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Lending Hangar helps relieve moving stress



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Real Game edges past 1-145th's Scratch, 10-9



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ARMY FLIER

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FORT RUCKER ★ ALABAMA

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GREAT STEP FORWARD

Post breaks ground on renewable energy project

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker and Army leaders gathered at the site of a renewable energy groundbreaking as the installation moved forward with the service's sustainability initiatives.

Among those to take part in the groundbreaking were Russell B. Hall, U.S. Army Aviation Center of Excellence and Fort Rucker deputy to the commanding general; Col. Shannon T. Miller, Fort Rucker garrison commander; David Williams, Energy Programs Integration U.S. Army Corps of Engineers chief; Susan Damour, General Services Administration Rocky Mountain Region regional administrator; Zeke Smith, Alabama Power Company external affairs executive vice president; and Chip Beeker and Jeremy Oden, Alabama Public Service commissioners, who all welcomed the addition to the installation during the ceremony June 2.

"Today marks a great step forward in our efforts to stay energy efficient," said Hall during the ceremony. "We are very proud to partner with Alabama Power to help us in our endeavor to meet the Army's mandates for renewable energy and guidelines for enhancing energy security in the future."

The 10-megawatt solar array will provide Fort Rucker with about 16 percent of its energy

consumption, which furthers the installation's Net Zero goals and reduces Fort Rucker's carbon footprint by fostering sustainability in the community, he added. The facility will generate enough energy to power about 1,600 homes per year.

"It's very important that we increase our capability, increase our diversity of energy awareness and ensure that we are maintaining our flexibility to provide national defense," said Hall. "This project is the first step to ensure the continuity of ongoing operations in support of the missions right here at Fort Rucker."

"This is truly a great success story for Fort Rucker, the Army, Alabama Power and the state of Alabama," added Michael McGhee, Army Office of Energy Initiatives executive director. "Renewable energy produced on Army installations increases resilience through energy security, which is essential to mission effectiveness."

McGhee said that energy shortfalls and power distribution failures increase the risk to Army mission, and in order to have an effective force, the Army must have confidence to be able to accomplish any mission.

"Bringing increased resiliency to the regional power grid that Fort Rucker relies on improves the base security posture, helping to reduce the risk to the Army mission," he said. "The Army's Energy Security and Sustainability Strategy



PHOTO BY NATHAN PFAU

David Williams, Energy Programs Integration U.S. Army Corps of Engineers chief; Col. Shannon T. Miller, Fort Rucker garrison commander; Susan Damour, General Services Administration Rocky Mountain Region regional administrator; Russell B. Hall, U.S. Army Aviation Center of Excellence and Fort Rucker deputy to the commanding general; Zeke Smith, Alabama Power Company external affairs executive vice president; and Chip Beeker and Jeremy Oden, Alabama Public Service commissioners, during a renewable energy groundbreaking ceremony June 2.

envisioned a ready and resilience Army strengthened by secure access to critical resources."

Ensuring access is the first step to energy security at the installation level, said McGhee, and the key to assuring that access is by diversifying and expanding that energy resource supply.

"If you consider the energy it takes to operate all of the federal governments facilities, the majority of that energy is used by the Department of Defense, and of the Department of Defense's share, the Army uses 35 percent of that, making Army facilities the largest consumers of electricity in the federal government," he said. "Last year alone, the Army spent over \$1.3 billion on facilities energy, and each of the military ser-

vices has made a commitment of deploying one gigawatt each of renewable energy on our installation by the year 2025, and this project will help us reach that target."

Hall said the solar array includes a design plan for a microgrid-compatible renewable energy generating facility that's directly connected to the electric distribution system on Fort Rucker, and although the groundbreaking is a big deal, it's only the beginning.

"This is the first of our projects ... because I think we can increase from 16 percent to 32- or even as much as 45-percent capability in our local design capability," he said.

Additionally, although the array is housed on Fort Rucker, the Alabama Power Company will

develop, finance, design, install, own, operate and maintain the project, which comes at no cost to taxpayers.

But it isn't just about saving money, according to Williams.

"At the U.S. Army Corps of Engineers, we do a lot of support to the Army and other federal agencies in a number of areas, but we are extremely proud that we are on the forefront in helping the Army and our installations with our energy initiatives," said Williams. "What we see here today is the beginning, not just for Fort Rucker, but for the Army as a whole. We have goals and mandates, but we're not just doing it because of those mandates - we're doing it because it's the right thing to do for Fort Rucker, for our Army and for our nation."



PHOTO BY NATHAN PFAU

Col. Shannon T. Miller, Fort Rucker garrison commander, and Command Sgt. Maj. William D. Lohmeyer, Fort Rucker command sergeant major, present a check to Beth Gunter, AER program manager, during the AER closing ceremony at the U.S. Army Aviation Museum Monday.

AER fundraising surpasses 2015's

By Nathan Pfau
Army Flier Staff Writer

Army Emergency Relief exists for Soldiers, family members and retirees facing financial hardship, and Fort Rucker did its part to help Soldiers help Soldiers during this year's fundraising campaign.

The 2016 AER campaign season came to a close Monday during a ceremony at the U.S. Army Aviation Museum and more than \$150,000 was raised to go toward helping those in the Army family experiencing times of financial need.

"I'm extremely proud of each and every one of you," said Col. Shannon T. Miller, Fort Rucker garrison commander and AER campaign chairperson, to those who contributed to AER. "Your commitment and compassion to the Fort Rucker community enabled us to pass last year's campaign by more than \$19,000 - a great accomplishment."

Of that amount, retirees donated over \$60,000, which represents about 40 percent of the contributed funds, and the Army Aviation Center Federal Credit Union raised \$15,000 for the campaign through the 26th Annual AACFCU Golf Tournament.

"AER provides an enormous financial support for the Army and its families simply by providing a system that allows Soldiers the chance to take care of one another," said Col. Robert T. Ault, U.S. Army

SEE AER, PAGE A5

Flatiron welcomes new commander

By Nathan Pfau
Army Flier Staff Writer

The U.S. Army Air Ambulance Detachment welcomed its new commander and bid farewell to the outgoing commander during a ceremony Friday at Cairns Army Airfield.

Capt. (P) David Behrmann assumed command of Flatiron from Maj. Brian Tripp as Lt. Col. Paul E. Berg, 1st Battalion, 223rd Aviation Regiment commander, presided over the ceremony and welcomed Behrmann to the Spartan team, expressing his full confidence in the incoming commander's leadership.

"(Behrmann) spent the last couple of years with the 101st Airborne Division, and he's ready for this command assignment," he said. "He was command selected by the Department of the Army for the Medical Service Corps and I know that we have the right person for this company. I know you will execute effectively and you're ready to take (on the task)."

Born and raised in Wisconsin, Beh-



PHOTO BY NATHAN PFAU

Capt. (P) David Behrmann, Flatiron commander, receives the unit colors from Lt. Col. Paul E. Berg, 1st Battalion, 223rd Aviation Regiment commander, as he assumes command from Maj. Brian Tripp during a change of command ceremony at Cairns Army Airfield Friday.

rmann attended Marquette University where he joined the Army ROTC program and was later commissioned as a second lieutenant as a Medical Service Corps officer.

He earned his wings upon graduation of flight school at Fort Rucker

and was assigned as a section leader in C Company, 5th Bn., 158 Avn. Regt., in Katterbach, Germany. During that time he deployed in support of Operation Iraqi Freedom in 2009 and served

SEE FLATIRON, PAGE A5

Feral hogs a potential threat to post populace

By Jay Mann
Public Affairs Specialist

(Editor's note: This is the third in a series of articles dealing with the feral hog population explosion on post.)

While Fort Rucker's feral hog population explosion may be a boon to hunters and a calamity to the environment, under the right circumstances, it could also pose a threat to Soldiers, family members, employees or visitors to the post.

With individual adult hogs weighing in at anywhere from 60 to 300 pounds, a close encounter with these the



COURTESY PHOTO

SEE FERAL HOGS, PAGE A5

Hogs on Fort Rucker range in size from 60- 300 pounds or more.

PERSPECTIVE

SOLDIER FOR LIFE

The importance of self-assessment when separating from service

By Bryan Tharpe
*Fort Rucker Soldier for Life Center
Transition Services Manager*

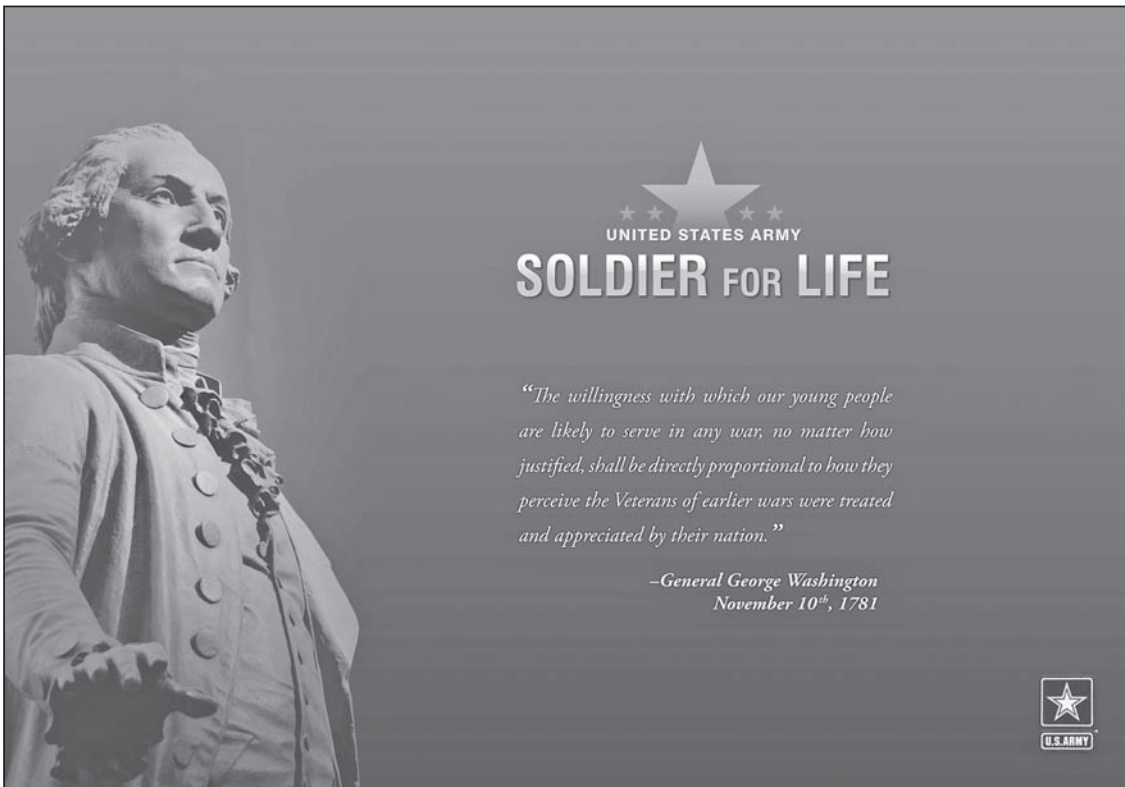
What occupation will you pursue after you separate from the Army? Think hard. Is that what you really want to do?

For some Soldiers, the transition back to civilian life is relatively easy. They have ideas, goals and back-up plans for civilian employment. They are undaunted, open-minded and flexible about how to get what they want.

But for other Soldiers, this transition is not so easy. Over the years, they may have set aside personal goals or lost sight of a few dreams. They felt too busy for hobbies or college classes and let military service envelop them. Consequently, it became more and more difficult for them to

identify what it is that makes them truly happy. When it is time for these Soldiers to separate from military service, even the smallest decisions can become difficult.

Much to their dismay, the job search process does not start with resume writing. It must necessarily start with a comprehensive, honest self-assessment. If Soldiers have been out of touch with their true values, interests and strengths, they run the risk of pursuing the wrong vocation or drifting toward the path of least resistance.



Don't let that happen to you. Regardless of how much time you have left to serve in the Army, it is never too early to begin and maintain your vocational self-assessment.

There are many ways to keep in touch with them feelings that will lead you to the right civilian vocation. Answering the following types of questions is a good start:

- Do you prefer working with people, data or things?
- Do you prefer working in-

doors, outdoors or a mix of both?

- Do you want to work for a large or small company?
- Do you want to interact with others a great deal, a little bit or not at all?
- Do you want to work independently or on a team?
- Are you more comfortable as a team leader or member?
- Which of your jobs in your past did you enjoy the most? Why?

- What do you like to do in your spare time?
- What are your hobbies?
- Do you want to create? Design? Install? Troubleshoot? Teach? Travel? Coordinate? Answer questions? Ask questions? Inspect? Write? Build? Analyze? Synthesize?
- If you had to describe five or six of your happiest moments at work, would they have a common thread?
- What was it about those mo-

ments that gave you true satisfaction and what type of civilian environment might give you the same enjoyment?

There are thousands of similar questions to ask yourself in pursuit of self-knowledge. When you get ready to transition from the military, I suggest that you visit the education center and sign up to take a skills assessment or career interest test.

But don't wait to begin this process. I recommend reading "What Color is Your Parachute," by Richard Bolles, or any other book that offers self-assessment, long before your separation date.

As you learn more about your own vocational values and preferences, you will be able to piece together a picture of what your next career will look like.

As a result, when you finally do arrive at your transition point, deciding on objectives, writing resumes, interviewing and evaluating job offers will be considerably easier. And your new civilian career will be financially, professionally and personally rewarding.

Soldiers and their spouses are encouraged to attend a pre-separation briefing not later than one year prior to separation or two years prior to retirement.

For more information or to make an appointment, call 255-2558.

Rotor Wash

“The Army Strong Triathlon will be held Saturday from 7 a.m. to noon at West Beach on Lake Tholocco. What are ways people should prepare when getting ready for physical competitions?”



Geoffrey Brillhart,
retired military

“People should definitely practice daily at their craft to make sure they're ready for whatever comes their way.”



Joseph Hardin, Army veteran

“Proper nutrition can go a long way when it comes to physical activity.”



W01 Toe Wai, B Co., 1st Bn., 145th Avn. Regt.

“Exercise and practice hard.”



Marley Chambers,
military spouse

“Learn your pace, know what your limits are and try to push them.”



W01 Walter Kazinski,
B Co., 1st Bn., 145th Avn. Regt.

“Don't overwork yourself to the point of exhaustion. It's good to push yourself, but make sure you're getting plenty of rest, too.”

COMMAND

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FORT RUCKER COMMANDING GENERAL

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

ACE SUICIDE INTERVENTION

Ask your buddy

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

Care for your buddy

- Remove any means that could be used for self-

injury.

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

Escort your buddy

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

EASE OF ACCESS

Army Aviation takes living doctrine to next level

By Capt. Matthew Brown
U.S. Army Aviation Center of Excellence
Doctrine Division

The U.S. Army Aviation Center of Excellence Directorate of Training and Doctrine has released the Field Manual 3-04 “Army Aviation Living Doctrine Supplement,” an expansive publication with videographic vignettes that depict Army Aviation capabilities, as part of U.S. Army Training and Doctrine Command’s mission to guide the Army through doctrine.

While the publication is based on FM 3-04, Army Aviation, it goes beyond plain text and basic graphics to take the user experience to the next level.

The living doctrine initiative strives to enhance the warfighter’s basic understanding of Aviation doctrinal concepts through alternate mediums. The enhanced publication essentially brings to life six environmental vignettes from Chapter 1 of FM 3-04 and 21 tactical vignettes from Chapter 3.

The environmental vignettes highlight Army Aviation’s capabilities and limitations in various environmental conditions with historical context, such as Vietnam

or Afghanistan. This provides a construct in which the warfighter can further visualize the doctrine. The tactical vignettes use 3D modeling and a captivating narrative to facilitate the warfighter’s ability to visualize the tactical or tactical-enabling tasks.

