickly from any environment at any time," said Sgt. Maj. Elisio Torres, S-3 operations sergeant major, 44th ESB.

Sling load operations include the transport of cargo under a helicopter like the CH-47 Chinook or UH-60 Black Hawk. The STT is a transportable earth terminal designed to establish secure voice, video and data communications.

According to Maj. Lauren Bell, S-3 operations officer with 44th ESB, this was a historic event for the unit. This was the first time that the 44th ESB has conducted a sling load operation.

"It was an excellent opportunity for our Soldiers," said Bell. "Not only did it test our ability to be expeditionary, but it also gave them an opportunity to do training that they've never done before."

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UAS

Continued from Page B1

their Black Hornets are a thing of beauty and function, each is individually hand-crafted and quantities of these could get pretty expensive, he said.

The U.S. Army has incorporated U.K. lessons learned into its requirements and experiments, Cheatham added.

Weight

For at least a century, much has been written about the Soldier's load, meaning that they go into combat carrying heavy stuff that inhibits their effectiveness, Cheatham pointed out.

While a mini UAS, the size of a sparrow or even a bumblebee may not sound like much, it could be enough of a tipping point to limit combat effectiveness. Thus, a lot of emphasis has been placed on weight limitations.

General requirements would be a UAS not weighing over 150 grams and perhaps fitting in a Soldier's cargo pocket where it could be trickle charged in two hours or less.

Eyes in the sky

Ideally, the UAS would fly about 1,000

meters, 50 to 70 feet in the air for 10 to 15 minutes. That would be a "game changer" for squad situational awareness, Cheatham said. They could most likely control and dominate their area out to the limits of their small-arms fire capabilities.

Experiments at Army battle labs have even tested functionality at the platoon level for standoff ranges of weapons out to 1,200 meters, he said, noting that the Army has already been testing some commercial off-the shelf variants.

Currently, the requirements call for day and night camera capability, able to detect a man-sized target with 90 percent probability from 75 feet high, he said. The requirements for all of its capabilities are being staffed right now and could change slightly.

Other desirables

The Army would also like these mini UASs to be as quiet as a bumble bee, Cheatham mentioned, so as not to alert the enemy.

They should be able to also operate on certain military-only radio frequencies, he said. Allowable frequencies for these are different in the U.S. from those overseas.

It would be nice for the system to be sim-

ple, meaning a minimum of training time and ease of operation, Cheatham said.

Also, the system should be able to rebound from human or machine error, he said. For example, if a Soldier dropped or damaged the controller, it would be nice for the UAS to stop in midair rather than continue on in an unintended direction. That might be an important safety feature, as well.

Maj. Alexander Gonzales, assistant product manager, MCOE, said the proposed SBS must also be capable of tactical employment out of the range of contact and under constrained rules of engagement, and be inherently safe to operate without damage to equipment or injury to personnel.

The best thing the Army can do, Cheatham said, is get these prototypes in the hands of Soldiers for some real-world field testing. "Experimentation informs requirements."

Equal or greater to industry feedback is feedback from Soldiers, he added. Soldiers inform what needs to be changed or what works. Their input is the ultimate test. "Either they say it hinders or helps the mission, or provides no added benefit."

Soldiers are already experimenting with prototypes, Cheatham said. The next goal is eventually getting them fielded. But first,

industry will need to help make that happen.

That process is taking place this year.

Lt. Col. Timothy A. Fuller, assistant product manager, SBS, Project Manager, Soldier Sensors and Lasers, PEO-Soldier, Fort Belvoir, said that the Soldier Enhancement Program is a program in which COTS items are procured and tested "to see if they can make a difference to Soldiers. This is an extremely cost-effective way to try out and test new technologies."

That process will be applied to procuring SBS, he said.

Fuller also pointed out that the Army is inviting small and large businesses to participate in "industry days" to discuss opportunities to build SBS, using requests for information, followed by a request for proposal.

The next industry day is April 12, he said.

Gonzales added. "We encourage large companies, small companies, and even startups with great ideas to join us for the industry day."

Fuller said the Army will likely make limited purchases of SBS candidates over the next year or two and then move forward on larger-scale buys in fiscal year 2018.

16th CAB

Continued from Page B1

on DART procedures, and get them some hands-on experience," said 1st Lt. Philip Kocher, maintenance platoon leader.

Two UH-60M Black Hawks with 2-158th Assault Helicopter Battalion flew to the training area to provide Soldiers the opportunity to work on the same type of aircraft they might have to recover in a combat zone.

"This training benefitted Soldiers by training them to recover downed aircraft in a combat environment, which is one of our unit's missions," said Sgt. Alexander Spaulding, UH-60 helicopter repairer.

While rain fell, Soldiers moved to the parked aircraft with the unit maintenance aerial recovery kit, and began the complicated process of attaching various ropes, chains and other equipment to the aircraft.

"Soldiers were trained on loading an aircraft with people and equipment for transport to the site

of a downed aircraft and rigging the downed aircraft for slingload out to a more secure area," said Kocher.

For some Soldiers, this was one of their first experiences with DART procedures, and an opportunity to develop critical skills.

"We learned how to rig a UH-60M with a UMARK. It taught us what to expect from a DART mission," said Pvt. Cleundra Morman, UH-60 helicopter repairer.

Even the more experienced Soldiers were challenged with the training. As the Soldiers went through rehearsals before the aircraft arrived, they shared their individual expertise to prepare for working on the actual aircraft.

"The hardest part of the training was actually rigging the aircraft for slingload. It's a tricky process and if you don't know exactly what you're doing, you'll do it wrong," said Spaulding.

Planning for the training took several months as it required the coordination of multiple units within 16th CAB. The effort was



PHOTO BY CAPT. BRIAN HARRIS

A UH-60M Black Hawk assigned to 2-158th Assault Helicopter Battalion lands in a training area. The aircraft was one of two used for downed aircraft recovery team training.

rewarded with training that prepared Soldiers for a mission that can save lives and critical equipment in combat.

"The training went very well," said Kocher, "We accomplished all of our training objectives safely, and Soldiers got the benefit of

utilizing and riding on some assets outside of the battalion, which they rarely get to see outside of a hangar."



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APRIL 7, 2016

national library week

Center Library invites community to 'transform lives'

By **Jeremy Henderson**
Army Flier Staff Writer

Fort Rucker's Center Library staff hopes to transform lives by introducing the post community to a treasure trove of information with prizes, contests and special events during National Library Week Monday-April 16.

"During the week, the Center Library will have contests for patrons age 18 and older, age 13-17, and age 12 and under," Jodi Wilcox, Center Library reference librarian, said. "Patrons have a chance to win a daily prize or a grand prize."

According to Wilcox, Dr. Henry Stewart, retired Troy University dean of Library Services, will speak about how libraries transform lives April 14 at 10:30 a.m. at the Center Library.

"National Library Week is an important celebration for the community to show the value of the library and its staff," Wilcox said. "The Center Library offers a wealth of resources that are free to its patrons."

"Along with a vast array of books, the Center Library offers access to many free databases that offer language learning, peer-reviewed articles, e-books and many more resources," she added. "The library also has a large DVD selection, fiction, non-fiction, as well as audio books. If we don't have what someone is looking for, we will try to find it for them. The staff is also willing to help anyone who might need assistance with résumé, job searching or general computer questions."

Wilcox said community support is essential so the library can continue to offer its numerous free resources.

"The library has resources that can help patrons with various top-

ics, such as woodworking, cooking, knitting, investing, parenting or gardening, just to name a few," she said. "Some of the tools that patrons have access to are scanning, printing, faxing, quiet study areas and a friendly, knowledgeable staff."

According to Wilcox, National Library Week provides an excellent opportunity for parents to introduce their children to the joy of reading.

"Parents need to help their children realize that reading can be enjoyable," she said. "If children are hesitant readers, look for something that might be in their area of interest. I suggest parents find a good read-aloud book for their children and read to them at least three times a week."

Center Library hosts story time for children ages 2-11 Fridays from 10:15-11 a.m., which is followed by a crafting session. Wilcox added that the library staff can also provide recommendations for age-appropriate books to help children increase their reading skills while acquiring a thirst for recreational reading.

"Recreational reading is beneficial to a child because it expands their knowledge of the world around them and increases their self-confidence," she said. "It also allows their imagination to grow, which fosters creativity and learning. Children are in a learning environment most of their day and reading allows them to temporarily escape the rigorous schedule."

Other group reading opportunities include the adult book club every third Tuesday from 5-6 p.m. and the teen book club every third Saturday from 4-5 p.m.

Other Center Library events for the month of April include a spring craft Tuesday from 3:30-4:30 p.m.,



FILE PHOTO

A young patron browses the library stacks in search of a new book to read. Center Library will host contests, daily prizes and special events Monday-April 16 in honor of National Library Week.



FILE PHOTO

A family creates crafts at the Center Library in 2013.

a Tesla car display April 20 at 2:30 p.m. followed by an Earth Day Awareness presentation by Big Bend Wildlife of Enterprise at 3:30 p.m. and an Earth Day craft activity April 23 from 1-2:30 p.m.

For more information, call 255-3885.



PHOTO BY JEREMY HENDERSON

John Crawford, Center Library manager, leads a children's story time session last year.

Strength in numbers

Program helps single parents develop strong support system

By **Nathan Pfau**
Army Flier Staff Writer

A strong support system is an invaluable tool for dealing with life's stressors, and the Fort Rucker New Parent Support Program is looking to put that tool into the toolboxes of new and single parents within the local Army community.

NPSP hosted its Single Parent Brown Bag Lunch March 29 at the Munson Heights Neighborhood Center as a means to give single parents a support system through meeting other single parents, networking and learning what resources are available to them, according to Vicki Harmon, NPSP nurse specialist.

During the lunch, Una Taylor, guest speaker and single parent of five, was invited to share her story with those in attendance. Through her story, she wanted to demonstrate that no matter the odds, that people can accomplish their goals with the right support.

"To me, the services provided by NPSP are very vital," said Taylor. "Though many of the services are viewed as physical, those services help sustain the parent and children, both mentally and emotionally."

Throughout her testimony, Taylor spoke of overcoming a difficult relationship and recounted the hardships of how she was going to raise her children after her divorce.

She said that through building relationships and talking with others she was able



PHOTO BY NATHAN PFAU

Una Taylor, guest speaker and single parent of five, speaks to other single parents and shares her story during the NPSP Single Parent Brown Bag Lunch at the Munson Heights Neighborhood Center March 29.

to overcome and see that she would be able to accomplish her goals.

"We overcome by the words of our testimony," she said. "Your testimony not only builds you, but it builds your community. Make no mistake about it — we are a community. I feel that my testimony can give back to NPSP, which in turn allows for this wonderful program to reach others, as well."

"We tend to see value in everything but what's in our own backyard," said Taylor.

"Community equals a common unity. You build your family's community and you do (that) on a daily basis with every decision you make, whether you think so or not. Build your family's community on a firm foundation — and NPSP is a brick in that foundation."

Capt. John Mayer, D Company, 1st Battalion, 145th Aviation Regiment, said he found Taylor's story inspiring and, as a single parent himself, he understands the need for that support system, which he of-

ten seeks to not only help himself, but others, as well.