Videographic vignettes embedded in the publication are yet another method for warfighters to enhance their doctrinal understanding, according to Maj. Scott McCraney, USAACE DOTD Doctrine Branch chief.

“FM 3-04 ‘Army Aviation Living Doctrine,’ provides an immersive doctrinal training experience beyond the boundaries of the written publication,” McCraney said. “The blended learning product will appeal to Soldiers and Aviation warfighters looking for intellectual stimulation beyond just reading the material.”

With the proliferation of digital devices such as smartphones and tablets, doctrine is no longer limited to printed or online publications, and the living doctrine initiative is expanding the means with which warfighters consume doctrine.

“The intent is to communicate Army Aviation doctrine to the force in ways never before developed. Today’s generation of Soldiers have a level of technological un-

derstanding that requires such methods of engagement,” McCraney said.

While the vignettes are embedded into the publication, they are also offered as standalone video files for instructional purposes in the institution and operational units. The vignettes have the capability to better describe the environment or tactical task and facilitate discussion on the topic.

One of the goals of the initiative is to allow Soldiers easy access to the products on all of their devices such as Android, iOS and Windows devices. Also, the interactive PDF cannot be executed with all PDF readers; however, extensive testing has been conducted and the PDF has been successfully executed with Adobe Reader on Windows and Xodo on Android and iOS. Although untested, other applications may execute the PDF resulting in varying degrees of functionality.

Warfighters can download the publication from the Central Army Repository at <https://rdl.train.army.mil/catalog-ws/zip/100.ATSC/CD194265-4520-4B11-A74B-58BFD5AF8CA-1463087924490/1464112471.zip>.

The standalone video files are on the DOTD AKO webpage at <https://www.us.army.mil/suite/files/45613413>.

Family adds personal touch to building rededication

By Jim Hughes
Command Information Officer

Two sons of the Soldier being honored lent a personal touch to the Aviation Center Logistics Command rededication of its Lt. Col. David E. Condon Aviation Maintenance Complex during a ceremony May 26.

Col. Kenneth J. Kliethermes, ACLC commander, presided over the ceremony, but the guests of honor – two of Condon’s four children, David Jr. and James – stole the show with stories from their father’s storied career.

“This is not only big today for ACLC, AMCOM (U.S. Army Aviation and Missile Life Cycle Management Command) and USAACE (U.S. Army Aviation Center of Excellence) – it’s bigger than that. It’s big also for the Army and the Department of Defense,” Kliethermes said. “What we do here at Fort Rucker is huge, and what we support and what we do daily is an amazing task that we have, and we do it very well.

“I want this to be kind of light-hearted, but I know there is a lot of emotion when you rededicate a building to a great American,” the commander added. “Your family (the Condons) is a big part of this building and a big part of Aviation



PHOTO BY JIM HUGHES

David E. Condon Jr. and James Condon touch a framed biography of their father during the rededication ceremony of the Lt. Col. David E. Condon Aviation Maintenance Complex during a ceremony May 26 at the facility in Bldg. 1001.

history, as you know. Not only because of where your father served and what he did for the Army, but also because of the sacrifices you guys had to make along the way as being children.”

After the colonel, other officials and the Condon brothers cut a ribbon outside the entrance of the building, the attendees all moved inside the building where the Condons unveiled the display to their father.

And then came the emotions.

The two brothers, who traveled from Virginia to attend the ceremony, each placed hands on a framed biography with photos of their father hanging on the wall, tearing up as they became lost in their thoughts of their father who

passed away in 1961 from injuries sustained in a civilian helicopter crash.

And then came the stories.

“On the light side, my brother was able to confirm that two days after victory in Europe, dad got permission to fly an Me-109 Messerschmitt, and, well, I’ll leave the rest of it to him,” David said, gesturing to James.

James said that his father basically harangued the colonel at the airfield they were at and eventually the colonel told him he could take it around the airfield and then put it back down.

“That went over well,” James said as the crowd chuckled. “So, 2,000 feet up, dad eventually decided it was time to bail out after he

was shot down by U.S. troops.”

The story continued with James recounting a time when the father of a co-worker asked him, after James had introduced himself, if he was related to David E. Condon. “I said, ‘Yes, sir, I am. I’m his son. Did you know my father?’”

“He said he did know him and was with him in Germany right after the war,” James continued. “I said, ‘Sir, my mom, she’s not doing so well and I think she used to tell me a few tales – something about the second day the war was over ...’ and he just stopped me in my tracks and said, ‘It’s true.’”

David then shared his father’s thoughts on Army Aviation.

“He described Army Aviation as several facets, because with one without the other, Army Aviation would not work, he said. “One is, of course, the aircraft. No. 2 is pilots and their support staff, No. 3 is maintenance and without maintenance it’s not going to happen. And No. 4, logistics. I’ve heard the story of what Trish (Durham with ACLC) went through to get this building and the funding, and these are (the skills) that have to be learned by the civil service to get the folks up in the Pentagon and also the Congress to authorize this facility being built.

“If one fails, the whole mission

fails,” David continued. “And, if my father were alive today, he would say the honor is not to him, the honor goes to each and every one of you for serving in maintenance –whether you are retired or current military or civilian, because without you the mission would not occur. And, so, he would salute you and honor you. And, from our family, we thank each and every one of you.”

According to bio information provided by ACLC officials, David E. Condon enlisted in the National Guard of Virginia and was inducted into active duty Feb. 3, 1941. He accepted a commission in 1942 after completing field artillery school. He served in Europe during World War II as an air observation officer from 1944-45, including bringing the first L-4 (light observation aircraft) across from England and registered the first artillery fire on Utah Beach. Later assignments includes senior Aviation adviser to the Republic of Korea and a 1955 assignment with the U.S. Army Aviation Center as deputy chief of staff for aircraft maintenance. He was serving at Fort Eustis, Virginia, as the assistant transportation officer for Aviation with the Transportation Training Command when he died July 5, 1961.



PHOTO BY TORI EVANS

Volunteers of the Quarter

Fort Rucker’s volunteers of the quarter pose for a photo after a ceremony honoring their selfless service May 24 at the U.S. Army Aviation Museum.

News Briefs

Community strengths, themes assessment

Fort Rucker is running its second biennial Health Promotions Community Strengths and Themes Assessment now through June 30 aimed at collecting population data as it relates to the health and readiness of the Community. Data is collected through the Internet, which allows Soldiers, family members, civilians and military retirees to take the survey from their homes or offices. The survey focuses on how the community feels on health, safety, quality of life and overall satisfaction with the installation. Information is collected through the Fort Rucker Community Health Promotion Council Office. It will be used to help identify population health concerns for assessing health-related needs of the Fort Rucker community for program planning, policy development and program evaluation.

The confidentiality of responses is assured under Section 308 (d) of the Public Health Service Act. Procedures are in place to prevent the disclosure of personal data, including data encryption and secure data networks. No personal identifiers are collected as part of this survey process.

The assessment is available at <https://usaphcapps.amedd.army.mil/Survey/se.ashx?s=251137452BC46511>. For more information, call 255-0529.

Changes of command

- The 1st Battalion, 13th Aviation Regiment will host a change of command and change of responsibility ceremony Friday at 9 a.m. at Howze Field. Lt. Col. Kevin E. McHugh will assume command of the unit from Lt. Col. Romeo R. Macalintal Jr., and Command Sgt. Maj. George S. Webster will assume responsibility from Command Sgt. Maj. Ronald K. Graves.
- The 23rd Flying Training Squadron will host a change of command Friday at 2 p.m. at the U.S. Army Aviation Museum. Air Force Lt. Col. James A. Grigson will assume command from Air Force Lt. Col. Jerry Crigger Jr.
- Aviation Center Logistics Command will host a change of command ceremony June 28 at 9 a.m. in the U.S. Army Aviation Museum. Col. Michael Best will assume command from Col. Kenneth

Kliethermes.

- Air Traffic Services Command and 164th Theater Airfield Operations Group will host a change of command ceremony June 28 at 1:30 p.m. in the U.S. Army Aviation Museum. Col. Michael E. Demirjian will assume command from Col. Douglas C. Van Weelden III.

Army birthday meal

The Army birthday meal will be served at both post dining facilities Tuesday. The meal cost is \$9.05 and Department of the Army civilians and retired military are welcome. The Army Band will play at the WOC DFAC, Bldg. 5914, during the lunch meal, which will be from 11:30 a.m. to 1 p.m. The meal time at the DFAC in Bldg. 6204 will be from 11 a.m. to 12:30 p.m.

Hydrant testing in housing

The Fort Rucker Fire Department will conduct yearly hydrant testing in Allen Heights, Bowden Terrace and Munson Heights throughout June. If any discoloration of water is noticed, residents are advised by

post fire department officials to allow the water to flow until it is clear again.

School physical appointments

To ensure the highest continuity of care possible while providing timely access for patients requiring a school physical, Lyster Army Health Clinic will offer school physical appointments during the dates and times below. These slots will fill quickly, so people should book as soon as possible. The appointments serve to provide additional times and dates for dual-working parents and those who cannot schedule an appointment during normal business hours.

Parents should make sure to bring any required documentation to the appointment, with the patient portion filled out completely. The appointment will be for the school physical only. Any other issues will need to be addressed with the primary care clinician.

Appointments are available: July 13, 1-3 p.m.; July 27, 4-6 p.m.; Aug. 3, 1-3 p.m.; Aug. 10, 4-6 p.m.; Aug. 24, 1-3 p.m.; Aug. 31, 4-6 p.m.; Sept. 7, 1-3 p.m.; Sept. 14, 4-6 p.m.; Sept. 21, 1-3 p.m.; and Sept. 28, 4-6 p.m.

ADVANCEMENT

New retention control points increase promotion opportunity for mid-grade Soldiers

By C. Todd Lopez
Army News Service

WASHINGTON — Sergeants first class seeking another stripe saw increased opportunity during the fiscal year 2016 master sergeant promotion board as the selection rate jumped 35 percent –from 8.4 in FY15, to 11.8 in FY16.

Those increased opportunities to serve come as a result of projected openings in the master sergeant ranks that will come as a result of changes to retention control points for sergeants first class, master sergeants and sergeants major that were announced May 26 in Army Directive 2016-19.

According Sgt. Maj. of the Army Daniel A. Dailey, the changes to RCPs are part of an effort to right-size the Army for the current mission, reduce the need for forced separations, and create increased opportunities for promotion.

Similar increases in selection rate to sergeant first class are also expected during the 2016 board. Last year’s board selected about 25.4 percent of the staff sergeants considered.

Beginning Oct. 1, some senior enlisted Soldiers will find they have a new “expiration, term of service,” as a result of changes to their retention control points.

Those changes roll back RCPs for sergeants first class and above who are in the Regular Army, or who are serving under the Active Guard Reserve program. The changes will shorten RCPs by two to three years, and will help reduce the total size of the Army, in keeping with congressional mandates to do so; shape the NCO promotion system and NCO Corps; and help ensure upward mobility for mid-grade NCOs.

An RCP indicates the number of years of time in service a Soldier may not exceed for the grade they serve in. For instance, the RCP for a sergeant is 14 years. Sergeants must either leave the Army at 14 years, or get promoted to staff sergeant. The RCP for staff sergeants is 20 years. At 20 years, a staff sergeant must either retire, or get promoted to sergeant first class in order to continue to serve.

For sergeants first class, including those who are promotable, their RCP will change from 26 to 24 years. For first sergeants and master sergeants, their RCP will be reduced from 29 to 26 years. For first sergeants and master sergeants who are promotable – upon graduation from United States Army Sergeants Major Academy – their RCP will drop from 32 to 30 years. And finally, for command sergeants major and sergeants major, their RCP will also drop from 32 to 30 years.

The changes to RCPs will be applied incrementally to those affected over the course of three years, ensuring every Soldier affected will have at least a year’s notice to plan with their family for their retirement. The first retirements due to the RCP changes will start to take place in October 2017. Most Soldiers will have well over a year to prepare.

Additionally, every Soldier affected is already retirement-eligible, has more than 20 years of service under the belt and will be able to take advantage of a full military retirement.

“This is the best course of action to right-size the Army with regards to a readiness perspective for the future,” said Dailey. “It’s the right thing to do. This is not a small decision. It was eight months of running numbers, projections and outcomes.”

It’s expected that about 3,000 NCOs will leave the Army earlier than anticipated due to the RCP changes, said Sgt. Maj. LeeAnn M. Conner, Senior Army Career Counselor.

Growing, shrinking, upward mobility

Dailey said that back in 2007 the Army needed to grow in size in order to fight in Iraq and Afghanistan.

“We were at war, and the Army needed to get bigger, quick, and build more brigades and battalions,” he said.

The Army used recruiting and retention tools to help grow the Army. Another tool they used was to increase the RCPs for senior enlisted personnel.

Now that the conflicts in the Middle East have drawn down significantly, and the Army has been told to shrink its force size, the Army is reversing the tools it used almost a decade ago to grow in size, Dailey said.

“Now we are in the inverse,” he said. “We were directed to make the Army smaller, historically consistent with every post-war era.”

Dailey said the Army is “focused on doing a talent-based drawdown.” The changes to RCPs are part of that drawdown.

“We wanted to keep those with the benefits of the war-time experience they gained for the last 10 to 12 years of war, and we wanted to make sure we transitioned our Soldiers appropriately,” he said. The Army also wants to “maintain the skills we needed in an Army that was going to get smaller, and doing it appropriately in regards to mitigating the risk against the Soldier, the family and readiness.”

What Dailey said the Army hopes to achieve by putting the RCPs for senior enlisted back to where they were in 2006-2008, is to maintain upward mobility for Soldiers in the middle NCO ranks.

“You have got to create upward mobility,” he said of opportunities for mid-grade NCOs. “These are highly-qualified, very motivated individuals – they are aggressive seekers of further responsibility. That’s exactly what we trained them to be. If you don’t provide that opportunity, there is a risk you could lose talent.”

Dailey said Army number crunching reveals that these most recent changes to RCPs will result in increased opportunities for mid-level NCOs.

No cliff

The new RCPs will require as many as 3,000 NCOs to leave the Army earlier than they expected, but they will not all leave at the same time. Instead, the Army will stagger the adjustment of their RCPs over a period of about three years. All of those NCOs will be able to retire with at least 20 years of service, but most will retire with more than that, Conner said.

While for many NCOs, a new ETS will be a surprise for them, every Soldier affected will have more than a year to plan their retirement. For instance, for sergeants first class



PHOTO BY SGT. KIMBERLY HACKBARTH

Staff Sgt. Luis Santos is promoted to sergeant first class March 1, 2013, by Lt. Col. Bruce Moses, at Forward Operating Base Masum Ghar in the Panjwa'i district of Afghanistan.

and promotable sergeants first class, the implementation of RCPs will be staggered in the following fashion.

-- Beginning Oct. 1, 2016, for SFC and SFC(P) who enlisted Oct. 1, 1992, or earlier, their RCP will be reset to 26 years.

-- Beginning Oct 1, 2016, for SFC and SFC(P) who enlisted between Oct. 2,1992, and Apr. 1, 1994, their RCP will be reset to 25 years.

-- Beginning Oct 1, 2016, for SFC and SFC(P) who enlisted Apr. 2,1994, and after, their RCP will be reset to 24 years.

A similar staggering of RCP implementation will happen for master sergeants, command sergeants major and sergeants major so that they, too, will have plenty of time to plan their retirements.

Nominative positions, exceptions

For the senior-most NCOs in the Army, the sergeants major, their RCPs will be moved from 32 years down to 30. But those sergeants major will be offered the opportunity to serve longer – provided they are at Headquarters Department of the Army or Army command level, in a nominative position, and are rated by a general officer, member of the senior executive service, or equivalent.

A sergeant major who is serving as the command sergeant major at the U.S. Army Sergeants Major Academy,

for instance, or as executive officer to the Sergeant Major of the Army, will also be authorized to serve beyond 30 years.

But once they leave those positions, they will need to go to similar jobs if they want to continue to serve beyond 30 years.

“If a sergeant major is past 30, they have to keep competing for a nominative position,” Conner said. “If they are not selected for another one of those positions, it’s time for them to retire. It fits the Army’s promotion modeling system.”

Other NCOs will also get exceptions to the new RCP policy, as well, based on if their command requests an exception to policy and if the request meets the needs of the Army.

“We expect to approve some justified exceptions to policy in the first three years,” Conner said. “We will publish a message that addresses exceptions for reasons such as assignment service obligations and promotions service obligations. For example, if a sergeant first class is on assignment to Germany for a three-year tour, with this change that Soldier may only be able to go for two years and some change. Human Resources Command will have to decide if they want to give an exception to policy for the assignment, an exception of policy for the RCP, or delete the assignment.”

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Flatiron

Continued from Page A1

during the transition in support of Operation Enduring Freedom from 2009-2010.

Berhmann said he will lead from example will perform to the best of his ability in a job he loves.

“I fully believe we have the most rewarding job across the military service,” he said. “We need to enjoy our time in these positions

and develop yourself and others as much as you can.”

The new commander said he will lead according to four tenets he holds dear: maintenance, safety, training and family.

“These four tenets are what I believe makes a unit successful,” he said. “Each of them are intertwined closely and, without one, the others will unravel.

“Do not be that Soldier who works 14

hours a day and ignores family time and, at the same time, don’t be the Soldier who conducts training flights with safety as an afterthought,” said the incoming commander.

“Everything we do must be balanced, for at the end of the day our main priority is the patient. Fail the patient and we fail our mission, but do not fail yourself or your crew by neglecting proper maintenance, safety, tough realistic training and your family.”

Tripp also gave his full vote of confidence to the new commander, and wished him the best.

“Captain Behrmann, I have no doubt that you will take great care of this outstanding unit almost as much as they’ll take care of you,” said the outgoing commander. “I wish you the best of luck in your command, although I know you won’t need it with the group that is surrounding you today.”

AER

Continued from Page A1

Aviation Center of Excellence chief of staff.

AER was incorporated in 1942 by the secretary of war as a private, nonprofit corporation, and it’s original mission was to assist and mobilize Reserve pilots in the Army Air Corps who’s military pay was just a fraction of what they were making as civilians, said the chief of staff.

“Today, Army Emergency Relief is still providing support to Soldiers, unique in that it is an organization that is based on Soldiers helping Soldiers, providing a means for those facing financial hardship to obtain no-interest loans and in some instances, grants,” said Ault. “AER is a program that provides resources to help Soldiers and their families alleviate their financial hardship rather than find themselves in further hardship with many off-post agencies. The intent is to provide a financially responsible alternative for Soldiers, so that they’re not tempted to turn to (predatory lenders).”

The program recognizes many scenarios as urgent, including falling behind on rent or utility payments, having unexpected vehicle repairs, or even having a need for furniture for a newly wed couple moving into a home.

AER also encompasses programs within itself to better serve Soldiers, such as the Commanders Referral Program, which is a program designed to provide a quick and

simple procedure of processing emergency assistance requests, said the USAACE chief of staff.

“It gives a commander and first sergeant the authority to approve an interest-free loan when Soldiers have defined a solid need for the request that falls within the established criteria,” he said. “Twenty three percent of the assistance provide on Fort Rucker last year was through the Commanders Referral Program, demonstrating the commanders’ response to the Soldiers’ needs and the importance of the AER program for those here at Fort Rucker.”

Additionally, AER provides undergraduate-level scholarships based on financial needs for children and spouses of Soldiers and retirees, Ault added. During the 2015-2016 school year, 18 spouses and 47 dependent children benefitted from \$130,000 in scholarships.

Although AER’s contributions are far reaching, none of it would be possible without the support of contributors and unit coordinators, said the garrison commander.

“The job (you coordinators had) was twofold,” said Miller. “You all had the job to make everyone in your units aware of what AER provides, and you also provided the opportunity for the units to contribute to the campaign, so you enabled the AER program to continue to provide for our Soldiers and our families, and you have made a tremendous impact.”

At the beginning of the campaign, each unit was chal-

lenged to earn the coveted traveling challenge cup, which is awarded in three categories: Primary Military Organization, Student Training Organization and Directorate.

The challenge cup winners were: B Company, 1st Battalion, 223rd Aviation Regiment, Primary Military Organization winner; D Company, 1st Battalion, 13th Aviation Regiment, Student Training Organization winner; and the Directorate of Simulations, Directorate winner.

The challenge cup winners were determined on a per-capita collection basis, which was calculated by dividing the amount of Soldiers in the unit by how much was collected.

Winning units keep the trophies on display until the next campaign season.

It’s the dedication of those unit coordinators, as well as those who contributed with either donations or efforts, that has made AER a success, but Ault insists that the work is not done.

“Soldiers, retirees and their families need to know that AER assistance is available in times of financial need,” said the USAACE chief of staff. “Army Emergency Relief is dedicated to never leave a Soldier in need, and provide Army leaders with a valuable asset in ensuring a ready source of financial assistance for their Soldiers and families.”

Feral hogs

Continued from Page A1

wild animals could turn dangerous in a heartbeat, according to Fort Rucker Natural Resources Branch Chief Doug Watkins.

“I would encourage everyone on Fort Rucker to avoid them if at all possible,” said Watkins, adding that people shouldn’t approach them or try to entice them with food. “If you encounter a group of hogs, just back away, and never place yourself between the young hogs and the adults.”

“Fortunately, we have not received any reports of people being attacked,” said Daniel Spillers, Fish and Wildlife Biologist. “Our main concern is that you have (some Soldiers in training) out in the woods crawling around on their stomachs at night – it could happen very easily.”

The feral hogs won’t seek out people to attack, explained Spillers, but they could do some serious damage if cornered or if they feel their young are threatened. “You never want to try to pet the baby pigs, or be aggressive towards them. Feral hogs have large teeth or tusks that can do a lot of damage.”

Spillers added that the hogs, in general, are afraid of humans and will look for a way to escape if there is an encounter.

If people encounter a group of feral hogs in a housing area or near the common areas on Fort Rucker, they should call the military police or game warden, added Watkins.

People should also avoid damaged areas where the hogs have been rooting, said Watkins. “Do not let your children sit down and play in the dirt in these areas.”

Fort Rucker has reached a pivotal point where the feral hog population, after 20 years of growth, has become a threat to the local environment, and not just an inconvenience Watkins added.

Trapping is really the only proven effective method, said Watkins. “We have a trapping program that we administer through the natural resources branch where people can come in and sign up with us to be a volunteer trapper.”

Watkins added that with the community’s support, the population of hogs on

Fort Rucker can be managed.

“Estimates say that you need to take 80 percent of the population each year just to keep up with the population growth. That is a tremendous amount when you are talking thousands of hogs,” said Spillers, adding that this isn’t the only area in the country with a feral hog problem.

The Centers for Disease Control and Prevention says there are over 4 million feral hogs located across 36 states in the U.S. In the western portion of the country, the land is more open and people can more efficiently hunt them by helicopter, but in this area, where there is more forested terrain, hunters might get one hog and be done.

“There are many city-, county- and state-run programs to assist private land owners with trapping costs and information. The level of assistance people can get depends on where in the U.S. they are living and what programs are available in their area,” said Spillers.

Watkins explained that Fort Rucker is working closely with the Animal and

Plant Health Inspection Service, the federal agency that specializes in the removal of problem wildlife.

“We have had them here on numerous occasions and we are following the recommended plan for Fort Rucker closely. We have consulted with Auburn University and various other biologists in the local area to develop the best strategy for combating this problem.”

“People can help by reporting if they see feral hogs in the housing areas or anywhere on post,” said Watkins. The military police can be reached at 255-2222, and the Game Warden at 255-4213/4735.

People interested in becoming a volunteer trapper can call the natural resources branch at 255-9368.

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DIRECTIONS: Boll Weevil Circle to Shell Field Road. Left on Raven. 3rd left on Redhawk. Corner of Raven and Redhawk.


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Open Sunday, June 12 • 2:00 - 4:00 • Hunter Ridge
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**468 CR 163
\$359,900**


Listed just in time for summer! This beautiful 4/3 is located in the lovely subdivision of Hunter Ridge with its tranquil lakes and rolling hills. Over 3800 square feet include 4 bedrooms, 3 baths, a sun room and a huge bonus room upstairs with a full bath. Master suite has a large walk in closet and a Jacuzzi tub w/ separate shower. The back yard is sure to be the site of summer fun with its pool and covered patio for cookouts & get togethers with friends & family. Not much of a swimmer? Let's go fishing!

DIRECTIONS: Highway 167 North to Hunter Ridge subdivision. Follow road around the curve. House will be on the right.


**Jan Sawyer
406-3293**
Open Sunday, June 12 • 2:00 - 4:00 • Hunter Ridge
**16 CR 168
\$273,900**


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

Directions: Highway 167 North to Hunter Ridge subdivision, follow around to house on the corner of CR 168.


**Evelyn Hitch
406-3436**
Open Sunday, June 12 • 1:00 - 3:00 • Sommer Brooke
**522 Riverwood
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Awesome custom built home situated on an over-sized lot with sprinkler system & wood fence for back yard privacy. Many upgrades to include low e windows, tankless Rinnai gas hot water heater, under mount sinks, granite counter tops, built-ins in bonus room/5th BR, raised dishwasher, wainscoting in stairwell with recessed lighting, coffered ceiling in grandroom, custom mantel, window casing & crown molding, approx. 500 ft. circular patio, scored & stained covered porches & termite bond with Cooks.

Directions: From the Boll Weevil Circle turn on 27N, right on Porter Lunsford Rd, left into Sommer Brooke subdivision, left on Sommer Oak, left on Riverwood, house is on left.


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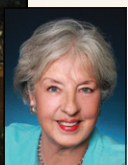

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783 GOPHER RIDGE: SAMSON: Fishing pond, acreage, barn and 3 bedroom ranch style brick home. Approximately 15 acres -- some cleared, some wooded -- great for outdoor activities. Brick home offers 3 bedrooms, living area, eat-in kitchen, laundry room, screen porch, and covered area for family cookouts with friends and family. Great rural retreat for \$100,000. **JUDY DUNN 301-5656**

\$56,000


285 Z STREET: Daleville: Really nice large mobile home - has been well maintained - 2 Living areas, with a fireplace in the den - big kitchen with an island, updated cabinets and pantry - walk in closets in all bedrooms - large master bath w/garden tub and separate shower - screened in front and back porch - large detached 2 car garage with 2 garage doors (w/openers) and space for a workshop - Convenient to Ft Rucker, schools and shopping - If you are looking for a mobile home, you need to take a look at this one. **BOB KUYKENDALL 369-8534**

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1302 CR 537: 4.75 +/- acres, Bridlewood: Country living convenient to town. Nice 3 BR/2 BA home with pool and minutes from historic downtown Enterprise. Bring your horses. **FRAN & DON KALTENBAUGH 790-5973**

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104 Regal: Affordable with 4 bedrooms, conveniently located to Ft Rucker, Harland Creek Elementary school and shopping. Nearly New Appliances. All brick with a large two car garage and modern windows. The floorplan is mostly open with a large kitchen, dining area and family room all open to one another. The large living Room is separate. A well maintained home with a big yard that is level in the front and slightly sloping in the back yard. The back yard is fenced and has a nice view. Detached shed with Electricity. **ROBIN FOY 389-4410**

JUST LISTED ON SATURDAY ~ \$77,000


124 CR 442: Only about ten miles to Wal-Mart, but on the road to the beach, this three bedroom, one bath home is situated on two lots. It has laminated wood and tile flooring except for the bathroom which is ceramic tile. All appliances to remain to include the washer and dryer (no warranty on W/D). There are still a few electric wall heaters that are working, but a central heating and cooling unit has been added in the last 15 years. Well is in shed along with a separating wall for storage. Plenty of room for RV. **EVELYN HITCH 406-3436**

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

NEW CONSTRUCTION ~ \$154,000


210 Winterberry Way: Tucked in the woods off Boll Weevil Circle. While providing privacy, they offer the convenience to schools, shopping, golf, restaurants and minutes from Ft. Rucker. Security system, wood floors, stainless appliances, natural gas heat/cooking/water heater, low E windows, irrigation system, 2" faux wood blinds, framed mirrors in bathroom and tray ceiling in grandroom and fence across back property line. (Poplar Place Plan) Owner is licensed residential home builder and REALTOR in the state of Alabama. **BILLY COTTER CONSTRUCTION, INC. 347-2600**

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MAPLE RESOLVE

U.S., Canadian Aviators help make exercise successful

By Sgt. William Parsons
Army News Service

CANADIAN FORCES BASE WAIN-WRIGHT, Canada — It is one of the few hours of darkness in Alberta, leaving the big grey brute in the sky without a shadow to cast.

The C-130's four turboprop engines cut through the clouds. When runway lights become visible on the horizon, he pitches his nose downward and descends. Cradled in his arms, rows of sleeping Soldiers sit bathed in soft green light. Men slump against one another like limp action figures — an oddly intimate moment in an otherwise busy military exercise.

Their alertness soon grows with the acceleration of the aircraft. Helmets are donned, hands slide into gloves and murmurs begin to swirl. The bustling of the crew chiefs confirms everyone's guess: it is time to hit the pavement.

Soon there is a floating sensation in the stomach followed by a forceful thud as tires make contact with the runway. The aircraft crawls to a standstill. And then ... nothing.

These moments before the ramp drops always bring the most tension. It is not fear, however, but eagerness. When it is finally time to leave the brute's embrace, Soldiers hustle down his ramp and into the beams of light lining the perimeter of Cold Lake. Maple leaf patches on their shoulders become visible.

Canadian Forces Base Cold Lake is a busy place tonight. So what is all the fuss about? Occurring here is the first major operation in the largest joint military exercise Canada's army has to offer: Maple Resolve.

Just what is Maple Resolve and why does it matter? In the immediate sense, it

SEE RESOLVE, PAGE B4



PHOTO BY SGT. WILLIAM PARSONS

A Soldier with 3rd Battalion Princess Patricia's Canadian Light Infantry rests aboard a C-130 aircraft on its way to Canadian Forces Base Cold Lake as part of Exercise Maple Resolve May 27.



ARMY PHOTO

Soldiers from the 82nd Combat Aviation Brigade participate in pre-race festivities at the Coca Cola 600, Concord, N.C., May 29. The race also honored those who gave their lives for their country and some of their names were placed across the windshields of the drivers.

PARTNERS

Army, Drexel University enter cooperative research agreement

U.S. Army Research Laboratory
Public Affairs Staff Report

ABERDEEN PROVING GROUND, Md. — The U.S. Army is partnering with Drexel University in a joint research agreement to spur scientific research in areas of mutual interest.

The Army will work closely with Drexel under a Cooperative Research and Development Agreement initially to identify damage on Army aircraft due to metal fatigue and stress, and to formally address modeling approaches to the severity of damage precursors in Aviation structures.

"This opportunity to collaborate in a formal partnership provides Drexel's



PHOTO ILLUSTRATION BY JOE STEPHENS, CHRIS BOSTON AND CONRAD JOHNSON

The U.S. Army Research Laboratory is partnering with Drexel University in a joint research agreement to spur scientific research in areas of mutual interest.

faculty and students, from numerous disciplines, with the ability to conduct collaborative fundamental and applied research with experts from the Army

Research Laboratory," said Aleister Saunders, PhD, Senior Vice Provost for Research at Drexel University. "The agreement instantly expands our research capabilities and provides a defined administrative framework for our involvement in mission-oriented research and development."