"I always like finding support groups and utilizing Army Community Service," he said. "In previous jobs that I've had, I've had good experiences with ACS, so when I needed some help, I knew where to go to at least get my foot in the door, which led me to the people who are here with me."

"I wanted to come today because I know that if I'm feeling like this — needing guidance or help — then there are others who might need that, also," Mayer continued. "This way I can get together with the right Soldiers or family members who need that help."

Mayer said it's important to have programs like NPSP because Soldiers can oftentimes get stuck in their own little communities, which isn't always a bad thing, but can prevent people from branching out.

"Going outside of the circle that you work in and knowing that there are other people on the installation that have a common denominator with you is important, and it makes you feel less alone," he said. "There is more to the area than just the people where you work. There are so many people who are like you and I want to be able to give back to other people that I know might need some help like I did."

"People should always have hope," added Taylor. "Your strength comes from within, but it also can come from those with whom you surround yourself."

ON POST

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

CYSS extended hours survey

Child, youth and school services is conducting a survey to better gauge its patrons’ needs concerning operational hours at the child development center and the school age center. Parents’ input will assist garrisons in determining the need for extended hours care at these facilities. People can make their voices heard by participating in the survey now through April 20 at <https://www.surveymonkey.com/r/ExtendedCare-Hours>.

ACS needs assessment survey

Army Community Service is conducting a needs assessment now through May 15. People’s responses will assist ACS in developing programs that meet the needs of the Fort Rucker community. The survey is available at <https://www.surveymonkey.com/r/6YMW8QP>, or paper copies are available through ACS.

For more information, call 255-9641.

Spouse Sponsorship Survey

Army Community Service is conducting a spouse sponsorship program survey now through May 31 to determine if a need for a spouse sponsorship program exists at Fort Rucker. The program would provide an opportunity for incoming spouses to connect with other spouses who can provide assistance with their family’s transition to Fort Rucker. People can make their voices heard by taking the survey at <https://www.surveymonkey.com/r/W9TRQ3N>.

National Library Week

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

Credit Reporting 101

Army Community Service will host its Credit Reporting 101 class Tuesday from 6:30-7:30 p.m. at The Commons. Topics will include how credit history impacts people’s financial futures, credit reports versus credit scores, how credit scores are determined and more. Pre-registration is required by 4 p.m. Monday.

For more information, call 255-9631.

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 Tuesday 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 instructor training

Army Community Service will offer its four-day standardized instructor training course Tuesday-Wednesday and April 19-20 at the Spiritual Life Center from 8:30 a.m. to 2:30 p.m. The course equips instructors with knowledge and tools for communicating information to the military community. Those who successfully complete the course receive a certificate of completion and become qualified instructors under ACS.

For more information and to register, call 255-9578 or 255-3735. Childcare can be provided, but people need to call 255-3564



PHOTO BY NATHAN PFAU

SHARP car wash

A scene from the Sexual Harassment Assault Response and Prevention car wash in September. Fort Rucker Installation SHARP will partner with the U.S. Army Warrant Officer Career College's Warrant Officer Candidate School Class 16-11 to host a car wash in recognition and observance of Sexual Assault Awareness and Prevention Month April 23 from 8:30 a.m. to 3:30 p.m. on Shamrock Street. This year’s theme is, “Sexual assault. Sexual harassment. Not in our Army.”

For more information, call 255-2382.

two weeks in advance.

ACS Lunch and Learn Workshop

In observance of April being Child Abuse Prevention Month and Autism Awareness Month, Army Community Service’s Exceptional Family Member Program and Family Advocacy Program invite people to the “Meltdowns: What to Do? Lunch and Learn Workshop.” The workshop is Tuesday from 11:30 a.m. to 1 p.m. at The Commons, Bldg. 8950, on Seventh Avenue. The workshop will discuss what a meltdown is, meltdown behaviors and their consequences, and behavior techniques to reduce meltdowns. Presenter will be Cynthia Boyd, a board-certified behavioral analyst. The workshop is free and open to the public. People need to register by Friday. Continuing education units will be available for social workers.

For child care information and to register, call 255-9277.

Center Library spring craft

The Center Library will host a spring craft session for children ages 3-11 Tuesday from 3:30-4:30 p.m. Light refreshments will be served. Space is limited to the first 65 children to register. The event is Exceptional Family Member Program friendly. The event is open to authorized patrons.

For information or to register, call 255-3885.

Infant massage class

The Army Community Service New Parent Support Program will help celebrate Child Abuse Prevention Month with a free infant massage class April 14 from 9-11 a.m. at the Commons. Expectant parents are also welcome to attend. The class will be open to the first 20 people to register – registration deadline is Monday.

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

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 April 14. People who attend will meet in Rm. 350 at 8:40 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about 11 a.m. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.

For more information, call 255-2594.

Infant, child CPR class

The new parent support program, in collaboration with the American Red Cross, will offer a free infant and child CPR class April 15 from 8 a.m. to noon at The Commons. The class is open to active-duty and retired military, Department of Defense employees and their family members.

Registration deadline is Monday. The event is EFMP friendly.

For child care information and to register,

DFMWR Spotlight

Upcoming Family & MWR Events and Activities



Fort Rucker Youth Services Fields

YOUTH SPORTS BRITISH SOCCER CAMP

Registration Now–May 26

Soccer Camp May 31–June 3

A current sports physical and a valid CYSS Registration are required for participation. Those participants registering before April 15th will receive an official British Soccer Jersey. Full Day Camp participants will need to bring a lunch.

Camp Options:

Mini Kicker (9–10 am): \$77, Ages 3–4
First Kicks (10:15–11:45 am): \$85, Ages 5–6
Half Day Camp (9 am–12 pm): \$118, Ages 7–16
Full Day Camp (9 am–4 pm): \$165, Ages 8–16

For more details and to register, contact Youth Sports Department, (334) 255-2257/2254 or Parent Central Services, (334) 255-9638.



2016 CYSS Sports & Fitness Program

Health & Nutrition Fair

Wednesday, April 27 from 2–5 pm
Fort Rucker Youth Center (Bldg. 2800)
This event is open for CYSS members.

For more information, call CYSS, (334)255-0950/2257/2254.



rucker.armymwr.com

call 255-9647 or 255-3359.

255-2887.

Newcomers welcome

Army Community Service will host a newcomers welcome April 15 from 8:30-11 a.m. at The Landing. Active duty, spouses, foreign students, Army civilians and family members are encouraged to attend. A free light breakfast and Starbucks coffee will be served. For free childcare, register children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the newcomers welcome.

For more information, call 255-3161 or

Wild Adventures Day Trip

MWR Central will host a day trip to Wild Adventures amusement park in Valdosta, Georgia. Participants will depart Fort Rucker at 5 a.m. April 16 and travel to Wild Adventures. Cost for this trip is \$53 per person and includes a ticket to Wild Adventures and transportation. The trip is expected to return to Fort Rucker at 10 p.m. There must be a minimum of 22 participants for this trip.

To sign up, stop by MWR Central or call 255-2997.

FORT RUCKER MOVIE SCHEDULE FOR APRIL 7-10

Thursday, April 7

Risen (PG-13)7 p.m.

Friday, April 8

Triple 9 (R)7 p.m.

Saturday, April 9

Eddie the Eagle (PG-13)4 p.m.
Gods of Egypt (PG-13)7 p.m.

Sunday, April 10

Eddie the Eagle (PG-13)1 p.m.
Gods of Egypt (PG-13)4 p.m.

PROGRESS

U.S. Army Corps of Engineers works to restore America's Everglades

By Jenn Miller
*U.S. Army Corps of Engineers
Public Affairs*

WASHINGTON — Significant progress has been made in restoring America's Everglades over the past five years and a comprehensive report highlighting these efforts has just been submitted to Congress.

The 2015 Report to Congress for the Comprehensive Everglades Restoration Plan was jointly submitted to Congress in late March by the secretaries of the Army and the Interior. The report details the collaborative effort of participating agencies and their combined commitment to restore America's Everglades, said Jo-Ellen Darcy, assistant secretary of the Army for Civil Works.

"Progress is being made towards achieving the benefits for the natural system and the human environment envisioned in the Comprehensive Everglades Restoration Plan," she said. "The next five years hold the promise of even more tangible, beneficial change in the south Florida ecosystem and we look forward to continuing progress with the Department of the Interior, the State of Florida and our other partners."

Over the past five years, collaborative restoration efforts between federal and state agencies has resulted in a period of unprecedented progress towards restoring America's Everglades. New construction starts, project completions, accelerated planning efforts, new investments in water quality and the passage of key congressional legislation are a few of the highlights of the 2010-2015 reporting period.

"This Report to Congress on the status of our efforts to restore the Everglades demonstrates Interior's continuing commitment to work with its state, tribal, local government and NGO partners to take action to restore this unique and fragile landscape," said Michael J. Bean, Department of the Interior principal deputy assistant secretary for Fish and Wildlife and Parks and chair of the South Florida Ecosystem Restoration Task Force. "We are seeing significant progress and observing on-the-ground results for our environment. And we know that our investments are promoting economic benefits and coastal resiliency in the face of sea level rise and other challenges which will allow us to achieve, in our life-time our long-standing restoration goals."

Getting projects built

The U.S. Army Corps of Engineers serves as the lead federal agency for CERP, and is responsible for planning, designing and constructing Everglades restoration projects in partnership with the local sponsor, the South Florida Water Management District.

"Momentum remains strong in our continued efforts to restore America's Everglades," said Col. Jason Kirk, USACE Jacksonville District commander. "In close collaboration with our State of Florida and federal partners, our Army Corps team is making great progress in the restoration of this national treasure. We're breaking ground on new components, completing components currently

under construction and planning for future increments of restoration."

Between 2010 and 2015, major construction milestones were achieved. Construction began on multiple restoration projects and additional project components, including the Indian River Lagoon-South C-44 Reservoir and Stormwater Treatment Area project and the Picayune Strand Restoration Project's Faka Union Pump Station.

CERP projects were also completed during this time-frame, including the State-expedited C-111 Spreader Canal Western project, and the Melaleuca Eradication and Other Exotic Plants Research Annex, the first CERP project to be completed and transferred.

Additionally, restoration efforts previously reported as ongoing in the 2010 report, are now complete, such as the first CERP component to ever break ground, the Picayune Strand Restoration Project's Merritt Pump Station. This massive pump station is currently conveying water to help restore more than 55,000 acres of natural habitat.

CERP is composed of a series of projects designed to address four major characteristics of water flow: quantity, quality, timing and distribution. These projects work in concert with the Foundation Projects, which include the Kissimmee River Restoration, Modified Water Deliveries to Everglades National Park, and C-111 South Dade projects, to deliver essential restoration benefits to America's Everglades.

During this reporting period, a key component of the Modified Water Deliveries project was completed, the Tamiami Trail One-Mile Bridge, which enables additional water to flow into Everglades National Park.

To further expand upon this initiative, the National Park Service received authorization to construct



PHOTO COURTESY OF PHILIPS JORDAN, INC.

The intake canal and Citrus Boulevard Bridge was constructed as part of the Corps' first construction contract for the Indian River Lagoon-South C-44 Reservoir and Stormwater Treatment Area project, which was completed in July 2014.