A CRADA is a formal agreement between one or more federal laboratories and one or more non-federal parties under which the government, through its laboratories, provides personnel, facilities, equipment or other resources.

"While many other projects will be spawned by this agreement, the initial

SEE PARTNERS, PAGE B4

Aviation Spouses take flight with 12th CAB

By Capt. Jaymon Bell
12th Combat Aviation Brigade Public Affairs

USAG ANSBACH, Germany — Spouses of Aviation Soldiers in the 12th Combat Aviation Brigade participated in spouse orientation flights May 11 at Katterbach Army Airfield.

The spouses were given the opportunity to fly in a CH-47 Chinook from H Company, 1st Battalion, 214th Aviation Regiment, 12th CAB, "Big Windy" or one of three UH-60 Black Hawks from 3rd Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, "Task Force Spearhead," under the watchful eye of the CAB's most experienced Aviators.

The 20-minute flight took the spouses over Colmburg Castle and Rothenburg o.d. Tauber, which are iconic landmarks of Middle Franconia.

In accordance with Army Regulation 95-1, the Spouse Orientation Flight Program is designed to provide Aviation units an opportunity to enhance military spouses' understanding of Army Aviation.

These short, safe flights are intended to help spouses influence career decisions of Aviation Soldiers, ultimately



PHOTO BY SPC. ANTONIO RAMIREZ

Spouses of 12th CAB Soldiers leave a UH-60 Black Hawk helicopter after an orientation flight aboard the aircraft at Katterbach Army Airfield in Ansbach, Germany, May 11.

increasing retention and improving overall morale.

For most, it was a once in a lifetime opportunity to see the aircraft up close and experience them in flight.

"It's one thing to imagine what your spouse does as a

SEE SPOUSES, PAGE B4

JOINT AIR ATTACK TEAM

Artillery, Apaches, Marine F/A-18 put steel on targets

By Scott Lindblom
3rd Combat Aviation Brigade Public Affairs

FORT STEWART, Ga. — The AH-64 Apache pilots of the 3rd Combat Aviation Brigade and field artillery from 1st Battalion, 9th Field Artillery Regiment, 3rd Infantry Division Artillery teamed with Marine F/A-18 Hornet pilots of the Marine All Weather Fighter Attack Squadron 224, Marine Aircraft Group 31 to deliver deadly accurate fire during Joint Air Attack Team training on Fort Stewart May 22.

The JAAT was part of the two-week Falcon Focus training exercise where the 3rd CAB validated Soldier skills and mission command systems for future operations around the world.

Staff Sgt. Trevor Swords, Troop B, 6th Squadron, 8th Cavalry Regiment, 2nd Brigade Combat Team has conducted JAAT training in a war zone and observed the impacts from the observation post.

"A JAAT is a term used when you are massing fires on an objective or series of targets within close proximity of one another using different assets," Swords said. "Today we are having 155mm Howitzers engaging targets simultaneously with a F/A-18 from the Marine Corps all at the same time, we have AH-64 Apaches engaging with rockets and 30mm rounds."

An MQ-1C Gray Eagle unmanned aircraft system from E Co., 3rd CAB guided artillery along with providing the targeting laser for Hellfire anti-tank missiles fired by Apaches.

CW2 Barry Galinger, brigade fire support officer, 3rd CAB, spoke of the added benefit the training provides for the future battlefield.

"The benefit of the joint training is you never know where you're at, and you never know who's going to be there for you when you're out in combat," Galinger said. "Identifying these types of training events and working together we get comfortable, so we know who's up there and we know how they're going to react for us when we need timely fire."

After the training, Col. Jeffrey Becker, 3rd CAB commander, commented on how he felt everything went.

"Not only did that Joint Air Attack Team training event include all the components of the joint force, it absolutely showed the capability of combining the manned-unmanned system and a maneuver team of AH-64D Apaches and MQ-1C Gray Eagle (UAS)," Becker said. "The aircraft maneuvered as part of the JAAT to find and destroy the enemy armor formation that was moving our way. It was highly effective and highly lethal."

Becker said this is key in today's military where the military needs to maximize the value of each training dollar. The training is also important as the unit prepares for a training exercise later this year.

"This training exercise has proven that the combat Aviation brigade is an enormous part of a divisions maneuver capabilities with the speed, flexibility, mobility and lethality that we bring to bear with the systems that we employ," Becker said.



PHOTO BY SPC. SCOTT LINDBLOM

CW2 Barry Galinger, brigade targeting officer, 3rd CAB, and Capt. William Neltner, assistant fire support officer, 3rd CAB, synchronize aircraft and artillery.

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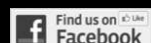
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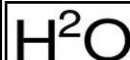
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Resolve

Continued from Page B1

is a giant gathering of coalition forces. Over 6,000 Canadian troops, 1,200 American Soldiers, and about 150 members of the British military have all rendezvoused at a small camp named Wainwright. There they will have the opportunity hone their fighting skills by confronting conventional and hybrid threats in a joint, integrated, multinational environment. This year the exercise ran from May 23 to Monday.

In the grand scheme, Maple Resolve strengthens the bonds between these three allies and provides a glimpse into the future of military conflict. Wars of the future will continue to involve the collaboration of multiple nations – no one fights alone anymore.

A key element in this joint exercise is the exchange of Aviation assets. This particular night has Canadian-piloted CH-47 Chinooks and U.S.-manned UH-60 Black Hawks. They will be working together to transport Canadian infantryman from CFB Cold Lake to attack nearby objectives. At these sites the Canadians will fight the opposing force – played by the British military.

Outside a massive jet hangar stands an equally large man named Maj. Cole Petersen. An infantryman hailing from Cornell, British Columbia, he is the deputy commanding officer for the 3rd Battalion Princess Patricia's Canadian Light Infantry. It is a versatile combat unit dating back to World War I, and has the capability of conducting both airborne and mountain operations.

Petersen watches his men on the flight line prepare for the arrival of helicopters. "We wish to demonstrate the ability to rapidly project force across long distances through the use of air power," he explains. "It is very much a team effort between the infantry and the Aviators to project that force."

Before long the rumble of other aircraft approach the runway. In response, the brute pivots around to face his intruders. A pack of three Black Hawks swoop in and reveal themselves. They are American friends. When they set down on the tarmac their crew chiefs step out of the mechanical birds and signal to the Canadians it is time to go fight.

Partners

Continued from Page B1

project addresses our Sciences for Maneuver Campaign goals," said Dy D. Le, chief of ARL-Vehicle Technology Directorate's Mechanics Division. "This research explores capabilities for early detection of material damage precursors, how fast they evolve, and at what point in time it can be mitigated to prevent catastrophic failure of structures. Finding out where and when faults may occur in aviation structures is critical."

For the last six months, Drexel University, through its leadership team, has expressed interest in moving forward with this critical collaboration, he said.

"The Army will work closely with Drexel's team led by Professor Antonios Kontsos," Le said. "The partnership creates new experiential learning opportunities for students and connects them to career opportunities within the Department of Defense."

Located in Philadelphia, Drexel is a "comprehensive global research university ranked among the top 100 in the nation," according to its website. With about 26,000 students, it is one of America's 15 largest private universities.

"ARL's Open Campus business model creates a dynamic, cooperative science and technology ecosystem that links government assets

with the global research community," said Thomas Mulkern, chief of the ARL Technology Transfer Office. "Collaboration is centered on mutual scientific interest and investment by all partners."

Open Campus partners work side-by-side with ARL research scientists and engineers to share ARL's specialized research facilities and bring ARL researchers to their institutions to communicate a perspective on research conducted in federal laboratories, and become part of the broader DOD network, Mulkern said.

"ARL is opening areas of its Adelphi Laboratory Center and APG to host visiting scientists and engineers, including foreign nationals," he said. "We envision future construction of new facilities to host partners with laboratory and office space to serve academia and small businesses, and to incubate entrepreneurial startups."

ARL has about 180 active CRADA projects with industry and academia. CRADAs are authorized by 15 U.S.C. 3710a and implemented by Executive Order 12591. The governing Army regulation is AR 70-57, Military-Civilian Technology Transfer.

The laboratory and Drexel University hope to conduct a formal signing ceremony some time this month.

Spouses

Continued from Page B1

pilot or crew chief," said Emily Leathead, family readiness group leader and spouse of Capt. Phil Leathead, a CH-47 Chinook pilot and commander of H Co. "But to experience a flight firsthand is an unreal experience."

"I'm so proud of what they do as Aviators," said Leathead. "I wanted to shake everyone's hand after the flight."

The spouses sat through a thorough safety brief from the battalion safety officer on emergency procedures, and conducted static cold load training where they were taught how to use the aircraft's restraint system, and how to safely enter and exit.

Capt. Kate Alfin, a UH-60 Black Hawk pilot and S-3 operations officer, spent countless hours organizing the orientation flights. This marks the first time the 12th CAB has conducted a spouse orientation flight.

"I am grateful to those who were able to set up this wonderful opportunity for all us spouses," said Amanda Geiger, wife of Spc. Chase Geiger, a CH-47 Chinook helicopter repairer from H Co. "It was amazing to see some of what my husband gets to experience every day."

Among these Aviators is U.S. Army CW3 Joel N. Barlow of A Company, 1st Battalion, 168th Aviation Regiment. He and his crew are a long way from their home in Boise, Idaho, but seem to be enjoying the mission and thrill of flying outside the U.S.

"It is a great opportunity for us to learn from the Canadians. I think they are happy we are here to help support this exercise," Barlow remarks. "The mission ... certainly stands out in my mind. It was complex, it was exciting and it was a lot of fun to do."

Troops approach the birds and begin stepping through the slide doors of Barlow's Black Hawk. The transition is busy, but orderly. Soon reports come in Canadian Chinooks are also inbound, and suddenly CFB Cold Lake starts to feel a bit crowded. Regardless, Petersen surveys the scene with no signs of distress visible on his face.

"The most difficult part of this operation has actually been the planning," the major says. "This operation encompassed a parachute assault, a tactical air landing operation, as well as an air assault by Aviation elements from two different nations – all within the span of 12 hours." Coincidentally, Barlow would later comment on the planning of tonight's operation, too.

"The Canadians seem to be pretty squared away. They show up to do business," he said. "I've been really impressed with their flight planning process – how they meticulously plan the missions."

The last infantryman quickly hops aboard as the crew chief slides the door shut behind him. With the Black Hawks full, Barlow and crew take off with their Canadian cargo.

"I hope the junior Soldiers will understand how versatile

working with the (Canadian) air force or U.S. Army Aviation makes them," Petersen says. "We have a lot of coalition assets because that is the way all of our operations have been for the last 15 to 20 years."

It is calm for a moment after the U.S. birds disappear. The pause is short-lived, however, by the approach of Canadian Chinooks. The brawny twin-engine helicopters waste no time landing in front of the next wave of troops.

When heavy lifting is needed, the Army calls in Chinooks. Yet even the toughest workhorse has its bad nights.

The Chinooks receive the last remaining troops and raise their ramps. After the aircraft begin to leave CFB Cold Lake it soon becomes apparent something is wrong. Radio communication reveals one of the helicopters in the formation has an engine failure. It decides to return. Despite a full load of troops inside, limited visibility and one engine, the pilot skillfully sets the bird down safely.

"That guy ... just landed a Chinook with one engine ..." an awed onlooker remarks.

The men of C Company march off the wounded Chinook and move inside the hangar. Perhaps disappointed they are not with their comrades, the troops are no doubt thankful they made it to the ground in one piece. Meanwhile, kilometers away, a battle begins to rage.

The mission could still go forward despite the setback, Petersen later explained. "We plan ahead for these sort of things."

In the midst of the excitement, something went missing. The large grey brute is now gone. Taken to the skies again. He, like his U.S. and Chinook compatriots, still has much work left to do before the night is over.

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JUNE 9, 2016

LENDING A HAND



In 2013, Maria Aponte, Army Community Service volunteer, helps Capt. Marco Floures, Federal Police of Mexico, select items for temporary use at the Lending Hangar.



Then-Staff Sgt. Larry Evans, 110th Avn. Bde., borrows some household goods from the Lending Hangar last year.

Lending Hangar helps relieve moving stress

By **Jeremy Henderson**
Army Flier Staff Writer

Tight budgets can make duty station transitions stressful, but Army Community Service's Lending Hangar provides relief just in the nick of time for many Soldiers and families.

The Lending Hangar, located in Rm. 177 of Bldg. 5700 on Novosel Street, offers basic household supplies to Soldiers, Department of the Army civilian employees, retirees and their families during permanent change of station moves or temporary duty assignments to Fort Rucker.

"(They) can borrow items such as pots and pans, cooking utensils, dishware, eating utensils, sleeping mats, roll-a-way beds, folding tables and chairs, small appliances, children's items – such as high chairs, booster seats, travel tenders, umbrella strollers and car seats – microwaves, televisions and more," Ruth Gonzalez, ACS Relocation Readiness Program manager, said.

Authorized personnel need only bring their military identification and a copy of their temporary or permanent orders, as well as a means to transport what they borrow.

"If there is anything that we can provide our Soldiers while they transition and it is within my abilities, then I will try to make it happen."

RUTH GONZALEZ
ACS RELOCATION READINESS
PROGRAM MANAGER

Gonzalez said the hangar provides a vital service to Soldiers transitioning by giving them the means to prepare food at home and save money.

"In today's economy and budgets being tight, I believe the Lending Hangar helps ease the financial burdens on the Soldiers and their families when they're moving because they are not obligated to eat out every day until their items arrive," she said. "If they are unable to move (household goods), then they can borrow our items and not feel obligated to purchase or rent items that they will only be using

for a short time."

Items can be borrowed on a 30-day basis, according to Gonzalez. But exceptions can be made, if needed.

"If they are moving overseas they can borrow items 60 days before moving," she said. "If the Soldier's (household goods) are delayed in arriving, then they normally will call me and ask for an extension. Each extension is on a case-by-case basis, depending on the circumstances or issues that the Soldier may be facing."

Patrons are asked to return items clean and in working condition, but Gonzalez understands accidents happen.

"I ask Soldiers to replace the item that is broken, lost or damaged," she said. "Depending on the inventory and the Soldier's situation, again, we work with them."

Aiding Soldiers and families has been a career-spanning effort for Gonzalez. She first volunteered for ACS Relocation Readiness in 2000 while stationed in Kaiserslautern, Germany, where she helped with the loan closet. She said it just felt natural to continue helping Soldiers and their families.

"Being able to lessen the burden of our young, single Soldiers, our young newly-

wed Soldiers and their spouses, and those seasoned Soldiers and their families helps me feel like I'm giving back to them and supporting their constant sacrifices while serving our country," she said. "If there is anything that we can provide our Soldiers while they transition and it is within my abilities, then I will try to make it happen."

"We have had several situations where Soldiers are assigned to Fort Rucker without their family and are unable to afford cooking items, small appliances, etc.," she added. "The relief they express when they are able to use our items and not worry about adding another debt to their finances is comforting. Also, our Soldiers and families who arrive from an overseas assignment and do not have their unaccompanied (household goods) or (household goods) arriving in the near future are very happy to be able to try and settle in with our Lending Hangar items until they receive their personal things. A home-cooked meal can help relieve many of our moving stressors."

The Lending Hangar is open Mondays, Wednesdays and Fridays from 7:30 a.m. to 4 p.m.

For more information, call 255-3161.

RESILIENCE THROUGH ART

New workspace to help Soldiers learn life skills

By **Jeremy Henderson**
Army Flier Staff Writer

Soldiers will soon have a workspace to enjoy camaraderie and learn life skills thanks to the Fort Rucker Arts and Crafts Center.

The Resilience through Art workspace opens to Soldiers with a ceremony June 23 from 1-3 p.m. and Joan Varner, arts and crafts center program manager, is proud of the project.