5 1/2 additional miles of bridging, under a separate congressional action. This additional bridging will provide even more water flow into Everglades National Park and will distribute that flow across a wider area to hydrate important deeper water habitats in Everglades National Park.

Realizing restoration benefits

Results from CERP's robust system-wide monitoring and assessment program indicate early evidence of restoration success. The multi-agency Restoration, Coordination and Verification group tracks key attributes that serve as indicators of the overall health of the Everglades, and monitor and assess the ecological effects of ongoing restoration efforts.

An ecological report card, known as the System Status Report is prepared every two years. The latest report, released in 2014 indicates that implementation of restoration projects and adjustments in operations are having positive impacts on the ecosystem.

Examples of this include improved nesting periods

of the Roseate Spoonbill, a threatened and endangered wading bird species, as a result of effective coordination with water management operational decisions, and the return of native plants and animals to the restored portions of the Picayune Strand Restoration Project.

"During the past five years, significant environmental results have been achieved through implementation of CERP and the pre-CERP foundation restoration projects," said Joel Beauvais, Acting Deputy Assistant Administrator for the U.S. Environmental Protection Agency's Office of Water, in a letter that was submitted as part of the 2015 CERP Report to Congress. "Over the next five years, numerous CERP projects are scheduled for construction and completion. These projects will result in improved water quality and ecological conditions in the wetland and aquatic ecosystems of south Florida."

Future efforts

In the past five years, four CERP projects were authorized in the Water Resources Reform and

Development Act of 2014: the C-111 Spreader Canal Western Project, Biscayne Bay Coastal Wetlands Phase 1 Project; Broward County Water Preserve Areas Project, and the Caloosahatchee River (C-43) West Basin Storage Reservoir Project.

Congressional authorization of these projects provides needed momentum towards the restoration of America's Everglades and will enable work to move forward on these four projects. In addition, the final report for the Central Everglades Planning Project was completed and transmitted to Congress for authorization and appropriations.

In fact, the Central Everglades Planning Project was completed in its entirety during this reporting period. The study began in November 2011 and the signed Record of Decision was transmitted to Congress in August 2015. The Corps prepared the CEPP report using a pilot process designed to reduce the overall time allocated for a study of this magnitude. In prior years, plan formulation and review may have taken six years or longer – the CEPP

process was completed in half that time.

Synchronizing priorities

In its 2014 report, the Committee on Independent Scientific Review of Everglades Restoration Progress suggested the 2011 Integrated Delivery Schedule be revisited to advance projects with the greatest potential to avert ongoing ecosystem degradation and promise the largest restoration benefits.

The IDS provides an overall strategy and sequence for project planning, design, and construction based on ecosystem needs, benefits, costs, and available funding. This schedule helps restoration planners, stakeholders, and the public focus on priorities, opportunities, and challenges and provides a path forward, completing construction of projects under way, and outlining the next projects to undergo planning, design and construction.

During the 2015 CERP Report to Congress reporting period, efforts were under way to update the IDS, utilizing the South Florida Ecosystem Restoration Task Force's successful workshop model to engage the public and stakeholders. The IDS Update was completed at the end of 2015 and will serve as a roadmap for future restoration efforts.

Much progress has been made in restoration efforts to date, but much more remains to be done. Success in restoring America's Everglades is contingent upon a dedicated and collaborative effort by federal, state, tribal and local partners, Kirk said.

The 2015 CERP Report to Congress serves as a clear demonstration of what can be accomplished through strong partnerships and collaboration, and it sets the tone for how progress will continue as the team moves forward to restore America's Everglades, he added.



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WHITE HOUSE PHOTO BY PETE SOUZA

President Barack Obama and First Lady Michelle Obama cheer children on during the annual White House Easter Egg Roll March 28.



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LET GOOD TIMES ROLL

Children, families participate in Easter Egg roll

By Amaani Lyle
 Department of Defense News Features

WASHINGTON – Some 35,000 children and their parents gathered on the White House's South Lawn March 28 as lottery-winning guests of the first family, who hosted the final Easter Egg Roll of President Barack Obama's term.

Steeped in tradition since 1878, the 138th annual 10-plus hour rain-or-shine event featured storytelling, scheduled and surprise musical guests, workshops and professional athlete appearances.

"If we think about what we've accomplished over these past seven years, it's pretty incredible," First Lady Michelle Obama said, flanked by first dog Bo and Sunny the Easter Bunny. "When Barack and I first got here, one of the goals that we had was to open up the White House with as many people from as many backgrounds as possible."

She specifically lauded military families. "We can't forget all of our military families who we love, honor and respect for their service and sacrifice. We couldn't be more

excited for this last Easter Egg Roll."

Clouds parted as the festivities commenced, and Idina Menzel delivered an inspiring rendition of the national anthem before the crowd that included pop stars Beyonce and Jay-Z, and their daughter, Blue Ivy.

With the theme "Let's Celebrate," the event also highlighted "Let's Move!" – the first lady's initiative to reduce childhood obesity – in which the first lady led a fun run. "I'm going to be running around the White House with a bunch of kids and any adults who feel like they can hang," she said.

The Obamas mingled with their guests, and the president read stories to the children before heading to the courts for some basketball and tennis with them.

April marks the Month of the Military Child, which recognizes the critical role children play in the armed forces community. Care of the nation's 2 million military children, ranging in ages from newborn to 18, sustain the fighting force and fortify the health, security, and safety of military families and communities, Pentagon officials said.

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~1 Country Fried Steak & White Pepper Gravy	\$6.99
~1 Seasoned & Grilled Center Cut Pork Chop or Chicken Breast	\$7.99
• 2 Eggs Ribeye (Fresh Cut, Aged Beef, 8 oz)	\$11.99

(Egg Beaters Available. Scrambled Only)

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• 1 Biscuit (1 Sausage or 1 Bacon or ½ Ham or ½ Country Fried Steak)	\$2.99
• BREAKFAST SANDWICH (Biscuit or Toast, Bacon, Ham or Sausage & 1 Egg)	\$3.99

BREAKFAST ADD-ONS

• Egg99¢	• Grits or Oatmeal	\$1.49
• Cheese (Cheddar, American or Swiss)89¢		
• Gravy - 4 oz (Brown or White)	\$1.49		
• Hashbrowns (Ring or Scattered)	\$2.09		
• 1 Pancake/French Toast	\$1.69		
• 3 Bacon, 2 Sausage, 1 Sliced Ham or Corned Beef Hash	\$2.69		
• Biscuit or Toast99¢	• *NEW* Home Fries	\$2.99

Toppings: Peppers - 99¢ • Tomatoes - 99¢ • Onions - 99¢ • Ham - \$1.49 • Chili - \$1.29 • Mushrooms - \$1.49 • Jalapeños - \$1.49

• Seasoned Hash Browns (topped with 3 of your choice below)	\$5.99
Cheese • Peppers • Tomatoes • Onions • Ham • Chili • Mushrooms • Brown Gravy • Jalapeños	
• Old Time Gabby's (Cheese • Peppers • Tomatoes • Onions • Ham • Chili • Jalapeños)	\$6.99

JERRY'S SPECIAL - No Toast or Grits - LOW CARBS!
 3 Eggs • Diced Ham • Diced Onion • Cheese • Garlic

All Scrambled Together	\$6.29
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BREAKFAST BURRITO - 3 Eggs, Shredded Cheddar, Peppers, Onions, Tomatoes, Hashbrowns with Your Choice of Diced Ham, Sausage or Bacon Wrapped in a Flour Tortilla & Covered with Chili & More Cheese

Salsa & Sour Cream Available	\$9.99
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DINNER SPECIAL - Includes Grits or Toast
 2 Eggs • 3 Cakes, 1 Waffle or 3 French Toast • Sausage, Bacon, Ham or Corned Beef Hash

Substitute Hashbrowns for 69¢	\$5.99
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LUNCH ~ SERVED ANY TIME

ALL AMERICAN BURGERS - Wrap It for 50¢ More!
All Burgers are made with FRESH 100% Ground Beef - Lettuce, Tomato, Onions served upon request!

• COMBO VALUE - Soda, Iced Tea, or Coffee & Fries (BURGERS & DAWGS ONLY)	add \$1.99
• Classic Hamburger	¼ LB \$4.39 ½ LB \$5.59
• Classic Cheeseburger (American or Swiss)	\$4.49 \$5.79
• Cheesy Cheeseburger (Both American & Swiss)	\$4.69 \$6.69
• Bacon Cheeseburger (Crispy Bacon, American or Swiss)	\$4.69 \$6.69
• Alpine Burger (Grilled Mushrooms, Swiss Cheese)	\$5.29 \$7.29

These Burgers Available Only at the Diner

• Chinook Burger (2 x¼LB Fresh Beef Cheeseburger Patties, Our Own Chinook Sauce & Garden)	\$6.89
• Apache Burger (1 Beef Patty, Sweet/Spicy Hot Sauce, Grilled Onions, Jalapeños, Lettuce, Tomato, Swiss)	\$5.79 \$7.79
• Blackhawk Burger (½lb Fresh Beef Stuffed with Select Cheeses, Grilled with Blackening Spice & Garden)	\$6.69
• Kiowa Burger (½lb Mesquite Seasoned Patty, Melted Cheddar, 2 Fried Onion Rings, Special BBQ Sauce)	\$6.19
• Kiowa Hellfire Loaded - Jalapeños & Hot Pepper Jack Cheese	\$6.69
• Lakota Burger (½lb Chorizo & Hamburger Mix, Swiss Cheese, 1 Egg, & Special Lakota Sauce)	\$5.09

MELTS - Served with Fries or Hashbrowns & a Pickle Spear

• Patty Melt (Grilled Onions & American Cheese, Grilled Whole Wheat)	¼ LB \$4.69 ½ LB \$5.69
• Turkey (Grilled Onions & American Cheese, Grilled Whole Wheat)	\$5.89
• Roast Beef (Grilled Onions, Swiss Cheese, Grilled Whole Wheat)	\$5.89
• Chicken Breast (1 Seasoned Breast, Grilled Onions & American Cheese, Grilled Whole Wheat)	\$5.89

SUBS - Wrap It for 50¢ More! - Served with Fries or Hashbrowns & a Pickle Spear

• Club Sub (Sliced Ham, Turkey, Bacon, Lettuce, Tomato, American & Cheddar Cheeses, Grilled Smoked Bacon Bits & One Grilled Dinner Bread)	\$7.49
• Philly Steak (Direct from "Philly" Steak, Grilled Onions & Peppers, Swiss, Grilled Soft Hoagie Bun)	\$7.49

THE DAWG HOUSE

• Diner Dawg (Both Dawg & Bun are Grilled)	\$2.69
• Messy Dawg (Chili & Cheese or Fresh Cole Slaw)	\$3.99

SALADS - (Sizes House or Large...THE LARGE IS HUGE! No Sharing Please!)

All Salads Include Fresh Diced: Mushrooms, Peppers, Onions, Tomatoes, Swiss, American & Cheddar Cheeses, Grilled Smoked Bacon Bits & One Grilled Dinner Bread

House	Large
• Garden Salad (Everything is fresh! No Meat)	\$4.99 \$5.99
• Chef Salad (Lots of Ham & Turkey)	\$5.99 \$6.99
• Chicken Finger Salad (Golden Breaded Fingers - House=1, Large=2)	\$5.99 \$6.99
• Grilled Chicken Salad (Grilled Chicken Breast - House=1, Large=1)	\$5.99 \$6.99

Dressings: House=2, Large=3
 Thousand Island, Blue Cheese, Original Ranch, Jalapeño Ranch, French Honey, Italian Lite, Honey Mustard, Raspberry Vinaigrette, Fat-Free Ranch
 Order More Dressing for 79¢ Each

DRINKS

• Coffee* (Regular or Unleaded)	\$1.49	• Hot Tea	\$1.49
• Iced Tea* (Sweet or Unsweet)	\$1.49	• Hot Chocolate	\$1.79
• Fountain Soda*	\$1.49		
• Milk 16 oz	\$1.69	• Chocolate Milk 16 oz	\$1.99
• OJ (the Real Deal, Special Ordered, Fresh Squeezed, NO PULP NOT from Concentrate) 10 oz	\$1.99		

** 2 Refills w/o Meal Order (2 Lemon Slices with Iced Tea, each Additional 5¢)*

DINNER ~ SERVED ANY TIME

All Dinners are Served with Grilled Bread & Your Choice of 2 Dinner Side Dishes.

• Chicken Fingers (3 Deep Fried Golden Fingers)	\$6.99
• ½ LB Ground Chuck Steak (Topped with Onion Brown Gravy)	\$6.99
• Country Fried Steak (2 Steaks topped with Our Delicious White Pepper Gravy)	\$7.99
• Grilled Chicken Breast (2 Grilled & Seasoned Chicken Breasts)	\$6.99
• Roast Beef	\$7.99
(Tender Roast Beef, Grilled & Topped with our Onion Brown Gravy, All on a Grilled Dinner Bread)	
• Grilled Seasoned Pork Chops (2 Large, Center Cut Chops - Grilled & Seasoned)	\$8.99
• Dale's Garlic Chicken (OUR BEST SELLER - FIND OUT WHY!)	\$8.99
(2 Large Seasoned Chicken Breasts, Grilled & Covered with Sautéed Mushrooms with a Hint of Garlic, Bacon Bits & Melted Cheddar)	
• Ribeye (-8 oz. Choice Cut, Lightly Seasoned, Grilled to Your Liking)	\$12.99
• Meat Burrito (Beef or Chicken, Sorry, no sides with this one!)	\$7.99
(Tender Beef or Chicken, Sautéed Onions, Peppers, Tomatoes & Shredded Cheddar Cheese, Wrapped in a 10" Flour Tortilla & Covered in Our Chili & MORE Cheese!)	

DINNER SIDE DISHES

• Sliced Tomatoes	\$1.49	• Fresh Cole Slaw	\$1.69
• Grilled Dinner Bread	\$1.29	• Golden Hashbrowns	\$2.09
• Fresh Mashed Potatoes	\$1.69	• Brown/White Gravy	\$2.09
• Tossed Salad (Small Bowl)	\$2.09	• Southern Fried Okra	\$2.09
• Veggie of the Day	\$1.65	• Diner Chili (Meat & Beans)	\$2.29
• French Fries**	\$1.79	• Sautéed Mushrooms*	\$2.59
• Potato Wedges**/Sweet Potato Fries**	\$2.29		
• Beer Battered Onion Rings**	\$2.29		
• Home Fries (with Grilled Onions, Delicious!)	\$2.99		
• Mac-N-Cheese	\$2.49		

**Lightly Flavored with Garlic **Top 'em with Melted Cheddar Cheese = \$1.69
 **Top 'em with Chili = \$1.59 **Top 'em with Chili & Cheese (\$ SAVE \$) = \$2.99*

SANDWICHES - Wrap It for 50¢ more

Served with Fries or Hashbrowns & a Pickle Spear

• Grilled Cheese (Quick & Easy! American Cheese, Grilled White Bread)	\$4.29
• BLT (Bacon, Lettuce, Tomato, Toasted White Bread)	\$4.69
• Hot Ham & Cheese (Grilled Ham, served with Lettuce, Tomato & American Cheese, Grilled Whole Wheat)	\$5.49
• Country Fried Steak (1 Deep Fried Steak with Lettuce & Tomato, Burger Bun)	\$5.49
• Turkey or Roast Beef (Lettuce & Tomato, Grilled Whole Wheat)	\$5.39
• Smothered Smoked Turkey (Grilled Onions & Peppers, Tomatoes, Cheddar, Grilled Whole Wheat)	\$5.89
• Grilled Chicken (A Favorite! 1 Seasoned Fillet, American Cheese, Bacon, Lettuce & Tomato, Burger Bun)	\$6.49
• NEW: Pulled Pork BBQ Sandwich	
Order Sauce on the side to dip! 79¢ (Ranch, Fat Free Ranch, Jalapeño Ranch, Chinook, Apsche, BBQ, Honey Mustard, etc)	

DESSERTS

• Ice Cream (Vanilla, Chocolate or Strawberry)	Scoop - Each \$1.29
• Old Fashioned Floats (Roast Beef, Coke, Or Pepper or your choice & Vanilla Ice Cream)	\$2.29
• French Silk Pie (Chocolate Mousse, Whip Cream & Shaved Chocolate)	\$3.89
• Baked Apple Pie	\$2.99 Ala Mode \$3.99
• Georgia Southern Pecan Pie (Seasonal)	\$2.99 Ala Mode \$3.99
• Pumpkin Pie (Seasonal)	\$2.99 Topping \$1.00
• Key Lime Pie (Seasonal) Made with Real Key Limes	\$3.99
• Diet Buster Brownie	\$3.99
(Vanilla Ice Cream, Hot Brownie, Drizzled Chocolate Syrup, Whip Cream, Nuts, Maraschino Cherry)	
• Old Fashioned Shakes - 2 Big Scoops Hand-Dipped Ice Cream (Vanilla, Chocolate or Strawberry, includes whip cream & a Cherry)	\$2.99
• Old Fashioned Sundae	\$3.99
(Chocolate or Vanilla Ice Cream, Whip Cream, Chocolate, Caramel or Strawberry Syrup, Nuts & a Maraschino Cherry)	

SUBSTITUTE FRIES ON SANDWICHES FOR ONION RINGS, WEDGES OR HOME FRIES .. \$1.50
 SUBSTITUTE FRIES ON SANDWICHES FOR A SIDE SALAD .. \$1.29 EXTRA
 No Fries? No Problem! 75¢ Less

KIDS MENU AVAILABLE FOR CHILDREN 12 & UNDER

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 Since 1996

* All To-Go Order are 50¢ Extra • NOTICE All of our prices reflect a 3% CASH Discount! We have been forced to adopt this policy due to high processing charges! PRICES SUBJECT TO CHANGE. We do not serve fast food! We cook fresh food fast & only when ordered! Therefore your order may take longer to prepare...Please be patient!

Nothing could be finer...than eating at THE DINER!

RELIGIOUS SERVICES

WORSHIP SERVICES

Except as noted, all services are on Sunday.

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

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

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

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

BIBLE STUDIES

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

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

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

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

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

1-14th Avn. Regt. Bible Study
Hanchey AAF, Bldg 50102N,

Rm 101,
11:30 a.m.

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

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

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

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

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

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

Saturdays
Protestant Men of the Chapel
Larry's Restaurant, Daleville



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Exhibitors will be displaying Earth-friendly ideas and products for work and home. Food vendors will also be available.

For more information, visit www.fortrucker-mv.com or contact Darrell Hager at 255-1857.

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- Personal Conduct
- Criminal Conduct
- Sexual Behavior
- Foreign Influence
- Foreign Preference
- Misuse of Information Technology

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Contact Ron Sykstus NOW!

Personal email rsykstus@bondnbotes.com. Direct Office Phone 256-713-0221



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Open Tuesday-Saturday at 11 am
Serving Lunch & Dinner
APPETIZERS

Effie's Famous Salsa & Chips

First Serving – Complimentary
Salsa – 1 • Chips – 1

Effie's Dips

Guacamole Dip – 5.50
Green Tomatillo Dip – 5
Monterey Jack Cheese Dip – 5.25
Yellow Cheese Dip – 5.25
Add Beef – 1.25 • Add Chicken – \$1.95
Add Chorizo - 1.95

Layered Dip

Beans, cheese, guacamole, pico de gallo, sour cream and black olives – 5.99

Jalapeno Slices or Dill Slices

Fried golden brown – 4.50
1/2 & 1/2 basket – 4.50

Chili Cheese Potato Wedges

Basket of fried potato wedges topped with chili and cheese
Small – 4.50 • Large – 8.25

Beer Battered Onion Rings

Served with Chipotle Bacon Ranch sauce – 5.79

Fajita Chicken or Steak Fingers

Your choice of chicken or steak, battered and fried served with Ranch or Chipotle Bacon Ranch Chicken – 7 • Steak – 8

Monterey Jack Cheese Stix – 5.25

Nachos

Individual chips with your choice of toppings and our special blend of cheeses.
Jalapenos served on the side.
Cheese – 6.50 • Bean – 7.50
Fajita Steak – 10.50 • Beef 8.99
Chorizo (Mexican Sausage) – 8.99
Carnitas (pulled pork – 10.25
Chicken (on flour chips) – 10.25
Supreme - add beans, lettuce and tomatoes to any nacho order. Served with sour cream – 3

Nacho Baskets

Chips with Monterey Jack Cheese Dip or Yellow Dip – 5.25
Add Beef – 6.50
Add Chicken – 6.99

QUESADILLAS

Effie's own special blend of three cheeses with your choice of fillings grilled between a large flour tortilla. Served with lettuce, sour cream and salsa.