"This will be their room," she said. "It will be a private space where Soldiers can speak freely with one another while creating art. There will be two tables set up with four chairs at each table. The room will be open and available whenever the center is open."

According to Varner, center staff will be available to aid Soldiers in learning a variety of skills and ultimately creating art.

"We are going to teach them some skills so they can learn to paint, work with clay and other things," including wood-burning tools, she said. "They can come to this space and work through whatever is on their mind. It is another avenue they can use to express themselves, both now and throughout life."

Soldiers should not be discouraged if they have no formal training or experience. Varner said classes will be



ARMY PHOTO ILLUSTRATION

held to help everyone get their feet wet.

"We are going to host a class when they first come here," she said. "The skills they will learn and gain here will be life skills. They will have them forever."

Several Soldiers have already expressed excitement for the workspace's upcoming opening, according to Varner.

"We've had a lot of our Soldiers come in to take framing classes and learn about the upcoming workspace," she said. "I am frequently told that these classes help Soldiers focus throughout the day by providing an opportunity to get outside of the everyday routine and create something. They are so excited about this opening. They have been looking forward to this."

The Resiliency through Art initiative supports the Army's Comprehensive Soldier and Family Fitness pro-

gram's goals by providing Soldiers a calming, stress-free activity that they can enjoy on their own or with their families. According to the American Art Therapy Association, families who participate in art activities together often strengthen their relationships through shared enjoyment and the discovery of new strengths.

According to Varner, the program is not an art class. No prior art experience is needed or required. Instead, participants are encouraged to explore various art mediums with open expectations, concentrating on the process of creativity, not the end product.

The program focuses on the process of personal expression through art, in a small group setting.

The arts and crafts center is open Tuesdays-Fridays from 9 a.m. to 6 p.m. and Saturdays from 9 a.m. to 4 p.m.

For more information, call 255-9020.

VOLUNTEER OPPORTUNITIES

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POSITION: Employment Readiness

DUTIES: Administrative and clerical duties, including typing, copying, taking telephone messages for program manager, etc. Assists the program manager as needed. Microsoft Excel experience is needed.

POSITION: Welcome Center Assistant

DUTIES: Assists welcome center customers with maps, directions, telephone numbers and other requested information. Answers the telephone, prepares SITES files for outgoing personnel and family members. Assembles welcome packets for distribution, prepares compact disks for mailing and distribution, ensures accurate customer records are maintained, and provides light clerical support relative to Army Community Service relocation readiness services, including data entry for the ACS Client Tracking System. Performs fact-checking and research for SITES and other information sources. For more information, call 255-3735.

POSITION: Exceptional Family Member Program System Navigator Assistant

DUTIES: Assists in special needs workshops and teaches if need be. Maintains a resource library, assists with the support of on- and off-post support of special needs family members, and needs to become knowledgeable about the systems used by families with special needs. For more information, call 255-3634.

Freedom Fest

Fathers Day craft

Melted Crayon art

Single parent game night

ScreamFree train the trainer

Newcomers welcome

Dueling Pianos

Army Family Team Building app

Mom & Me: Dad too!

A black and white photograph capturing a group of four men gathered around a table to cut a large rectangular cake. Three of the men are dressed in U.S. Army camouflage uniforms, while the man on the far right is wearing a light-colored suit and glasses. They are all smiling and looking down at the cake. The cake is decorated with white frosting and a dark border, with the word 'BIRTHDAY' written in icing. In the background, an American flag is partially visible, along with a sign that reads 'DEPARTMENT'. The setting appears to be an indoor office or meeting room.

PHOTO BY NATHAN PFAU

Army birthday cake

Last year's cake cutting. The Landing Zone will host a birthday cake cutting to help celebrate the Army's 241st birthday Tuesday at noon. For more information, call 598-8025.

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

Fathers Day brunch

The Landing Zone will host its Fathers Day brunch June 19 from 9 a.m. to 2 p.m. For more information, call 598-8025.

FRG leadership training

Army Community Service will host family readiness group leadership training June 21 from 8 a.m. to 1 p.m. in Bldg. 5700, Rm. 371F. For more information, call 255-3817.

Resilience Through Art Work Space

For more information, call 255-9020.

Employment readiness class

For more information, call 255-2594.

Relocation readiness workshop

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

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For more information and to sign up, call 255-2997.

Right Arm Night

For more information, call 598-8025.

FORT RUCKER MOVIE SCHEDULE FOR JUNE 9-12

Thursday, June 9

TMNT: Out of the Shadows (PG-13) 7 p.m.

Friday, June 10

TMNT: Out of the Shadows (PG-13) 7 p.m.

Saturday, June 11

Studio Appreciation Advance Screening –
Free Admission (PG-13)4 p.m.

Sunday, June 12

The Jungle Book (PG) 1 p.m.
The Huntsman: Winter's War (PG-13) 4 p.m.

72nd D-Day liberation of Normandy observed

By Sgt. 1st Class Crista Mack
U.S. Army Europe Public Affairs

CARENTON, France — Seventy-two years ago, 156,000 Allied troops, 9,000 aircraft and nearly 5,000 ships launched the largest amphibious invasion in modern warfare.

To history buffs, it's known by many names: D-Day, the Invasion of Normandy, or even Operation Overlord, the name Sir Winston Churchill, then prime minister of England, gave it in accordance with his intense interest in operation nomenclature.

Now, 72 years later, the world has changed, but the 50 mile stretch of coastline known as Normandy remains in solidarity in welcome to the troops, both the veterans and today's generation of Soldiers, who in their estimation, did not invade, but "liberated" Normandy.

"Invasion is an act of war, a liberation is an act of helping people to get rid of some kind of tyranny," Denis van den Brink, communications officer of the city of Carentan, said. "Actually both terms are correct. It was an invasion in a way that suddenly foreign armies swept through France. But it was a real liberation from the tyranny of fascism.

"The allied army, more specifically, the American Army, they came to liberate, not to conquer," van den Brink said. "That's what it says in the Coleville cemetery, where 10,000 Americans are resting forever. That says it all. For the very first time in the history of mankind, they came to fight, die, win, victory, and then go home. That's the one and only example in the history of mankind, and we had all these foreign Soldiers coming and dying, and to fight for our land and then to free our land and then, instead of staying, they just went away."

Every year, Americans, French, British, German and people from around the world come to this coastline for a week or more of observances. Along the southern coastline, by the famed beaches of



PHOTO BY SGT. 1ST CLASS CRISTA MACK

A French boy thanks veterans for freeing his country at the annual Cabbage Patch ceremony and parade. Soldiers and civilians gathered for the ceremony and parade, commemorating the Battle of Carentan during the allied invasion of Normandy during World War II.



AIR FORCE PHOTO BY STAFF SGT. TIMOTHY MOORE

Lt. Gen. Stephen J. Townsend, left center, commander of the XVIII Airborne Corps, renders a salute, alongside representatives of the French and German militaries, during a D-Day ceremony in Carentan, France, Friday.

Omaha and Utah and towns such as Sainte Mere Eglise, the town liberated by paratroopers from the 82nd Airborne Division, and

Carentan, the town liberated by the 101st Airborne Division, streets are lined with flags, American, French, Canadian, British, Norwegian and

German. Across the countryside are monuments, museums, and events.

"It's amazing being here, the French people are so friendly to

us," said Sgt. Ryan Golden, an unmanned aircraft system maintainer from the 617th Cavalry Regiment, 4th Infantry Division.

Golden was one of the Soldiers from historic D-Day units here to participate in ceremonies. "When I got here the welcome was tenfold, it's like we've lived here our whole lives and we have just come home, the people of Normandy treat us like they are our families."

In addition to all the military ceremonies across the countryside, re-enactors visit annually from around the world. They dress up as military personnel from the 1940s, often driving period jeeps and motorcycles. An entire culture of World War II military re-enactors add to the feeling of the week, with marches, street parties and parades.

"I've met and spent some time with the re-enactors, they've been helping me learn French and I'm helping them learn English," said Golden.

Most importantly, the thousands who gave their lives on the day and in the liberation itself are honored, and the survivors who, 72 years on, are few and far between, are given a heroes welcome. Although the world considers them the very definition of hero, the veterans themselves are humble when they talk about that day.

"We all knew some of us were going to be wounded, we all knew some of us were going to be killed, but we knew it was a job that had to be done," said Vincent Haag, a 2nd Ranger Battalion veteran who scaled the cliffs at Point du Hoc on that famous day and visited Normandy 72 years later to talk about it.

More than 380 service members from Europe and affiliated D-Day historic units participated in the 72nd anniversary as part of Joint Task Force D-Day 72. The Task Force, based in Sainte Mere Eglise, is supporting local events across Normandy from May 30 to Monday to commemorate the selfless actions by all the allies on D-Day that continue to resonate 72 years later.

Angoville-au-Plain remembers humanity amongst war

By Air Force Staff Sgt. Timothy Moore
86th Airlift Wing Public Affairs

It was June 1944. World War II raged across many countries in Europe, and France was no exception. Tens of thousands of men and women put their lives on the line for their countries and many made the ultimate sacrifice.

However, less than an hour's drive away from the site of the largest seaborne invasion in history, two men made a stance to ensure that both ally and enemy alike wouldn't have to make that sacrifice.

In a small church in Angoville-au-Plain, Kenneth Moore and Robert Wright, both medics with the 101st Airborne Division, provided medical care to 80 Allied and German troops, and one child, in June 1944.

Just outside of the church, with its still blood-stained pews showing the remnants of combat long passed, stands a memorial adorned with an American and French flag dedicated to these two men, where U.S., German and French service members, veterans and civilians gathered Saturday to pay their respects.

"It was honoring and humbling to be among the veterans of the greatest generation and be a part of a ceremony here, where some of them fought," said Col. Al Boyer, commander of 1st Brigade Combat Team, 101st Airborne Division. "Even

when we are forced to fight, we still have to have a human side. We have to protect civilian lives and treat the enemy with fairness when we can. I think what these two gentlemen did back in 1944 is still very present in our military today. I believe we have the same characteristics and compassion in today's Army as we did in 1944, and I think put in the same situation our Soldiers would do the same thing today."

After setting up the medical station in the church, Moore and Wright searched the battlefield to find injured Soldiers. When a German officer arrived at the church and asked the medics to provide aid to German soldiers, as well, Moore and Wright agreed. The only stipulation they gave before providing medical care was that weapons be left outside of the church so as not to compromise its status as a noncombatant facility.

"It was profound to be outside the church where (this) actually happened – where they dropped in, set up an aid station and saved lives, opposed to what you usually see about people taking lives and capturing places," said Cpl. Connor Bural, 3rd Brigade, 2nd Battalion, 506th Infantry Regiment, 101st Airborne Division. "It was also really good to see the Germans here. They're here recognizing the heroes of our past, from both sides, because they saved their guys' lives as well as our own.

As long as we can honor each other's past, we can build toward the future."

As the ceremony went on, representatives from the U.S., France and Germany laid wreaths and saluted the memorial as a show of respect and gratitude for what Moore and Wright not only did for the lives they saved, but also for future generations to look back upon.

"For those of us who have been in combat, we understand that there is sacrifice and valor in war," Boyer said. "It's a human endeavor of death. For these two medics to do what they did in the fight here in 1944, to save both American and German lives, it shows the human side of combat. It shows the humanity that can exist even in the horrors of combat."

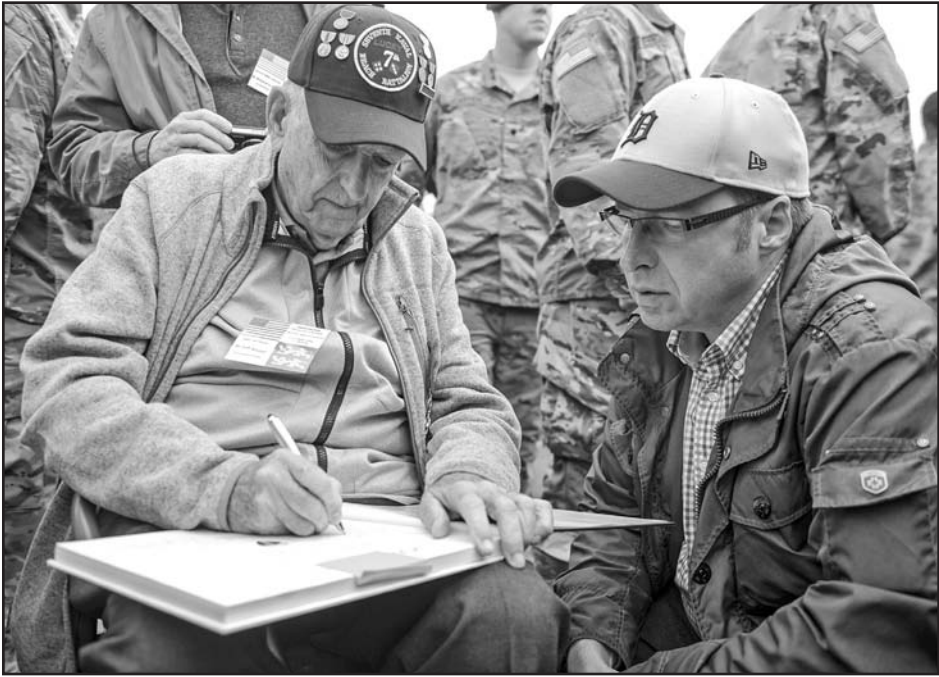


PHOTO BY AIR FORCE STAFF SGT. TIMOTHY MOORE

Cliff Goodall, a World War II veteran, signs an autograph after a memorial ceremony Saturday in Angoville-au-Plain, France.

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Park offers free summer admission

Landmark Park
Press Release

DOTHAN — Landmark Park continues to be one of 2,000 museums and parks across North America to offer free admission to military personnel and their families this summer.

This popular program is in collaboration with the National Endowment for the Arts, Blue Star Families, and the Department of Defense.

Organizations participating in the Blue Star Museums network will offer free admission to active-duty military personnel, including National Guard and Reserve, and their families now through



September 5.

“We are proud to participate in this program, especially since Fort Rucker is so close by and we have a wide variety of family-oriented activities planned this summer” William Holman, Landmark Park executive director, said. “It is a great way to say ‘thanks’ to the men and women who serve our

country.”

The free admission program is available to any active military member or family member who presents a Geneva Convention common access card (CAC), a DD Form 1173 ID card (dependent ID), or a DD Form 1173-1 ID card.

Free gate admission to the park will be granted to the military

ID holder and up to five family members during the stated time period. For a complete list of Blue Star Museums, visit arts.gov/national/blue-star-museums.

“Special thanks are due locally to the Army Aviation Center Federal Credit Union for serving as our corporate partner in this program” Holman said. “Their financial support will help underwrite the cost to the park of offering this program.”

Landmark Park is a 135-acre natural science and history museum located on the outskirts of Dothan. Features of the park include nature trails, a planetarium, playground, picnic areas, an elevated boardwalk, a turn-of-the-century

farmstead with sheep, goats, pigs, chickens, cows and other farm animals and crops typical of an 1890’s farm. In addition, the park includes a drugstore with operating soda fountain, one-room school, general store, and historic church, all preserved from the surrounding area. The park is open Monday-Saturday from 9 a.m.-5 p.m. and on Sundays from noon to 6 p.m. Admission is \$4 adults, \$3 for children and is free for park members and children age 2 and under. The park is located on U.S. Hwy 431 North, three miles north of Dothan’s Ross Clark Circle.

For more info, call 334-794-3452 or visit www.landmarkparkdothan.com.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

ONGOING — The American Legion Post 80 has regular meetings the second Monday of the month, starting at 6:30 p.m., at the Legion Hall. For more information, call 222-7131 or visit www.andalusialegionpost80.org.

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.