Spinach, Portobello Mushroom and Pico de Gallo

Grilled in butter – 8.50
Add Chicken or Bacon – 1.50

Pork Carnitas

Pulled Pork – 8.50
Add Grilled Onions or Pico – .95

Beef

Seasoned Ground Beef (fresh tomatoes upon request) – 7.50

Bacon with Pico de Gallo

Crispy Bacon and Pico de Gallo – 7.50

Steak and Grilled Onions

Fajita Steak and Tasty Onions – 8.99

Veggie

Tomato, Green Onions, Cilantro and Black Olives – 7.25

Chicken with Pico

Fajita Chicken with Pico de Gallo – 8.25 Add Bacon – 1.50

Shrimp

With Monterey Jack Cheese and Pico de Gallo – 9.96

SOUPS AND SALADS

Tortilla Soup

Tomatoes, okra and zucchini simmered in Effie's special spices and topped with cheese
Bowl – 4.95 • Cup – 3.95

Effie's Homemade Chili

Made from scratch with the highest quality ingredients and our secret spices

Bowl – 4.95 • Cup – 3.95

Garden Salad

Shredded lettuce, cheese and tomatoes – 3.99
Add soup or chili
Bowl – 3.99 • Cup – 2.99

CLASSIC EFFIE'S

Served with your choice of two:
Mexican Rice, Refried Beans or Cozumel Corn

Beef Burrito Supreme

Beans, cheese and sour cream inside, baked with red sauce and cheese then topped with lettuce, tomatoes and black olives – 10.79

Chili Cheese Burrito

Beef burrito with sour cream topped with cheese and Effie's homemade chili – 10.79

Chicken Burrito Supreme

Beans, cheese and sour cream inside, baked with your choice of red or green sauce and cheese topped with lettuce, tomatoes and black olives – 10.79

Pulled Pork Burrito Supreme

Beans, cheese and sour cream inside, baked with your choice of red or green sauce and cheese topped with lettuce, tomatoes and black olives – 11.59

EFFIE'S SIGNATURE ENTRÉES

Chile Relleno Dinner

Choose any two: Chicken, cheese or beef baked with red or green sauce – 13
Choice of two: Mexican Rice, Refried Beans or Cozumel Corn

Fajitas

Your choice of seasoned meat atop grilled onions and peppers served with lettuce and your choice of three toppings.
Steak – 14 • Pork Carnitas – 13 • Chicken – 12 • Shrimp – 14
Toppings: Jalapenos, Cheese, Tomatoes, Sour Cream, Pico de Gallo, Black Olives
Add a side of Guacamole – 1.25

Mom's Flan

Mexico's version of creme brulee' with caramelized topping and a splash of coffee liqueur – 5.49

Taco Salad

Beef or chicken over shredded iceberg lettuce topped with cheese, tomatoes, guacamole, sour cream and black olives served with crisp tortilla strips – 8
Add soup or chili
Bowl – 3.99 • Cup - 2.99

Special Salad In Tortilla Bowl

Romaine lettuce and spinach with cheese, tomatoes & black olives with your choice of dressing – 7.79
Add Fajita Steak, Chicken or Pulled Pork – 2.49
Add soup or chili
Bowl – 3.99 • Cup – 2.99

Fajita Burrito Supreme

Grilled steak or chicken with flame roasted peppers and onions inside a flour tortilla, baked with cheese and sour cream topped with lettuce, tomatoes and black olives – 11.99

Carne Guisada Dinner

Our own special Mexican beef tips simmered in spicy red sauce, served with flour tortillas – 12.79

Carne Guisada Burrito Supreme

Spicy Mexican beef tips in red sauce, cheese, sour cream inside a flour tortilla, baked and topped with cheese, lettuce, tomatoes and black olives – 11.99

Chimichanga Dinner

Red or Green Enchilada sauce on the side.
Steak and Onion – 11.50
Grilled Chicken – 10.50
Beef – 10

DESSERTS

Apple Burrito

Effie's original cinnamon apples inside a light pastry deep fried to a golden brown, sprinkled with cinnamon sugar & topped with vanilla bean ice cream – 5.99

Chocolate Chimi

Rich milk chocolate bar wrapped in a flour tortilla fried crisp with Effie's special powder sugar and vanilla bean ice cream – 5.49

Sopapillas

Puffed and sugared pastry served with honey and butter – 4.79

- Children's menu
- Daily lunch specials
- Family owned and operated restaurants in the Wiregrass area since 1978

BURGERS & SANDWICHES

Add a cup of soup or chili - 2.99
Fresh half pound char-grilled patty served on split-top roll with mayo, tomato, lettuce, onions, pickles and your choice of **shoestring fries or fried potato wedges**.

Effie Burger

With bacon and Cheddar Cheese – 8.79
Cheddar Burger – 7.50
Plain Burger – 7.25

Mexican Burger

With grilled green chilies and Monterey Jack cheese – 8.59

Mushroom Burger

With grilled portobello and Monterey Jack cheese – 8.59

Grilled Portobello Sandwich

Grilled portobello cap, sliced and grilled with Monterey Jack cheese, served on a split-top bun with fresh greens and tomato – 8.29

Grilled Chicken Sandwich

Chicken breast strips with Monterey Jack cheese on a croissant with fresh greens and tomatoes – 8.79

TACO BASKETS

Two tacos per basket, topped with cheese, lettuce and tomatoes.

Crispy Beef Tacos

Seasoned ground beef – 5

Chicken

Fajita chicken – 5.79

Steak

Seasoned diced steak – 6.50

Pork Carnitas

Pulled pork – 6.50

Carne Guisada

House recipe – 6.50

Shrimp

Monterey Jack cheese and Pico de Gallo – 6.99

SPECIALTY DINNERS

Desperado

Beef enchilada, carne guisada taco with rice, beans or Cozumel corn – 12.95

El Hombre

Chicken enchilada and beef relleno with rice, beans or Cozumel corn – 13.95

Juan

Carne guisada enchilada, beef relleno and chicken taco – 14.95

El Senor

Cheese enchilada, beef burrito and beef taco – 13.79

Enchilada Dinner

Your choice of two enchiladas – 13.50
Cheese, Chicken, Beef, Carne Guisada or Pulled Pork served with rice, beans or Cozumel Corn

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness.

OCS celebrates 75th anniversary

Army Flier
Staff Reports

The U.S. Army Officer Candidate School Alumni Association will host its 75th U.S. Army OCS Diamond Anniversary Celebration and Reunion April 24-28 in Columbus, Georgia. The association represents all Army officers commissioned through the Officer Candidate School,

regardless of previous school locations and branches. Forty-three graduates have been awarded the Medal of Honor and many will be in attendance at the reunion. The reunion will feature several prominent speakers, including retired Lt. Gen. Joe Kinzer, former 5th Army commander; retired Lt. Gen. John Brown, former U.S. Army Pacific commander; Capt. Florent Groberg, recent MOH recipient; and retired Lt. Col. Ralph Peters, author and

Fox News military analyst. Demonstrations, briefings, special events and tours related to OCS are scheduled. Membership in the OCS Alumni Association is also being accepted. The reunion will be conducted at the Double Tree Hotel, 5321 Sidney Simmons Boulevard, Columbus.

For more information, call (813) 917-4309 or visit www.ocsalumni.org.

WIREFLIER COMMUNITY CALENDAR

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

ANDALUSIA

ONGOING — The American Legion Post 80 hosts a dance with live music every Saturday from 7:30-11:30 p.m. For more information, call 222-7131 or visit www.andalusialegionpost80.org.

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

DALEVILLE

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

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

DOTHAN

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 8-11 a.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.

APRIL 22-23 AND 30 — Coffee County will host its Community Emergency Response Team training from 6-9 p.m. April 22, 8 a.m. to 5 p.m. April 23 and a hands-on exercise 8-11 a.m. at the Enterprise Rescue Training Facility at 519 East Lee Street. The training is designed to teach people how to protect family, friends and neighbors during times of crisis and disaster. Pre-registration is required. To register or get more information, call 894-5375 or 806-1994.

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

APRIL 29 — St. Michael’s Episcopal Church will host its final spring classical guitar concert at 7 p.m. The classical guitarist will be Isaac Bustos. The concert is free, but donations are accepted. There will be a meet the musician reception following the concert in the parish hall. St. Michael’s is located at 427 Camilla Avenue.

ONGOING — The Friends of Ozark holds a monthly meeting on the second Tuesday of every month at 6 p.m. at the Ozark-Dale County Library. For more

information, call 477-6221 or email wcholmes53@hotmail.com.

ONGOING — Every Wednesday, the Ozark-Dale County Public Library hosts free Wii Zumba from 5:30-6:30 p.m. Teens and adults are invited. For more information, call 774-5480.

PINCKARD

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

SAMSON

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

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

TROY

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

WIREFLIER AREA

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

Beyond Briefs

Montgomery Chorale: Mozart Requiem

The Montgomery Chorale will present the River Region with the opportunity to experience a Mozart Requiem April 10 at 3 p.m. at First United Methodist Church in Cloverdale. Tickets are \$25 for adults, \$20 for military and seniors, and \$10 for students. Tickets may be purchased from Chorale members or online.

For more information, call 334-265-3737, or visit www.montgomerychorale.org/Montgomery_Chorale/2015_-_2016_Season_Tickets.html.

Glow Run 5k

The Glow Run Fun Run and 5k event is scheduled for April 16 at Gayle’s Trails in Panama City Beach, Florida. The run and walk event is less about how fast participants run and more about people enjoying the glowing course with their friends and family, according to organizers. Pack pick up is at 6 p.m. and the race starts at 7:30 p.m. Cost is \$30 per person and proceeds benefit Second Chance of Northwest Florida.

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.

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/>.

Alabama book festival

The annual Alabama Book Festival will be in historic downtown Montgomery at Old Alabama Town April 23 from 9 a.m. to 5 p.m. The festival will feature about 50

authors, and more than 40 vendors and exhibitors. The free public event is the state’s premier book festival, with some 5,000 people from around the state and the southeast converging to meet with and hear from their favorite authors and scholars. There will also be a children’s activity area.

For more information, call 334-240-4500, or visit www.alabamabookfestival.org/welcome.html.

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.

Amazing Castle children’s exhibit

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

For more information, visit <http://www.culturalarts.org>.

Free walking tours

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.

For more information, visit alabama.travel/trails/april-walking-tours.

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 now through 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>.

Jasmine Hill Gardens

Jasmine Hill Gardens and Outdoor Museum features over 20 acres of year-round floral beauty and classical sculpture, including a new statuary honoring Olympic heroes. People are invited to take a stroll through the outdoor gardens and experience flowers blooming throughout each season. Tours are available for groups of 20 or more.

For more information, call 334-263-5713 or visit www.jasminehill.org/. Jasmine Hill Gardens and Outdoor Museum is located at 3001 Jasmine Hill Road, Wetumpka.

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Chips & Drink
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Appetizers
Spicy Chicken Wings 7.25
Zesty Chicken wings pieces served with blue cheese dressing or dressing of choice
Mozzarella Sticks 6.45
Breaded, lightly seasoned mozzarella pieces served with marinara
Spinach & Artichoke Dip 7.75
Served with dip bread
Chicken Fingers 7.25
Breaded chicken strips served with blue cheese dressing or dressing of choice
French Fries 5.00
Onion Rings 6.75

Salads
Choice of dressing: Ranch, Caesar, Regular Italian, Creamy Italian, Golden Italian, Blue Cheese, Honey Mustard, Raspberry Walnut Vinaigrette, Thousand Island
Italian Salad sm. 4.50 lg. 7.95
Romaine lettuce, tomato, onion, black olive, pepperoni, green pepper, mushroom, onion & mozzarella with creamy Italian dressing on the side
Caesar Salad sm. 4.50 lg. 7.45
Romaine lettuce, croutons & parmesan cheese tossed with Cafe Roma's caesar dressing
Greek Salad sm. 4.50 lg. 7.95
Romaine lettuce tomato, onion, feta, black olives & pepperoncini pepper
Grilled Chicken Salad lg. 8.99
Romaine lettuce, mushroom, tomato, black olives and red onion, topped with boneless chicken breast & slice of garlic bread.
Served with raspberry walnut vinaigrette or creamy Italian dressing on the side
Grilled Chicken Caesar Salad lg. 8.99
Grilled boneless chicken breast served on top of our caesar salad with a slice of garlic bread.