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

JUNE-JULY — Southeast Alabama Community Theatre offers open registration open for children ages 5 and older to enroll in a week of acting and learning about theatre by putting on a show under the direction of camp instructors. Every child gets a part and every child has their moment in the spotlight in SEACT’s original productions. At the end of the week, parents and friends are invited to enjoy the final productions and a cast party. Session dates are June 13-17, June 20-24, July 11-15, and July 18-22. Cost per week is \$120 – \$100 for season ticket holders. Registration forms and more information is available at www.SEACT.com. For more information, call 794-0400 or send an email to seact@seact.com. The SEACT office and classrooms are located inside the Cultural Arts Center at 909 S. St. Andrews Street.

For more information, call 794-0400 or send an email to seact@seact.com. The SEACT office and classrooms are located inside the Cultural Arts Center at 909 S. St. Andrews Street.

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

ONGOING – Veterans of Foreign Wars Post 3073 Wiregrass Post membership meetings are at the post headquarters at 1426 Taylor Road every third Tuesday of the month at 6:30 p.m. There is a fish fry every Friday night from 5-7 p.m., then karaoke beginning at 6 p.m. Breakfast is served Sundays from 8-11a.m. The post can host parties, weddings, and hails and farewells.

ENTERPRISE

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

ONGOING – The American Legion Post 73 meets at the American Legion building at 200 Gibson Street on the fourth Saturday of each month beginning at 9 a.m. The building is across the street from the Lee Street Baptist Church. For more information call 447-8507.

ONGOING — Veterans of Foreign Wars Post 6683, John Wiley Brock Post, membership meetings are at the post headquarters on County Road 537 every third Tuesday of the month at 7 p.m. For more information, call 406-3077, 393-6499 or 347-7076, or visit the VFW Post 6683 on Facebook.

GENEVA

ONGOING — The Geneva County Relay for Life meets the last Tuesday of the

month at 6 p.m. at the Citizens Bank. For more information, call 248-4495.

MIDLAND CITY

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

NEW BROCKTON

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

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

OZARK

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

ONGOING — 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.

PINCKARD

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

SAMSON

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

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

TROY

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

WIREGRASS AREA

JUNE 25-26 – The New Hope Freewill Baptist Church in Abbeville, 3819 County Road 31, will host the annual Youth Convention of the Mt. Hosea-Star Bethel Freewill Baptist Association June 25 at 10 a.m., featuring pastor and moderator Eddie L. Baker. The theme will be Train up the Child! The convention will continue June 26 at 10 a.m. with Pastor Randy Sewell of Solid Rock Missionary Baptist Church, Jacksonville, Florida, as guest speaker. All churches are invited to attend. Dinner will be served.

Beyond Briefs

Mullet Toss

St. George Island, Florida, will host its annual Mullet Toss June 11 from 10 a.m. to 5 p.m. on the beach in front of Blue Parrot Oceanfront Cafe. The event is sponsored by The Blue Parrot for the benefit of the Apalachicola Bay Charter School. For a nominal entry fee, participants will receive a unique Mullet Toss T-shirt and two mullet to throw. Visitors and locals compete for prizes and bragging rights. There are prizes for the longest throws in the men’s, women’s and children’s divisions.

Women’s Expo

Panama City, Florida, will host its free 10th annual Women’s Expo June 11 from 10 a.m. to 4 p.m. at the Panama City Mall, 2150 Martin Luther King Jr. Boulevard. The event honors local women entrepreneurs and small businesses, and includes vendors, local entertainment, free health screenings and a silent auction.

Taco Libre!

Lightning Line is bringing the state’s first Taco Festival to Montgomery June 18 from 2-8 p.m. at the Union Station Train Shed, 300 Walter Street. The event will feature a wide assortment of tacos from local joints, as well as food trucks from all over the state, according to organizers. A portion of the proceeds will go to EAT South!

For more information, visit the Lightning Line Facebook page.

Alabama Blueberry Festival

Brewton’s Jennings Park will host the Alabama Blueberry Festival June 18. The festival will include arts and crafts vendors, a car show, live entertainment, blueberries, blueberry

bushes, cookbooks and food. There is also a free children’s section. The festival is known as the home of the original blueberry ice cream – made especially for the festival. Jennings Park is located at the intersection of Hwys. 41 and 31.

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

Fathers Day at zoo

The Montgomery Zoo will host its celebration of Fathers Day June 19 from 9 a.m. to 5:30 p.m. – with free admission for dads.

For more information, call 334-240-4930 or visit www.montgomeryzoo.com.

Genealogy 101

The Alabama Department of Archives and History in Montgomery presents Genealogy 101: A Workshop for Beginners July 9 from 9 a.m. to noon. The archives’ expert genealogist, Nancy Dupree, will host the workshop featuring step-by-step instruction followed by hands-on research in the ADAH’s EBSCO Research Room. Participants will be given a solid foundation to craft an effective research plan and learn valuable skills to help navigate the oftentimes overwhelming world of genealogical research, according to Dupree.

Registration is required. For more information or to register, call 334-242-4364 or visit: www.archives.alabama.gov.

Legends Cruise

Montgomery’s Harriott II Riverboat will host a Legends Cruise honoring Prince and Michael Jackson June 25 from 10 p.m. to 2 a.m. The event is billed by organizers as a night of music, poetry and comedy designed to celebrate two iconic legends of the music industry. Also, a \$100 cash prize will be awarded to the best Michael Jackson and Prince outfits.

For more information, call 334-558-6520 or visit: www.

facebook.com/events/1091588580884032/.

Gun, knife show

The Central Alabama Sports Commission Montgomery Gun and Knife Show will be held June 25-26 in Montgomery at the Multiplex at Crampton Bowl. More than 350 exhibitors will be present. All federal, state and local firearm ordinances and laws must be obeyed.

Show hours will be from 9 a.m. to 5 p.m. June 25 and 10 a.m. to 4 p.m. June 26. Admission is \$7 for adults, and children 12 and younger are admitted for free.

For more information, call 334-322-8818.

‘Beauty and the Beast’

Disney’s “Beauty and the Beast” will be on stage at the Alabama Shakespeare Festival in Montgomery July 8-17. Ticket prices vary based on play, date and availability of seating. For more information, call 334-271-5353 or visit: www.asf.net/Plays-and-Shows/Disney-s-Beauty-and-the-Beast.aspx.

Calera, Shelby Railroad

Now through Sept. 24, people can board a historical train and enjoy a ride on the old L&N railroad tracks from the 1800s through the forests of Shelby County, and view the artifacts and library that are located in restored depots. Train tickets cost \$14 for adults and \$10 for children. Museum entry is free of charge.

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

Montgomery Biscuits baseball

The Montgomery Biscuits are a Double A affiliate of the Tampa Bay Rays and play in Riverwalk Stadium in downtown Montgomery. Various specials and promotions are offered throughout the season. For more information, visit <http://www.biscuitsbaseball.com>.

ALOHA

Soldiers gain a new perspective, respect for Hawaiian culture

By David Vergun
Army News Service

WAHIAWA, Hawaii — Waikiki enjoys a reputation of being the center of tourism on Oahu and is one of the most popular beaches in the world. Its idyllic backdrop and soft ocean waves make it the dream of many people around the world to come and visit.

It is easy to forget that in 1795, Waikiki was the site of King Kamehameha's invasion to unite the Hawaiian Islands. Soldiers from the 1st Battalion, 14th Infantry Regiment explored Waikiki, Punchbowl and Pali Cliffs, looking at it from a different viewpoint.

"Being able to see the tactics the Hawaiians used help us in our own battle drills," Staff. Sgt. Scott Simpson, an A Company squad



PHOTO BY STAFF SGT. SCOTT SIMPSON

An A Company, 1st Battalion, 14th Infantry Regiment, 25th Infantry Division, Soldier briefs the conclusion of the Nu'uano battle where the Oahu army was forced off of the Pali Cliffs by King Kamehameha's force.

leader, stated. "I have a new level of respect for the Hawaiian culture."

"The battle of Nu'uano is im-

portant because of where we live," said Staff Sgt. Richard Dyal, an A Co. platoon sergeant. "The local community has deep ties to those

who were in the battle and it is important to understand their history."

The Soldiers prepared to make the most of their time while visiting the battle sites. They began with a 45-minute video and divided different parts of the battle for research. A total of 33 Soldiers participated in the training ensuring their junior and senior Soldiers were involved in this professional development opportunity.

"As a leader, it was good to get Soldiers involved in something they would not normally do," Dyal stated. "The junior Soldiers were able to join in the discussion and build confidence."

"Because we went over a board overview, they were able to see the bigger picture. It also allowed them to work on their communication skills. It was a good learn-

ing environment because they were around their peers," Simpson said.

The company also enlisted the aid of Professor Brendon Bliss, Hawaii Pacific University, to expand upon the company's self-study.

"Written history is vague. Having someone who studied the culture and battle helped clear up what actually happened," Simpson said.

The battle had about 25,000 warriors. Comparatively, the Battle of Bunker Hill had only 5,400 Soldiers involved. This makes the Battle of Nu'uano one of the largest battles in the world at the time.

"I have a new level of respect for culture on the island. Their history is as colorful as those in the lower 48," Simpson said.

American, Japanese schools, students forge new partnership

By Alia Naffouj
USAG Japan Public Affairs

CAMP ZAMA, Japan — Zama American High School welcomed 90 students from a local Japanese high school May 26 to establish a partnership between the two schools.

Students from Ebina High School and ZAHS watched as their principals, Gregg Mowen, principal of ZAHS and Shinichi Imai, principal of EHS, signed a charter stating the two schools will work together to provide their respective students with a mutual cultural exchange.

The charter further outlines the partnership agreement, which includes: the possibilities of co-operating in joint educational projects, expanding and developing the relationship in other areas of education and cultural exchanges, and hosting camps to assist with the development of language skills in English and Japanese.

By signing the charter, the new relationship will provide an opportunity for both

schools' students to develop their skills in a second language, as well as gain a better understanding of the other's culture, said Taeko Murakoshi, ZAHS Japanese language and culture teacher.

This event provided an opportunity for the students to interact and mingle with one another with "no strings," said Murakoshi.

Imai said the event was a great opportunity for the Japanese students – "they don't have to travel to a foreign country to practice their English."

"I study English at school, but never really have a chance to practice, but if we are able to participate during an event like this more often (then) our English would be better," said Ryusuke Natsui, EHS senior.

After beginning the day with encouraging words from Col. William B. Johnson, the commander of U.S. Army Garrison Japan; all of the students watched EHS dance team kick off the event with an energetic routine.

The students participated in several events through the day- including a tug-



PHOTO BY ALIA NAFFOUJ

EHS students welcome their ZAHS student teammate as they pick teams to play soccer during field day held at ZAHS May 26.

of-war challenge and several games of soccer.

Lunch was provided by the ZAHS Parent-Teacher Organization, while ZAHS faculty members assisted with grilling.

"I think it's really nice that we can just all get together, sit down, have lunch and do all these activities," said Eiry Lynch, ZAHS junior.

Language, although difficult for some, did not seem to be a barrier for most, said Imai.

"They are communicating with each other much better than we expected," he said. "They are having a lot of fun together."

Students broke off into several small groups throughout the day.

"They spontaneously grouped, I did not do anything," said Murakoshi. "This is the most beautiful thing I've seen today."

"I think it's good to strengthen bonds between American and Japanese students," said Roman Duarte, ZAHS senior.

The event was really fun and it was cool having the schools "mesh together," said Megan Harris, ZAHS sophomore.

Imai said this was the first time EHS has participated in an event like this. It all started with Murakishi approaching one of the EHS teachers with the idea.

"We all got together one afternoon after school ... then from there the planning started rolling and before we knew it, we had this date set," said Murakoshi.

"I know all of us wish to do this again," said Murakoshi.



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FACE OF DEFENSE:

Army surgeon shares experience during Honduras deployment

By 1st Lt. Jenniffer Rodriguez
Joint Task Force Bravo

TEGUCIGALPA, Honduras — Col. (Dr.) Kulvinder Bajwa, command surgeon with the Joint Task Force-Bravo Medical Element, performed an advanced laparoscopic surgery, participated in a general surgery residency training program, and presented lectures to residents on robotic and laparoscopic surgeries at Hospital Escuela Universitario May 13.

Hospital Escuela Universitario, founded in 1969, is a public university hospital with optimal levels of technology and trained professionals.

“This is a teaching hospital. It’s not only a medical school, but also is the residence training program for surgery,” said Dr. Miguel Coello, JTF-Bravo- ME-



PHOTO BY 1ST LT. JENNIFER RODRIGUEZ

Col. (Dr.) Kulvinder Bajwa, Joint Task Force-Bravo Medical Element command surgeon, performs laparoscopic hemicolectomy surgery while teaching residents from Hospital Escuela Universitario on advanced laparoscopic procedures in Tegucigalpa, Honduras, May 13.

DEL liaison officer, who coordinated Bajwa’s visit. “The school has limited resources to do laparoscopic surgeries,

so for the residents to have Colonel Bajwa, who has the expertise and experience in advance laparoscopic surgeries, is something very rare.

“Not only do the residents and attendants get an opportunity to see new procedures and new technologies, but they also get to share new ways and techniques to perform surgeries with limited resources,” Coello continued. “This is also a learning process for the surgeons that are coming from the (United) States, to learn things in a different way, to learn ways to be efficient with the limited things that we have here.”

Bajwa, 47, who hails from Houston, Texas, accepted the invitation to teach at Hospital Escuela Universitario with the intent to enhance host nation and U.S. relations.

“Having the opportunity to come out

in a professional environment and have an exchange of professional ideas goes a long way to foster good relations and capabilities on both sides,” Bajwa said. “I was more than happy to be here and be part of this unique occasion.”

The day began with Bajwa presenting lectures to residents in the general surgery residency program of Hospital Escuela. After the lectures, Bajwa then scrubbed in with selected residents and performed a laparoscopic sigmoid colectomy procedure for obstructing rectal cancer, a first for this hospital.

“We know that they are capable people – they just don’t have enough resources,” Bajwa said. “They know that we are also capable people when we don’t have the luxuries that we are very familiar with back in the United States – that we can really operate and be expeditionary.”

Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

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

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

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

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

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Story on Page D3

GOT GAME?

Real Game edges past 1-145th's Scratch, 10-9

By Nathan Pfau
Army Flier Staff Writer

Two teams went head to head during a Fort Rucker intramural softball game Tuesday in a close game that had spectators and players alike on the edge of their seats.

The 1st Battalion, 145th Aviation Regiment Headquarters Headquarters Company team, Real Game, narrowly beat the 1st Battalion, 14th Aviation Regiment team Scratch, 10-9, even though most had the latter favored to win.

Real Game managed to get off to a strong start, leaving Scratch behind early on to secure a lead for the entire game, and even though the 1-145th nearly rallied in the end, it wasn't enough for the win.

"We had fun, and that's the whole point of the game," said Staff Sgt. Nathaniel Neidig, coach for Real Game. "They kind of toyed with us the first couple of innings, but the fact that we rallied and we held them to where we were at makes me proud of the guys cause they came out and did what they came here to do."

Scratch took to the plate to start and got off to an easy start with a walk to get their first batter on base, but their second batter didn't fare as well, striking out.

Their next batter managed to keep the ball on the ground but a play at second racked up their second out, followed by a play at first to end their time at the plate, scoreless.

Real Game took their time at the plate with a good start with a shot



PHOTO BY NATHAN PFAU

Emilio Ramirosmitch, player for Real Game, beats the ball to the plate and slides safely home during a Fort Rucker intramural softball game Tuesday.

to right field to get their first runner on base, but Scratch managed to secure the first out at second.

The HHC team stepped up with a long shot to center field for their first run, followed by 3 more runs to take a comfortable 4-0 lead early on.

The 1-145th had plenty of ground to make up early on, and got off to an explosive start in next inning with a triple with their first at bat, and a pop up to center field for a sacrifice to bring in their first run.

Although they started the inning strong, Real Game's defense managed to hold off their opponents to halt any advance, ending Scratch's time at the plate down

by three runs.

The HHC team had the chance to pull further ahead of their opponents, and they did just that starting off with an in-the-park home run to set the tone for the inning.

They followed up with a triple and a sacrifice to bring in another run with two outs, but a pop fly to left field ended their time at bat, leading 6-1.

As Scratch took to the plate, they were determined to close the gap, but they weren't able to get off to a strong enough start in the 3rd, racking up two outs within the first two at bats.

An error by Real Game allowed for a double to give the 1-145th a chance to close in, and they did

just that with a line drive to left field to bring in a run, but a pop up to first base ended their time at the plate, still behind 6-2.

Real Game kicked off their time at the plate with a double and a walk, and a double play by Scratch would have seemed to have halted their advance, but a steal at home allowed them to make a small advance before a pop up to first send them packing into the outfield.

The 1-145th didn't have much luck as they took to the plate, quickly racking up three outs with a play at first and two pop ups.

Real Game had much better luck and managed to find the gaps in their opponent's defense to get

runners on base, even managing to load the bases with a walk.

They followed up with a two-run shot to center field with only 1 out, leaving plenty of time to advance in the 4th.

They continued with their trend of RBIs to bring in run after run, but runners on base makes easier for plays, and Scratch capitalized on that, managing a play at second to end Real Game's streak, who now led 10-2 going into the 5th.

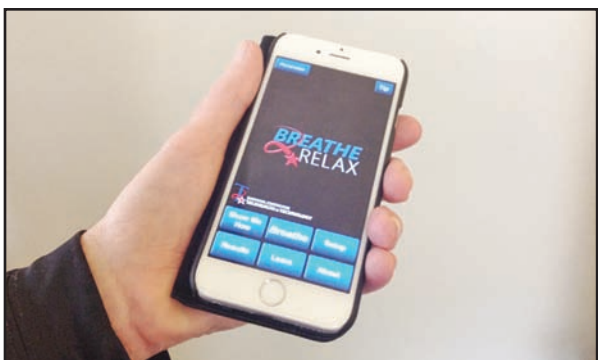
The 1-145th went into the inning with high hopes, and managed to keep the ball on the ground to get runners on base, following up with a line drive to center field for an RBI and another two-run shot to show they weren't down and out.

Despite having two outs, they continued their streak and managed to bring in four runs during their time at the plate, trailing 10-6 at the bottom of the 5th.

Scratch's defense managed to step up, too, racking up three outs quickly against their opponents, halting any advance by Real Game.

Neither team was able to make any advance before going into the final inning, but it was Scratch who would fight hardest to stay in the game, managing to keep their opponents at bay during their final at bat, giving the 1-145th one final chance to get back in the game.

They managed to get runners on base to bring in run after run, closing the scoring gap, but a pop up to left field ended their time at the plate and their chance for a comeback, ending the game 10-9 for Real Game.



COURTESY PHOTO ILLUSTRATION

Apps help military people assess, improve mental health

Military Health Systems
Communications Office Staff Report

FALLS CHURCH, Va. — A typical day in the modern world can involve a considerable amount of stress and anxiety. In an effort to help service members and their families better cope with such pressures, the National Center for Telehealth & Technology develops psychological health-based mobile applications and websites.

One app, called Breathe2Relax, teaches how to reduce tension by breathing from the diaphragm, a deeper type of breathing that helps to induce a calming response in widely different circumstances. Breathe2Relax is designed to help with symptoms of PTSD and panic attacks, or during processes such as smoking cessation and childbirth.

"Breathe2Relax is a great tool to control your own anxiety," said Dr. David Cooper, psychologist and mobile applications lead at T2. "It allows you to activate the body's rest and relaxation system, as opposed to the 'fight or flight' mechanism people often employ when dealing with stressful situations or environments. And the really good thing about it is you can do this without anyone really knowing."

Another T2 app mentioned by Cooper is Virtual Hope Box, which has tools to help patients with coping, relaxation, distraction and positive thinking. T2 received a 2014 Department of Defense Innovation Award for the development of VHB and its unique application of technology in supporting behavioral health in service members and military families.

T2's resources for military families help them deal with transitions that cause stress, including deployments, homecomings, reintegration, relocations and transitioning to civilian life. Moving from one duty station to another can produce anxiety in military children. Cooper said The Big Moving Adventure mobile app makes relocation fun for small children — ages 2 to 5 — and helps them better deal with things like saying goodbye and making new friends. The app

SEE APPS, PAGE D4

TOTAL WELLNESS

New center offers tools for health, wellness, behavioral change

By Jenny Stripling
Lyster Army Health Clinic
Public Affairs Office

Those looking to take control of their health and general well-being, but who find they need extra support to get started with a plan may find an answer by visiting the new Army Wellness Center at Fort Rucker.

The Fort Rucker Army Wellness Center hosts a ribbon cutting for the opening of the center June 17 at 9 a.m.

A U.S. Army Medical Command initiative overseen by the Army Public Health Center, the AWC at Fort Rucker is the 28th center to open its doors and will officially begin seeing eligible Fort Rucker community July 1.

The AWC provides active-duty Soldiers, Reserve members, National Guard members, family members, military retirees, and Department of the Army civilians with free standardized primary prevention programs and services that promote enhanced and sustained healthy lifestyles to improve the overall well-being of Soldiers and family members.

The new AWC is equipped with state-of-the-art equipment and a professional staff who will run a variety of assessments and tests to set people up with an action plan and provide them with tools and educational classes, so they can be on their way to better health.

The AWC approach is holistic, taking into account all of an individual's physical, psychological and social circumstances to meet individualized goals in both health and fitness.

Services include health assessment, biometric screening, exercise testing, exercise prescription, body composition analysis, metabolic testing, biofeedback, wellness coaching,

and education in healthy nutrition, weight management, stress management, general wellness, good sleep habits and tobacco education.

"These services would potentially



PHOTO BY JENNY STRIPLING

Shanae Loiseau, Army Wellness Center health promotion technician, runs an analysis with the BodPod at the new Fort Rucker AWC.

cost someone thousands at an off-post establishment and are absolutely free to eligible clients," said Anna Schwartz, project lead of the AWC. "One of our main goals is to prevent disease and other health issues. We want to assist our clients in achieving and maintaining healthy lifestyles with positive behavior change."

Referrals can be made to AWC by medical providers or unit commanders; however, self-referrals may also be made and are always welcome, although it is best to schedule an appointment in advance to ensure preparation guidelines are adhered to.

When a client visits the AWC, their encounter is documented in their electronic health record. Their medical provider is integrated into their wellness plan, has the ability to give direction and oversight to the wellness center, and is able to follow their patients' progress.

"The center promotes and encourages living healthy lifestyles using a whole person approach. We know that engaging in healthy habits now will improve readiness and prevent long-term and costly diseases lat-

er," said Col. Gary Wheeler, Lyster Army Health Clinic commander. "The AWC is all about partnering with Soldiers, families, civilians and retirees to make and sustain healthy lifestyle choices."

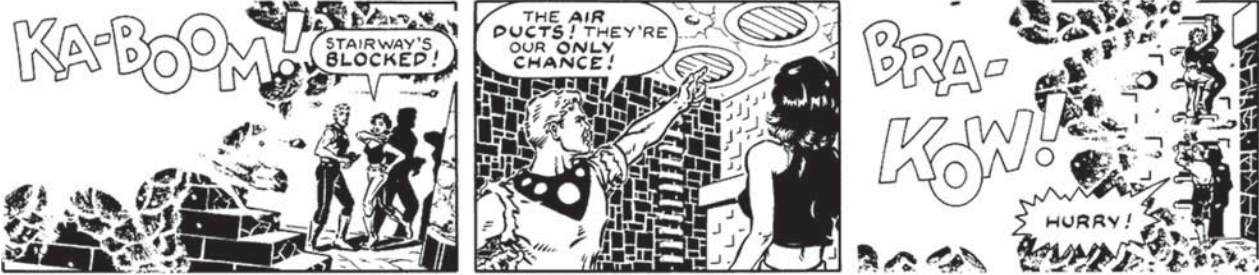
Improving health and fitness across the force remains a top priority for Army leadership. AWCs are a leading effort in Amy Medicine's goal of transforming from a health-care system to a system for health.

"We have so much to offer the Fort Rucker community, especially in regard to Soldier readiness and resiliency," Schwartz said. "We hope this center will inspire everyone to make health and fitness a priority because a healthier environment or installation has a direct impact on Soldier performance and, ultimately, well-being."

The Army Wellness Center is located at 4102 Gladiator Street, Bldg. 4102, and is open Mondays-Fridays from 7:30 a.m. to 4 p.m., with the exception of Wednesdays when the center is open 7:30 a.m. to noon.

For more information or to schedule an appointment, call 255-3923.

DOWN TIME



Super Crossword

CIRCULAR THINKING

- ACROSS**
- 1 Typo, e.g.
 - 8 Having two of each chromosome
 - 15 German-born writer Hermann
 - 20 Of the king of beasts
 - 21 Improve
 - 22 Fungal spore sac
 - 23 Its sheets have holes in them
 - 25 Used all of
 - 26 90 degrees from norte
 - 27 Tax org.
 - 28 Posed
 - 29 Not dismissive of
 - 30 Hasty flight
 - 32 Suffix with confident
 - 34 Follow through with
 - 36 Get in return, as profits
 - 37 It's raised in some opening ceremonies
 - 42 They may be attached to fobs
 - 44 Brazil's Paulo
 - 45 Educ. org.
 - 46 Hose flaw
- DOWN**
- 48 "Yond Cassius has — and hungry look": Caesar
 - 49 Lie next to
 - 51 Added wing
 - 53 Overcrowd
 - 55 Rotating subway gate
 - 59 Germany's Adenauer
 - 61 Gorilla, e.g.
 - 63 Mobiles, e.g.
 - 67 Group jargon
 - 68 CBS hit
 - 69 European country
 - 70 Tool —
 - 71 Learning centers with many mats
 - 76 Stat for Ruth
 - 78 Pizza topping
 - 79 Co. bigwig
 - 80 Turbaned believers
 - 83 Big top
 - 86 Moo — shrimp
 - 87 New hand distribution
 - 88 Get — on the wrist
 - 89 Big truck
 - 91 Start for law
 - 93 Other, to José
 - 94 Revelation nation
 - 98 Little boys
 - 100 H lead-in
- 102 "— Sharkey" ('70s sitcom)**
- 103 Stump, e.g.**
- 107 Bling seller**
- 110 Circle dance**
- 111 Rome home**
- 113 Pluralized -y**
- 114 Doc treating tinnitus**
- 115 Made a barking noise**
- 117 The "SI" of WYSIWYG**
- 119 "— for Alibi"**
- 121 Rakish guy**
- 125 Spitz's kin**
- 126 Theme of this puzzle**
- 129 Uncle Ben's products**
- 130 Lease**
- 131 Salts**
- 132 About to cry**
- 133 Conceives**
- 134 Unfavorable**
- Dict. info**
- 9 Maintaining equilibrium**
- 10 Letters after upsilons**
- 11 Sri —**
- 12 Next up**
- 13 Arizona drink**
- 14 German "the"**
- 15 Padlocked fastener**
- 16 Language devised in 1887**
- 17 First division of an act**
- 18 Catch a few rays**
- 19 Prevents, in legalese**
- 24 "Likely story"**
- 29 As soon as**
- 31 Galaxy extra**
- 33 Gore and Green**
- 35 Olive of old funny pages**
- 37 Honshu metropolis**
- 38 Part of AFL**
- 39 Wee miss**
- 40 "Iron Man" Ripken**
- 41 Needle-nosed fish**
- 43 With 96-Down, discuss in detail**
- 47 Spanish for "cats"**
- 50 "Iliad" locale**
- 52 Old dog star**
- 54 Kind, decent person**
- 56 Rough pen drawing**
- 57 Hawaiian garland**
- 58 D.C. winter hrs.**
- 60 Bread box?**
- 62 Mountain climbing aids**
- 64 Tie, as Nikes**
- 65 Canyon sound**
- 66 Jack-a- — (hybrid dog)**
- 68 "White Men — Jump"**
- 69 Show hosts, for short**
- 72 Votes against**
- 73 Chip brand**
- 74 Ending for many sugars**
- 75 — deck (part of a cruise ship)**
- 76 Rival of JVC**
- 77 "Encore!" in 111-Across**
- 81 Brother of Groucho**
- 82 One-master**
- 84 Followed**
- 85 Wake — the crack of dawn**
- 86 Tangential topic**
- 87 Energized**
- 90 USAF rank**
- 92 Minister's study: Abbr.**
- 95 Graph paper pattern**
- 96 See 43-Down**
- 97 Ground, as grinders**
- 99 Eur. country**
- 101 Ob- — (delivery doc)**
- 103 Impede**
- 104 Team newbie**
- 105 Beethoven symphony nickname**
- 106 Mozart's "Eine — Nachtmusik"**
- 108 Morales of "Mi Familia"**
- 109 Large step**
- 112 Gossip girl?**
- 116 Not taxing**
- 118 "— it!" (fielder's call)**
- 120 "— girl!"**
- 122 — about**
- 123 Boho-chic boots**
- 124 Livy's "to be"**
- 126 Prefix with centennial**
- 127 Scale amts.**
- 128 Toyota acronym before "4"**

TRIVIA

1. GEOGRAPHY: What is the capital of Honduras?
2. GENERAL KNOWLEDGE: Which one of Christopher Columbus' three ships was wrecked in the New World and didn't return to Spain?
3. EXPLORERS: What was Christopher Columbus' nationality?
4. MOVIES: What was the name of the character played by John Travolta in "Pulp Fiction"?
5. GAMES: What is the best hand in poker?
6. ANATOMY: What is the most common blood type in humans?
7. LANGUAGE: What characteristic makes the word "facetious" interesting?
8. LITERATURE: In which of Shakespeare's plays does the ghost of Banquo appear?
9. RELIGION: What are the seven virtues as defined in early Christianity?
10. MUSIC: What instrument does the musician James Galway play?

See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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: ♦

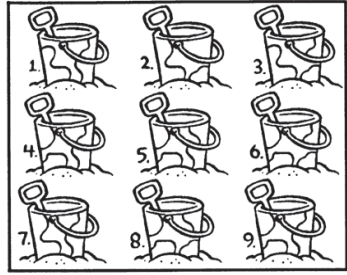
♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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See Page D4 for this week's answers.

See Page D4 for this week's answers.

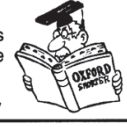
KID's CORNER



TRY "DIGGING" UP the answer to this one in 30 seconds. Can you spot the two pails and shovels that look exactly alike?

Answer: Numbers 4 and 9 are the ones.

PROFESSOR FLUNKUM IS IN A "VOWEL" MOOD! One of his students claimed that he had found four words in the dictionary that didn't contain a single vowel, and he challenged the professor to find them. Can you help him?



CHAIN REACTION! Take the seven letters printed below our diagram and place them in the circles so that eight four-letter words can be read, top to bottom, along the connecting lines. All the words will begin with the letter in the top circle.



Junior Whirl

by Charles Barry Townsend

A FISHY PROBLEM!

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

Illustrated by David Coulson

Hidden in the above diagram are the names of 20 freshwater and saltwater fish. They can be found by reading up or down, or side to side. You'll even find them diagonally going up or down. Letters can be used more than once. Listed below are the fish that you are trying to catch.

- Bass
- Bluegill
- Bonito
- Bullhead
- Catfish
- Flounder
- Haddock
- Hake
- Halibut
- Herring
- Mackerel
- Mullet
- Pickering
- Pike
- Sardine
- Shark
- Snapper
- Striper
- Sturgeon
- Tuna

Wishing Well®

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



Find at least six differences in details between panels.