Gourmet Calzones - 10.75
Chicken
Chicken & mozzarella with marinara sauce
Shrimp
Shrimp, spinach & artichoke dip and mozzarella cheese with garlic sauce
Meatball
Homemade meatballs & mozzarella cheese with marinara
Chicken Supreme
Chicken, spinach & artichoke dip and mozzarella cheese with garlic sauce

Pasta Special: Any kind of small pasta plus small salad, drink & piece of garlic bread
Dine-In: \$9.75 **Carry-Out: \$10.75**

Custom Pizzas & Calzones

	Small (10")	Large (14")	Calzone
Plain Cheese	6.95	9.25	7.25
Each Topping	.75	1.50	.75
Premium topping	1.25	2.50	2.00

Standard Toppings
Pepperoni, Italian Sausage, Ground Beef, Black Olive, Red Onion, White Onion, Ham, Feta Cheese, Mushroom, Green Pepper, Tomato, Spinach, Bacon, Salami, Artichoke, Jalapeno
Premium Topping
Shrimp, Chicken, Pineapple
*** Any Small Pizza Can Serve as a Calzone with Same Price**

Gourmet Pizza

Small (10")	10.75
Large (14")	15.95

Garlic Chicken
Sautéed chicken strips, roasted garlic, onion & sliced tomato with garlic sauce
Meatlover's
Pepperoni, Italian sausage, ground beef, ham, salami & bacon with tomato sauce
Combo
Pepperoni, Italian sausage, ground beef, onion, mushroom, green pepper & black olive with tomato sauce
Spinach & Artichoke
Spinach, artichoke, mushroom, onion, sliced tomato & feta cheese with garlic sauce
Orleans Shrimp
Shrimp, onion, roasted garlic, & sliced tomato with garlic sauce
BBQ Chicken
Sautéed chicken strips, sliced tomato, red onion & green pepper with our tangy BBQ sauce
Pesto Chicken
Sautéed chicken strips, artichoke & sliced tomato with pesto sauce
Vegetarian
Mushroom, black & green olive, tomato, green pepper & onion with tomato sauce
Hawaiian
Pineapple, green pepper & ham with red sauce

Beverages - 1.99
Iced Tea, Coke, Diet Coke, Sprite, Root Beer, Lemonade, Dr Pepper, Coffee
Wraps - 8.95

All Wraps are Made with Mediterranean Flat bread
Roasted Chicken
Marinated grilled chicken breast, red onion, feta & Mozzarella cheese with pesto sauce
Grilled Chicken Caesar
Marinated grilled chicken breast, romaine lettuce, parmesan & mozzarella cheese with caesar dressing
Spinach & Artichoke
Spinach, artichoke hearts, yellow onion, diced tomato, fresh mushroom, feta & mozzarella cheese
Meatball
Homemade meatballs & mozzarella cheese with marinara sauce
Shrimp
Shrimp, spinach & artichoke dip with mozzarella cheese
Roma Special
Pepperoni, genoa salami, ham, black olive & yellow onion with mozzarella cheese

Pasta - 11.75
All pasta dishes are made to order and served with garlic cheese bread. Fettucine, angel hair, or penne pasta may be substituted on certain dishes.
Classic Lasagna
Layers of pasta, ground beef & our own mixture of cheese, smothered in our own marinara
Chicken Pasta
Grilled chicken breast, feta cheese, artichoke, tomato, onion & mushroom with angel hair pasta
Spaghetti & Meatballs
The classic served with homemade meatballs & marinara
Fettucine Alfredo
Cajun Chicken Alfredo
Sliced chicken breast, Jalapeno, red onion & penne pasta with our own alfredo sauce
Shrimp Pasta
Shrimp & angel hair pasta with our own alfredo sauce
Chicken Parmesan
Fried chicken and parmesan with angel hair pasta in our own marinara sauce & mozzarella cheese

Sandwiches - 8.45
All sandwiches are served on homemade bread
*Dressed with lettuce, tomato & mayonnaise.
***Turkey**
Turkey & mozzarella cheese
***Roma Special**
Pepperoni, ham, salami, black olive, onion & mozzarella cheese
***Ham & Cheese**
Ham & mozzarella cheese
Pizza Sub
Pepperoni, onion, mushroom, green pepper, mozzarella cheese & tomato sauce
Meatball
Homemade meatballs with mozzarella cheese & marinara sauce
Spinach & Artichoke
Spinach, artichoke, mushroom, onion, tomato, feta & mozzarella cheese with our special garlic sauce
Chicken Caesar
Chicken breast, mozzarella & parmesan cheese with tomato sauce
Chicken Parmesan
Chicken breast, mozzarella & parmesan cheese with marinara sauce
Chicken Caesar
Grilled chicken breast & caesar salad topped with mozzarella cheese
Vegetarian
Mushroom, onion, green pepper, tomato, black & green olive & mozzarella cheese with our special sauce.
Pesto Chicken
Chicken, artichoke, tomato & mozzarella cheese with pesto sauce

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Desserts
New York Style Cheesecake 2.99
Fresh Daily - New Orleans-Style Beignets 3.00

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APRIL 7, 2016

MAKE TIME

New program allows customizable fitness

By Jeremy Henderson

Army Flier Staff Writer

Hectic schedules often leave little time for fitness, but Fort Rucker's physical fitness centers now offer a new service to help make a healthier, active lifestyle more attainable.

Well Beats, a service billed as a virtual presentation and live experience, offers a wide range of formats customizable with various intensity levels and time lengths through video instruction, Lynn Avila, fitness programs coordinator, said.

"Not everyone can spend one or two hours in the gym," she said. "We understand life can be busy, especially for military families. Well Beats allows patrons to find the format that works best for their fitness level and schedule.

"Participants can select the intensity level that works best for them," she added. "If you haven't been to the gym or worked out in a while, then Well Beats can help you get back into a routine. Maybe you are in good shape and simply want to push yourself to the next fitness level? This program can help you reach that goal."

Well Beats is accessible Tuesdays from 8:30-9:30 a.m., Wednesdays from 10:45-11:45 a.m. and Fridays from 11:15 a.m. to



PHOTO BY JENNY STRIPLING

Patrons participate in a previous yoga class at Fortenberry-Colton Physical Fitness Center. Yoga will be among the numerous class offered through Well Beats.

12:15 p.m. at the Fortenberry-Colton PFC throughout April. However, the schedule is subject to change from month to month.

"We are simply attempting to introduce the program to the community," Avila said. "Each class will initially have a fitness instructor present in addition to the Well Beats

virtual instructor."

According to Avila, the format for each class will be chosen by the instructor and participants will have the opportunity to sample what the program offers.

"The fitness specialist leading each class will choose the format," Avila said. "This

will allow participants to familiarize themselves with the program, and get answers to any question they might have about the program or fitness in general."

Avila said she hope to expand the program's availability in the future to provide a more robust group fitness offering to the post community.

"There really is something here for everyone," she said. "The program offers formats for youth, young adults, older adults and pregnant women. It covers activities ranging from yoga and dance to weight training and cardio. If you are looking for a new fitness routine or a way to get back in shape, this program can help you find a method that works for you."

According to Avila, the program will offer up to 14 different fitness formats customizable to fit 20-, 35- and 50-minute time frames.

"The ability to select different time lengths for the workout will allow everyone to find the time for fitness and to decide what works best for their individual goals," she said.

Group fitness schedules are available at the front desk of both PFCs or online at [http:// http://rucker.armymwr.com/us/rucker/programs/fitness-centers](http://http://rucker.armymwr.com/us/rucker/programs/fitness-centers).

For more information, call 255-3794 or 255-2296.

Team Army set to excel at Warrior Games

By Lee M. Packnett

Warrior Transition Command Public Affairs

ALEXANDRIA, Va. — The U.S. Army Warrior Transition Command selected the 40 wounded, ill and injured Soldiers and veterans, along with five alternates, to represent Team Army at the 2016 DOD Warrior Games.

Army athletes will compete in eight sports against Marine Corps, Navy, Air Force, U.S. Special Operations Command and United Kingdom Armed Forces teams June 15-21 at the United States Military Academy, West Point, New York.

"All of the men and women who represent the Army team at Warrior Games are examples of strength, resilience and dedication," said Col. Chris Toner, commander of U.S. Army Warrior Transition Command and assistant surgeon general for warrior care and transition.

"All of them are very inspiring. I look forward to them competing against our sister services and Special Operations Command. Adaptive sports competition is a way to honor our wounded, ill and injured Soldiers, and to showcase their ability to adapt and overcome adversity, as well as support them in their transition."

The Soldiers and veterans competing at the 2016 DOD Warrior Games are listed below.

- Veteran Staff Sgt. Erick Acevado, Kempner, Texas
- Staff Sgt. Ashley Anderson, Warrior Transition Battalion, Fort Riley, Kansas
- Sgt. 1st Class Allan Armstrong, Fort Hood, Texas
- Spc. Anthony Atemon, Warrior Transition Battalion, Fort Bragg, North Carolina
- Veteran Sgt. Jhoonar Barrera, San Diego, California
- Veteran Capt. Ryan Brunett, Hudson Falls, New York
- Veteran Spc. Terry Cartwright, Safford, Arizona
- Spc. Shealynn Casserly, Walter Reed National Military Medical Center, Bethesda, Maryland
- Veteran Capt. April Darowski, Colorado Springs, Colorado
- Spc. Sydney Davis, Warrior Transition Battalion, Fort Belvoir, Virginia
- Capt. Justin Decker, Warrior Transition Battalion, Fort Hood, Texas

SEE WARRIOR, PAGE D4



DOD GRAPHIC

DOD HEALTH ADVISER:

Time has come for enterprise medicine

By David Vergun

Army News Service

WASHINGTON — The Department of Defense's health care system is in need of an overhaul and that must be a top national security requirement, said the secretary of defense's principal adviser for all matters relating to military health.

Dr. Jonathan Woodson, assistant secretary of Defense for Health Affairs, spoke at the Col. CJ Reddy Leadership Course in the Pentagon March 24.

Military health care is still operating in a Cold War posture, he said. The world has changed significantly since that time.

For instance, large formations of troops were once stationed in West Germany, ready to defend against a possible Soviet and Warsaw Pact attack. Large, fixed hospitals were the norm.

Now, interoperable small teams deliver care to troops in far-flung corners of the globe. "We have to adjust our medical posture to provide care wherever men and women are being asked to go in harm's way," he emphasized.

Fiduciary responsibility

DOD's health care budget is about \$50 billion annually, Woodson said. That's bigger than that of either the entire Department of Health and Human Services, the Food and Drug Administration, or the Department of Labor. In turn, the entire DOD budget is half of the discretionary budget of the United States.

As such, "we have a big responsibility as stewards of the taxpayer's dollar. If we're not, other segments of society will suffer, and eventually, that becomes a national security issue. So, this is really important stuff," he said.

Enterprise management

While cost savings must be realized, "the American public expects us to deliver the standard of care or above the standard of care anywhere in the world," he said. Balancing those two goals is "pretty tough."

Four or five decades ago, "a nurse was a nurse, a doctor was a doctor, many specialties didn't exist, today's medical technologies didn't exist, so it was much simpler to administer care on a local basis and we didn't quite need enterprise management in order to increase economies of scale," he pointed out.

A strategic line of effort Woodson said he's taken for the past several years since assuming his post is pursuing enterprise management for the military health care system — "and that doesn't necessarily mean joint."

What it does mean, he said, is "creating economies of scale, decreasing variability, knowing where the dollars are going, providing common medical platforms, common business tools that allow us to do our jobs more effectively. We've got to do that."

It also means rethinking how care teams work, redefining the work flow, removing archaic rules and administration processes that impede efficiency and improved engagement with other agencies.

In light of the changing national security and national health care environment, a pivot is now necessary, he said.



DOD PHOTO

Woodson

Global health engagements

Global health engagement is a new "instrument of national power," Woodson said, providing several examples.

During the recent Ebola outbreak in West Africa, the U.S. military medical mission there had a "strategic impact, with enormous second- and third-orders of effects." The mission there, he said, prevented a complete destabilization of the entire region, both from a security and economic perspective.

Without that mission and help from other U.S. agencies, there could have been a ferment of insurrection and war. "So," he said, "global efforts like this can prevent future kinetic operations."

He added that similar "robust efforts" are now under way in the Pacific region as well.

Woodson said he met with top leaders of Vietnam in Hanoi recently, for instance, to discuss growing their medical capabilities. "That's enormous. Think about the sea change" in that country in only a few decades.

People priority

Another important pivot that needs

to be addressed is better management of the medical force, Woodson said.

By that, he said he means across the board: talent management; recruiting and retention; getting the right balance between the active and reserve components; career development; advanced training, including with the private sector; and leader development.

Engaging senior leaders

Influencing change is also critical, he told the assembled lieutenants

and captains. "You must learn to engage senior leaders to help shape future policy."

Woodson then gave the young officers a chance to engage him.

Maj. Lakisha Flag, the action officer for the CJ Reddy Leadership Course, said medical professionals need to know how to work collaboratively with other medical specialists across the spectrum,

advocate for patients, point possible improvements out to supervisors, resolve issues, and influence patient outcomes.

"We all have the potential to make positive changes by exercising good leadership," she added.

Capt. Stephen Krutko, an instructor at the Army Medical Department Captains Career Course, said medical personnel contribute to readiness by ensuring patient care is delivered in the most efficient and high-quality manner available, particularly to the warfighter in the combatant commands.

But medical personnel in theater quite often do so much more than that, he offered. They help the Army and America build strategic partnerships with other countries through global health engagements.

Having that strategic, as well as tactical focus, builds heavily on crafting good leadership skills, he said. A doctor or even a medic has the power to impact world relationships.

Capt. Jose Mendoza said that his job as chief of Nursing Services at Dilorenzo Tricare Health Clinic

SEE HEALTH, PAGE D4

DOWN TIME



Just Like Cats & Dogs

by Dave T. Phipps



Trivia test

by Fifi Rodriguez

TRIVIA

1. MATH: What Arabic number doesn't have a counterpart in Roman numerals?
2. THEATER: What is the longest-running musical in performances in Broadway history?
3. ASTRONOMY: What is a blue moon?
4. TELEVISION: Who played the lead in the drama "Perry Mason"?
5. LITERATURE: Who wrote the books "Ethan Frome" and "The Age of Innocence"?
6. GEOGRAPHY: What major city lies on an island in the St. Lawrence River?
7. U.S. STATES: What is the state capital of Idaho?
8. MOVIES: Who was the voice of "The Iron Giant" in the movie?
9. MEASUREMENTS: What is the name of the unit used to measure energy in food?
10. MUSIC: Who had a 1985 hit with the song "Saving All My Love For You"?

See Page D4 for this week's answers.

Super Crossword GOLD-TRIMMED

ACROSS

- 1 In boots, e.g.
5 Accident
11 Leaf-cutting little colonist
14 Lend — (assist)
19 Roof border
20 Pungent yellow cheese
21 Corp. leader
22 Go-kart, say
23 Nickname for a really strong novelist?
26 The Carolinas, e.g., in Caen
27 Wings for women
28 Many a flower girl
29 Fen plant
30 Wilhelm's "the"
31 Return to get H.G. Wells' title Dr.?
36 Eschew
38 Topped party appetizer
39 "— won't!"
40 Prefix with 81-Across or 31-Down
41 British poet as a young badge earner?
45 "The Streak" singer Ray

- 48 "— a living"
49 Company IDs
50 Arthur of old TV
52 Sister record co. of Virgin
53 Nudge
54 Neoprene produced at an Alabama university?
60 Italicize, e.g.
63 Whisman or Disney
65 Some HDTVs
66 Singular
67 Chicago airport
68 Baby kangaroo living on a Pacific island nation?
70 "Friday the 13th" villain
71 Ariel is one
72 Potter's dirt
73 Shred up
74 Most darling
75 Very breezy summer month?
78 Jay replaced by Jimmy Fallon
79 Greek letter
80 Min. fraction
81 Handed out playing cards
83 Item in a nest

- 86 Dunce
90 Convertible carriage used to transport popes?
94 Suffix in sugar names
95 Give support
97 Port in Italy
98 Greasy
99 Boyfriend who's always upbeat?
104 — -rock (music style)
105 Hebrew letters after alephs
106 Exit opposite
107 Pilot planes
110 Opinions offered
111 Singer Gene who should never be forgotten?
116 Black, in Bordeaux
117 Blvd. or rd.
118 Limited release?
119 — Sous-le-Vent (the Leewards)
120 Affirm
121 Cold War-era state: Abbr.
122 Train base
123 Safari shelter

DOWN

- 1 Late-night host Meyers
2 "How funny!"
3 Adds vocals to, maybe
4 Denigrates
5 Cosmo, O and GO
6 Suffix with fool
7 Grab a chair
8 Stable feed
9 Turkish title
10 Attacked like a lion
11 "The Mind of —" (PBS cooking series)
12 Former liberal, briefly
13 Many "Olé!" recipients
14 "Am not!" rejoinder
15 Spiteful sort
16 College life
17 Final profit
18 Creator of the Lorax
24 Private AOL exchanges
25 "— ToK" (Kesha hit)
31 Estimate
32 Not falling for
33 Ovine calls
34 Springfield storekeeper
35 Bishops' hats

- 36 — -fi film
37 Crude home
38 Diner hirees
42 Almost there
43 Dwindle
44 Axon's place
46 Aussie bird
47 Tremolo's kin
51 Bowed
53 Fluster
54 Resembling
55 One-eighty
56 Con's vote
57 Groundwork
58 Greek Cupid
59 Pay to live at
60 Large couch
61 What you used to be?
62 Bonged
63 Ragamuffins
64 100% wrong
68 — -bah
69 Pa Clampett of TV
70 Interim ruling group
72 11th-cen. king of Norway
74 Prison parts
76 Mu — shrimp
77 Wilhelm's "I"
78 Cake tier
81 Dunce
82 Allure rival
83 Fit to print, after revisions

- 84 Missy
85 84-Down's counterpart
86 Working farm horses
87 "It's finally clear to me"
88 Pork-filled pastry, e.g.
89 Rabbit head features
91 Put in cipher
92 "I knew it!"
93 Absence of restriction
96 Krispy Kreme inventory
100 One of Kirk's lieutenants
101 Blender brand
102 Ferret's kin
103 Wilhelm's "the"
104 Parade place: Abbr.
107 City in Iowa
108 Driving exam taker, often
109 Lead-in to "while"
112 Road topper
113 "... Mac — PC?"
114 Fabled flier
115 Reindeer cousin

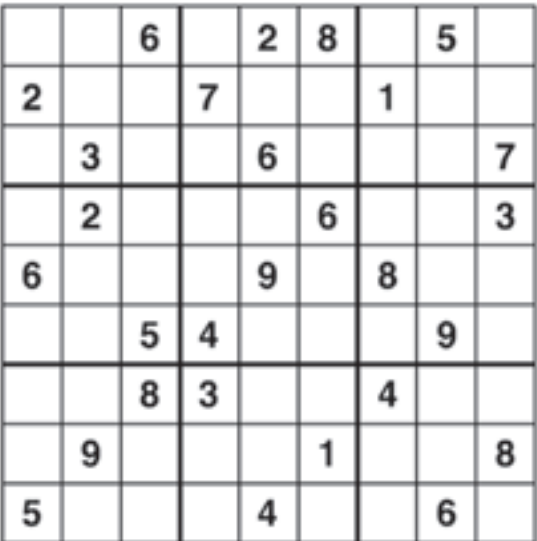


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See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D4 for this week's answers.

KID'S CORNER



RADIO RODNEY WINS AGAIN! Can you guess which car belongs to Rodney?

FREDDIE THE FEATHER FANCIER! The other day, Freddie bought 20 birds for \$20. Pigeon cost \$4 each, canaries 50 cents each, and budgies 25 cents each. Can you figure out how many of each he bought?

LINK-UPS! Here's a list of 12 short words, divided into two columns. Turn them into six longer words by linking them together. To do this, draw a line from one word in the left column to one word in the right.

Junior Whirl

by Charles Barry Townsend

CAST YOUR EYES ON THIS PUZZLE!



The "eyes" have it when it comes to interesting words. The grid to the left has room for 10 words, and they all contain an "eye." Hints are given below.

1. What the bad golfer did.
2. Native American buffalo hunters.
3. An expert marksman.
4. Ruined auto paint job.
5. What the weedy cowboy needed.
6. How the weedy cowboy came into town.
7. To look over.
8. What the predator did.
9. Ohio's nickname.
10. What they did before the king.

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

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

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HOCUS-FOCUS

BY HENRY BOLTAFF



Find at least six differences in details between panels.



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ON TARGET

All Army Championship challenges Soldiers' marksmanship

By Brenda Rolin
U.S. Army Marksmanship Unit
Public Affairs Officer

FORT BENNING, Ga. — More than 250 Soldiers competed in the 2016 U.S. Army Small Arms All Army Championship March 15-19 on Fort Benning ranges run by the U.S. Army Marksmanship Unit .

Sgt. Demetrios Iannios, California Army National Guard, was the overall individual champion.

The overall team champion was the Illinois Army National Guard. Team members included Sgt. 1st Class David Perdew, Sgt. 1st Class John Stockton, Staff Sgt. Brandon Hornung and Staff Sgt. Jacob Blount. Their coach was CW2 Kyle Gleason.

The All Army, hosted by the USAMU in conjunction with the Maneuver Center of Excellence, develops combat firing skills at the entry and intermediate levels and recognizes superior skill at the highest level. Soldiers compete in separate classes – consisting of cadet, novice, open and professional – based on previous competition experience.

Staff Sgt. Jeffrey Taylor, marksmanship master trainer and small arms master gunner, 2nd Brigade Combat Team, 82nd Airborne Division, said competitors experienced diverse levels of marksmanship.

"I think it's exceptional the way they use the different types of events in the All Army, from the combat rifle matches to the national matches, because it shows the differences in marksmanship – how accurate you have to be in the standing position or how your team has to assemble and how they have to fill their magazines," said Taylor, who is a 19-year Army veteran from Pittsburgh and was the coach of the 82nd Airborne Division teams.