New! 24 HOCUS FOCUS puzzles \$3.50 • 24 Volumes • Order at: rtmall.com

PTSD program helps people reclaim lives

By Elaine Sanchez
Brooke Army Medical Center
Public Affairs

JOINTBASE SAN ANTONIO-FORT SAM HOUSTON, Texas — Army Spc. Jen Smith struggled with the aftermath of a sexual assault for nearly six months before she hit rock bottom. Plagued by nightmares and depression, Smith told her supervisor she was contemplating suicide.

“I was at the end of my rope and that was my cry for help,” said Smith, whose name was changed for this article to protect her privacy. “I knew something had to change.”

Smith was referred to the Brooke Army Medical Center Intensive Outpatient Program for post-traumatic stress disorder, which proved to be a game-changer for the Soldier. “It was like my prayers had been answered,” she said.

Since attending the program last year, Smith said, her life and attitude have changed.

“I went from complete isolation to going out and having fun with friends again,” she said. “Life isn’t perfect, but the program has given me an amazing foundation to build from.”

BAMC’s six-week program launched two years ago to offer short-term, focused care to service members with PTSD resulting from traumatic experiences such as combat, childhood abuse or sexual trauma. Providers have seen tremendous success combining individual and group sessions with evidence-based treatments, explained the program’s chief, Public Health Service Capt. Richard Schobitz.



U.S. Public Health Service Capt. Richard Schobitz and Melissa Ramirez conduct a planning meeting for the next session of Brooke Army Medical Center’s Intensive Outpatient Program for Post-Traumatic Stress Disorder June 2.

ard Schobitz. “The program is making a tremendous impact and is changing lives for patients with PTSD,” he said.

Recapturing joy

When they first begin the program, many patients are suicidal or struggling with substance and alcohol abuse. The resultant depression and anxiety can lead to crippling isolation, Schobitz noted, as well as nightmares, insomnia, panic attacks and outbursts of anger.

“Patients with PTSD are less apt to engage with family and friends and do enjoyable activities, such as going to birthday parties or the pool with their kids,”

he said. “Some stop leaving their homes at all. We focus on helping our patients recapture the joy in their lives.”

Providers encourage patients to end the isolation and re-engage with the world around them through therapies called Prolonged Exposure and Acceptance and Commitment. They take trips downtown and to department stores, and re-learn how to navigate crowds. They also focus on mindfulness, or being present in the moment, Schobitz said, an important aspect of Acceptance and Commitment therapy.

“PTSD patients often dwell in the past or have anxiety about the future,” he said. “Walking around gardens at the Warrior and Family

Support Center, observing nature, just being present in the moment, can be very healing. We want patients to feel their emotions, not fight them.”

Providers also encourage patients to identify and take steps to achieve their values, such as being a better spouse or parent.

Impressive results

Smith is among the nearly 100 service members who have attended the program. The success has been impressive across the board, Schobitz noted, both anecdotally and statistically.

At the conclusion of a recent female-only cohort, the scores on the Post-Traumatic Diagnostic Scale, or PDS-5 – a self-report measure

used to measure the severity of PTSD symptoms – decreased by an average of 49 points. This is important, as PDS-5 scores range from 0 to 80, with 80 reflecting the most severe symptoms, noted Melissa Ramirez, a licensed clinical social worker at the program.

Other cohorts have reported a nearly 25-point drop on the PDS-5, she said. “A drop of 10 is significant. We’re doubling that, on average, in only six weeks.

“These results are very rewarding,” she added. “We see service members who are five to 30 years post-trauma and it’s had a major impact on their lives. We are seeing people regain the joy in their lives, reconnect with their loved ones. They still have moments of challenge, but now they can better handle it.”

Ramirez said what’s most striking is the difference in their appearance post-program. Providers take a photo of patients at Week 1 and during the final week. “There’s a profound difference in their faces. In the final week, they look well-rested, less stressed, happier, more relaxed. The impact is highly visible.”

A year out from the program, Smith says she has good days and bad, but feels confident that she now has the tools to cope. “I still see counselors to keep myself on track. But I’m doing so much better than I would have done otherwise. My biggest takeaway is life does go on. It gets better.”

“It’s important to step forward and get help,” she added. “People do care. If you don’t find the help you need right away, keep asking. Keep on searching for what’s going to help you.”

Teamwork helps Reservist medal at Invictus Games

By Shannon Collins
Department of Defense News

WASHINGTON — Despite a crash during the road bike circuit race, a heavy equipment operator with the Army Reserve’s 465th Engineering Company in Birmingham finished and the next day took home the silver medal in the men’s 100-meter dash at the Invictus Games in Orlando, Florida.

In doing so, Staff Sgt. Zed Pitts cemented his spot on Team Army for the Defense Department’s 2016 Warrior Games.

The 2016 DOD Warrior Games, scheduled for June 15-21 at the U.S. Military Academy at West Point, New York, is an adaptive sports competition for wounded, ill and injured service members and veterans. Approximately 250 athletes will participate in eight sporting events, representing teams from the Army, Marine Corps, Navy/Coast Guard, Air Force, U.S. Special Operations Command and the United Kingdom armed forces. The sporting events are archery, cycling, track and field, shooting, sitting volleyball, swimming and wheelchair basketball.

Illness, recovery

Pitts, who is also a full-time international studies student at the University of Alabama in Tuscaloosa, joined the Army Reserve 10 years ago to carry on his family’s military traditions. During a mobilization for Operation Enduring Freedom in December 2013, Pitts was diagnosed with Graves’ disease. According to the Mayo Clinic, Graves’ disease is an immune system disorder that results in the overproduction of thyroid hormones.

Pitts said his illness challenges his ability to stay physically fit. He has had compound hernias in his left arm, his endurance took a dive, his sleep was affected and his resting heart rate was 119 beats per minute. Always quick to find the positive outlook, Pitts worked with the doctors at the Fort Bliss, Texas, Warrior Transition Battalion to increase his endurance, improve his sleep and get into the adaptive sports program.

“My endurance really took off, so I was able to participate in the Army warrior trials,” he said. “Military adaptive sports helped me push beyond. I was an introvert and now I’m more social. I no longer focus on my disability. I capitalize on my abilities.”

Pitts said his illness makes him more resilient, and while at one point he was 50 pounds underweight and depressed, his spirits were lifted when he surrounded himself with other soldiers in the adaptive sports program.

“Resilience means to overcome – push past the word ‘can’t,’” he said. “For anybody who is still in that dark place, you’re not alone. There are other Soldiers going through



Staff Sgt. Zed Pitts cycles in the 2016 Invictus Games in Orlando, Fla., May 9.

similar or worse circumstances so you can look to them for example and guidance and advice on how to overcome whatever you’re going through.”

Friendships

Through adaptive, competitive sport, Pitts has discovered international friendships that he otherwise may not have realized. During last year’s DOD Warrior Games, he became friends with British army Sgt. Andrew Perrin, who helped him following a bike crash.

“Me and Zed are really good friends,” Perrin said. “We communicate all the time. He loves to ask me lots of training questions, which I’m not always able to answer, but I help him out. Even today, I was shouting at him in the race to do things. It’s great. We make good friends.”

Pitts also became friends with a German runner.

“Zed is a beautiful person,” said German army Sgt. 1st Class Naef Adebahr, who took the bronze medal in the men’s 200-meter dash at the Invictus Games. “He inspires me. I talk to him often. The camaraderie here is unbelievable.”

Importance of games

Pitts said his training is what pulled him through to medal in running.

“(As a result of the cycling crash), I had a swollen hip and a bit of road rash but I just did my best,” he said. “I focused on my capabilities and trusted my training. The coaches have given me the tools I need to succeed so I just trust my training. I got out there and did the best I could.”

Pitts said events like the Invictus Games and the DOD Warrior Games give service members purpose.

For Soldiers who may feel like they have no purpose, “through sports or competitions like the Invictus Games, it re-establishes purpose, it re-establishes resiliency and it helps families become involved,” he said. “They’re able to show the world that hey, I’m not crippled. I just have to do things a little differently.”

He encourages service members to try adaptive sports because “once you have a purpose and establish goals and once you reach those goals, you feel good. It’s all about feel-

ing good about what you do,” he said. “I encourage them to come out just to do adaptive sports, just pick one. If you don’t like, it there’s many others that you can pick. You’re going to have fun.”

Pitts said more than anything, he wants disabled service members and veterans to take away a sense of strength and the feeling of “I can and I am – I am not my condition. I am not my amputated leg. I am what I can do,” he said.

Pitts also said that the Invictus Games and the DOD Warrior Games are not just rehabilitation, but about having fun, establishing new relationships, “getting family involved with your rehabilitation and seeing you’re not alone in your struggle. There’s other people out there you can reach out to that’s maybe going through the same thing you have but for longer, so you can look to them as a role model to help you with your issues.”



Pitts stops for a photo with German army Sgt. 1st Class Naef Adebahr, wearing No. 3, and other members of Team Germany after Adebahr won bronze in the men’s 200-meter dash and Pitts won silver in the men’s 100-meter dash in their respective disability categories during the track and field competition May 10.

USKA

SUMMER KARATE CAMP BEGINS

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Skin Cancer: What you need to know

Military Health System
Communications Office Staff Report

FALLS CHURCH, Va. — Skin cancer is a common, usually low-grade cancerous growth of the skin. There are more new cases of skin cancer per year than lung, breast, prostate and colon cancer combined.

While skin cancer typically remains isolated to the skin, it can metastasize — spread to other body areas.

In general, skin cancer begins from cells that are normal skin cells, but then transform into those with the potential to reproduce in an out-of-control manner. In many instances, these changes can be caused by long-term exposure to ultraviolet radiation found in sunlight.

The three most common types of skin cancer are basal cell carcinoma, squamous cell carcinoma and melanoma. Melanoma, the type of skin cancer that begins in the pigment-producing cells in the skin (known as melanocytes) is the type of skin cancer most likely to metastasize.

“Of the three main types of skin cancer we see in our clinic, we see melanoma

the least frequently,” said Navy Lt. Cmdr. Nicholas Logemann, of the Cutaneous Oncology Clinic at Walter Reed National Military Medical Center in Bethesda, Maryland. “With melanoma, a lesion smaller than the size of a pencil eraser could give rise to cancerous cells that can spread throughout the body, and possibly lead to death. The other two types are much less likely to do that. In the end, the key to a good prognosis in all skin cancer is early detection.”

And if early detections reveals one of the three types of skin cancer? “The Cutaneous Oncology Clinic at Walter Reed provides high-quality care to patients diagnosed with skin cancer,” said Navy Lt. Cmdr. Nicole Cassler. “Online resources, such as the Skin Cancer Foundation, are also available to provide general guidance to service members and beneficiaries who want to know more about skin cancer, and possible treatments.”

While scientists are still uncovering exactly why cancer occurs, Logemann stated that several risk factors are known to predispose people to skin cancer.

“Persons with lighter skin are certainly more vulnerable to getting skin cancer. However people need to understand that anyone — regardless of skin color — can get skin cancer,” he said. “Someone with lighter skin who spends, or has spent, long periods of time exposed to sunlight is particularly at risk. This is often the case for our military population and why screening for skin cancer is particularly important in active duty or retired military persons. Also, people should be aware of any family history of skin cancer as, sometimes, skin cancer and particularly melanoma can run in families.”

Logemann provided some advice for detecting skin cancer.

“In general, people should be aware of the moles and bumps on the body,” he said. “While it takes a physician to diagnose skin cancer with certainty, many skin cancers are initially detected by patients themselves or a loved one who noticed a new mole or bump. In general, moles, spots, lesions or bumps on the skin that continue to grow or bleed spontaneously should be examined by a health care provider.”



Apps

Continued from Page D1

was developed with Sesame Workshop®, the non-profit educational organization behind “Sesame Street.”

“Working with Sesame Workshop to develop this tool, we were able to make the process of moving more of an adventure and less of a chore,” said Cooper. “While mom and dad are dealing with their own issues associated with moving, they don’t always have time to give their kids a good idea of all that’s going on. A tool like this is good for explaining the situation in a way kids can perhaps better understand and appreciate.”

Another family resource created by T2 is the Military Kids Connect website, an online community that provides

access to age-appropriate resources supporting children ages 6 to 17 as they deal with the unique psychological challenges of military life. The site offers informative activities, games, helpful videos and an online community that can build and reinforce understanding, resilience and coping skills in military children and their peers.

Stressful times can occur in a military family when a service member returns home and has to re-adjust to changes in family dynamics. The Tough Topics section of MKC uses child-friendly tools like graphic novels and mini-documentaries to educate military children on how they, and their families, can adjust to this reintegration period, especially when a parent returns with PTSD, TBI or some other type of injury.

“Kids can hear from their peers just what it’s like to have a changed family in ways that they didn’t expect,” said Dr. Kelly Blasko, mobile and Web program lead.

“The great thing about these applications and web tools is that they allow us to have a much bigger impact with our target population,” said Cooper. “For instance, Breathe2Relax has been downloaded more than 300,000 times. I could never see that many patients in my entire scope of practice. The technology and applications we’re developing at T2 are really helping us provide better overall care.”

At the same time, physicians note that an app is not a substitute for direct medical care and, if needed, people should seek professional help.

FORT RUCKER SPORTS BRIEFS

Scuba course

The Fort Rucker Aquarians Dive Club will sponsor a scuba certification course beginning Wednesday when the first class will meet at the Fort Rucker Physical Fitness Center Indoor Pool at 6:30 p.m. After the first class, the course will meet every Monday and Wednesday nights for no less than six weeks and no more than seven weeks, dependent on weather. One weekend will be required at the end of the course to complete open-water training in the

Gulf of Mexico.

For information, call 774-3483, 347-6936 or 484-0847.

Fort Rucker Triathlon

The Fort Rucker Triathlon is scheduled for Saturday at 7 a.m. at West Beach, Lake Tholocco. Participants will swim a quarter mile, bike 10.6 miles and run 3.1 miles. Pre-registration cost for individuals is \$50 and relay teams — with a maximum of three people is \$80. The

triathlon is open to the public.

For registration and more information, call 255-3794.

CG Army Birthday Golf Tournament

Silver Wings Golf Course will host the Fort Rucker Commanding General’s Army Birthday Golf Tournament June 17. 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 at 8 a.m. will be the shotgun start. Lunch and awards will be immediately after play wraps up. Entry fee is \$45 per player for nonmembers and \$35 for members. Entry fee includes tournament course fees, range balls, tee gifts, tournament meals and prizes. Mulligan’s will be sold for \$5 each or \$20 for a team. Registration deadline is Monday. The tournament is open to the public.

For more information, call 598-2449.

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. Tegucigalpa
2. Santa Maria
3. Italian
4. Vincent Vega
5. Royal flush
6. Type O positive
7. It contains all five vowels in the correct order.
8. “Macbeth”
9. Faith, hope, charity, courage, prudence, justice and temperance
10. Flute

PUZZLE ANSWERS

Super Crossword

Answers

ERRATUM	DIPLOID	HESSE
LEONINE	ENHANCE	ASCUS
LOOSELEAF	BINDER	SPENT
ESTE	IRS	ASKED
OPENTO	LAM	IAL
ACTON	REAP	OLYMPIC
FLAG	KEYCHAINS	SAO
PTA	SNAG	ALEAN
ABUT	ELL	CRAM
STILE	KONRAD	APE
TELEPHONES	ARGOT	CSI
MONACO	KIT	GYMNASTIC
SCHOOLS	RBI	ONIONS
CEO	SIKHS	CIRCUSTENT
SHU	REDEAL	ASLAP
SEMI	PRE	OTRO
MAGOG	LADS	EFG
CPO	TREETRUNK	JEWELRY
SHOP	HORA	ITALY
IES	ENT	WOOFED
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