Soldiers competed as individuals and on four-person teams in events like: pistol and rifle excellence in



PHOTO BY BRENDA ROLIN

Soldiers from around the Army compete in a combat pistol match March 15 during the 2016 U.S. Army Small Arms All Army Championship hosted by the U.S. Army Marksmanship Unit.

competition matches; combat rifle and pistol courses of fire; multi-gun courses of fire and an Infantry Team Match, among others.

Pfc. Cody Nestor, 2nd BCT, demonstrated his marksmanship skills during the All Army by winning the Top Active Duty Soldier award in novice class, receiving a plaque and a chief of staff of the Army coin.

Nestor said he loves competing and was gratified to see so many Soldiers from different Army units during the All Army but wishes more had competed. He said the best matches were the National Rifle Match Course EIC and the Infantry Team Match because of the demands on the shooters.

"Any time you get up off the ground with the rifle, it challenges you more and separates the competition – you've got some who are great in prone, but in standing, they don't perform as well," he said of the National Rifle Match. "In the

Infantry Match, I had a chance to bond with my team."

Sgt. 1st Class Keyton Brown, 3rd BCT, has 27 years combined military experience in the Army and Air Force – with more than 20 years in the Army.

Brown shot on two Air Force command teams under the Peacekeeper Challenge program and has continued to refine his marksmanship skills as a Soldier.

"It seems every day I am learning something about shooting, about the way I shoot and how to improve. I am going to take all of that home, keep practicing it and using it, and help younger Soldiers out so they can become better," Brown said.

Besides experienced Soldiers, All Army participants included a group of six cadets from Texas A&M University. They were coached by Dave Liwanag, former USAMU commander from 2003-2006, who now teaches marks-

manship at the school.

Liwanag, a 31-year Army veteran, said the All Army was discontinued in the late 90s, but he reinstated it in 2004 during his command to bring advanced marksmanship techniques in competition to Soldiers to reinforce marksmanship across the Army.

"(The All Army) is a great training opportunity for all regular Soldiers," he said, noting that there have been many improvements to the championship since 2004. "Now, we use the M16A4 and the M4 with a telescope, and I've seen the action in combat portion developed."

Liwanag said the cadets he is coaching at the All Army are future lieutenants who will have more advanced marksmanship training and skills.

One of those cadets, Samuel Slichter, placed third in the high cadet category. He said he had a lot of fun and learned a lot, such

as how to use different optics, and different ways to kneel, sit, stand or lay prone.

"It's definitely not an easy match, but there have been a lot of training opportunities," said Slichter. "It's pushing all of the competitors to their limits of expertise and skill."

Another cadet, Raymond Dilworth, a prior-enlisted Soldier who served in Afghanistan, said competitors get to do a lot of shooting during the All Army, and everyone learned a lot about marksmanship.

"It's an eye-opening experience," he said. "It teaches there are a lot of different ways to get the job done, and you learn a lot of new skills."

USAMU coaches, instructors and shooters provided rifle and pistol Small Arms Firing Schools to all competitors March 13-14, as well as other assistance throughout the All Army.

- Have a Family disaster plan and supply kit.
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Health

Continued from Page D1

here, requires a high level of leadership skills. “Every day I’m leading people on my staff, emphasizing quality of care patients should be receiving, safety, customer service support and medical readiness,” he said. “What basically sets us apart from civilians is readi-

ness,” he added. “We must be ready to deploy in a matter of hours.”

About the C.J. Reddy course

The five-day course was started in 1992 as a leadership development program for the most promising lieutenants and captains in the Nurse Corps. This was the first year that the course was opened to junior officers across the

entire Army Medical Corps, as well as medical personnel across the DOD.

The course features a number of high-level speakers from across the DOD and other agencies. While some of these leaders are from the medical field, others are not. For example, a lieutenant general gave a talk about the importance of mission command and how the Medical Corps plays a small but significant role in that.

Warrior

Continued from Page D1

- Capt. Kelly Elming, Brooke Army Medical Center, San Antonio, Texas
- Veteran Sgt. Brandi Evans, El Paso, Texas
- Veteran Sgt. Robbie Gaupp, Gatesville, Texas
- Veteran Staff Sgt. Randi Gavell, Oklahoma City, Oklahoma
- Veteran Staff Sgt. Robert Green, San Antonio, Texas
- Veteran Sgt. 1st Class David Iuli, Fredrickson, Washington
- Veteran Sgt. Blake Johnson, Bethesda, Maryland
- Sgt. David Jones, Warrior Transition Battalion, Fort Bragg, North Carolina
- Veteran Sgt. 1st Class Katie Kuiper, San Antonio, Texas
- Veteran Staff Sgt. Matthew Lammers, Tucson, Arizona

- Veteran Sgt. Stefan Leroy, Jupiter, Florida
- Veteran Sgt. Ryan Major, Towson, Maryland
- Veteran Sgt. Ana Manciaz, San Antonio, Texas
- Veteran Staff Sgt. Robert Mathews, Sahaurita, Arizona
- 1st Lt. Michael Matthews, Warrior Transition Battalion, Fort Stewart, Georgia
- Veteran Sgt. 1st Class Michael McPhall, Glenville, Georgia
- Veteran Staff Sgt. Matthew Mihacsi, Fayetteville, North Carolina
- Spc. Stephanie Morris, Walter Reed Warrior Transition Unit, Bethesda, Maryland
- Veteran Cpl. Matthew Mueller, Peoria, Arizona
- Sgt. Kawaiola Nahale, United States Army Reserves, Fort Shafter, Hawaii

- Veteran Staff Sgt. Eric Pardo, San Antonio, Texas
- 1st Lt. Christopher Parks, Warrior Transition Unit, Fort Hood, Texas
- Veteran Staff Sgt. Timothy Payne, Raleigh, North Carolina
- Staff Sgt. Zed Pitts, United States Army Reserves, Tuscaloosa, Alabama
- Staff Sgt. Gregory Quarles, Warrior Transition Battalion, Fort Benning, Georgia
- Veteran Spc. Haywood Range, San Antonio, Texas
- Veteran Capt. William Reynolds, Bethesda, Maryland
- Sgt. Carmalina Rowe, Warrior Transition Battalion, Fort Bliss, Texas
- Veteran Staff Sgt. Alexander Shaw, Clarksville, Tennessee
- Spc. David Snipes, Walter Reed Warrior Transition Unit, Bethesda, Maryland

- Veteran Staff Sgt. Monica Southall, Henrico, Virginia
- Veteran Spc. Michael Stephens, El Paso, Texas
- Veteran Staff Sgt. Ricardo Villalobos, Winston-Salem, North Carolina
- Veteran Master Sgt. Shawn “Bubba” Vosburg, El Paso, Texas

Wounded, ill and injured service members compete in archery, cycling, field, shooting, sitting volleyball, swimming, track and wheelchair basketball in this Paralympic-style competition.

Each branch is responsible for selecting its own team.

To select the Army athletes, this year WTC hosted the U.S. Army Trials in March at Fort Bliss. The most competitive times and scores from the Army Trials helped determine which Soldiers and veterans would represent the Army team at the 2016 DOD Warrior Games.

FORT RUCKER SPORTS BRIEFS

SHARP 5K

Fortenberry-Colton Physical Fitness Center will hold a SHARP 5K race in honor of Sexual Assault Awareness and Prevention Month Saturday. The race will start at Fortenberry-Colton Physical Fitness Center at 9 a.m. Race day registration will be from 7:30-8:40 a.m. Entry fee is \$25 for the T-shirt option (While supplies last) and there is also a no-shirt option for \$12. Teams of eight people pay \$160 – \$20 per team member, with each additional person paying the normal registration fee. Only eight medals per team will be awarded. The Top 3 teams will be awarded streamers. Fun run registration is free to all children 12 and under, and each child will receive a medal. Refreshments will be provided. The race is open to the public.

For more information, call 255-3794.

CYSS Pitch, Hit and Run

Fort Rucker Child, Youth and School Services Youth Sports and Fitness will host its Pitch, Hit and Run event at Youth Baseball Fields 6 and 7 Saturday from 9-11a.m. The event provides youth across the country an opportunity to participate in a baseball and softball

skills competition. The national initiative gives boys and girls, ages 7-14, the chance to showcase their pitching, hitting and running abilities. The age category that the youth will be placed in will be determined by what their age is as of July 17. All participants must bring a copy of their birth certificate and have their parent or guardian fill out a registration and waiver form prior to the start of the competition. There are two separate divisions: Baseball and Softball. Participants may compete in either division. Youth will be divided into four age divisions: 7-8, 9-10, 11-12 and 13-14. There is no registration fee.

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

Army Aviation birthday golf tourney

Silver Wings Golf Course will host the Army Aviation 33rd Birthday Golf Tournament April 15. The format is four-person team scramble, with a minimum of 18 teams and a limit of 36 teams. Registration, a continental breakfast and range open at 7 a.m. Announcements will be at 7:45 a.m. and there will be an 8 a.m. shotgun start. Lunch and awards will be immediately following play. Entry fee is \$45 per

player for non-members and \$35 per player for members. Entry fee includes tournament course fees, range balls, tee gifts, tournament meals and prizes. Mulligan’s sold for \$5 each or \$20 for a team. Registration deadline is Monday. The tourney will be open to the public. For more information, call 598-2449.

SHARP/CYSS basketball camp

The Fort Rucker Sexual Harassment/Assault Response and Prevention staff, and Fort Rucker Child, Youth and School Services will host a basketball skills camp April 16 from 8 a.m. to 3 p.m. at the youth center, Bldg. 2800, Seventh Avenue. Presentations will include: local coaches conducting basketball skills drills, referee skills with Greater Enterprise Basketball Association, and a bullying and sexting presentation with the family advocacy program and SHARP staff during lunch. This event is open to youth in grades six to 12. Lunch will be provided. Drop off will begin at 7:30 a.m. The camp is open to the public. People need ot register by Wednesday.

For more information, call 255-0960.

SWGC Demo Day

Silver Wings Golf Course will host its Demo Day April 16 from 9 a.m. to 2 p.m. Attendees will be able to experience the latest and greatest in golf club equipment, according to SWGC officials. Golfers will be able to test out the performance of the latest golf equipment offerings from major golf manufacturers. The event is open to the public and non-members.

For more information, call 598-2449.

Lifeguard courses

Lifeguarding courses will be held at the Fort Rucker Physical Fitness Center April 15-17 and 23-24. Hours will be 4-7 p.m. April 15, and 8 a.m. to 5 p.m. the other days. The course is open to people ages 15 and up, and costs \$125 for military and Department of Defense ID card holders, and \$150 for members of the general public. A prerequisite test on the first day must be passed to enter the course. People may register at the front desk of the Fort Rucker PFC. The cut-off for registration is three days prior to course start date. Class may be canceled if minimum enrollment is not met.

For more information, call 255-2296.

PUZZLE ANSWERS

Super Crossword



TRIVIA

- Answers:
1. Zero
 2. “The Phantom of the Opera”
 3. When there are two full moons in the same month
 4. Raymond Burr
 5. Edm. Wharton
 6. Montreal
 7. Boine
 8. Vin Diesel
 9. Calorie
 10. Whitney Houston

Weekly SUDOKU

Answer

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

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