

SECARMY:
Army will not judge by
gender, race, religion or
sexual orientation
Story on Page A3



GEMS
Program helps
students shoot for the
stars
Story on Page C1



DISC GOLF
Sport offers
different strokes
Story on Page D1



ARMY FLYER

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JUNE 30, 2016

NCOs — THE NEXT GENERATION

42 enter NCO Corps at induction ceremony

By Nathan Pfau
Army Flier Staff Writer

The Army takes the transition from enlisted Soldier to NCO seriously, and Fort Rucker gained 42 new leaders as they were welcomed into the NCO Corps during a ceremony at the post theater Friday.

Soldiers from 20 different units were inducted into the NCO Corps where they were charged to lead by example. Command Sgt. Maj. Gregory M. Chambers, command sergeant major of the Aviation Branch, presided over the U.S. Army Aviation Center of Excellence NCO Academy-sponsored ceremony, and offered his advice on the significance of the moment and the Soldiers' newfound responsibilities.

"This ceremony signifies a critical point in a Soldier's career, where they become an NCO — where they assume a greater level of responsibility for Soldiers, equipment and the accomplishment of the mission," he said during the ceremony. "Being a disciplined and responsible NCO will help you perform your job as an NCO leader. Remember, they go hand in hand — you can't be disciplined without being responsible and you can't be responsible without being disciplined."

Chambers recited excerpts from the Soldiers Creed and the NCO Creed, as well as listed some core Army values and said that it was important for each Soldiers to understand the meaning behind the words.

"I do not expect you to memorize all of the creeds or have them posted at your workplace, but I do expect you to understand them," he said. "They all constitute our values, our morals and our characteristics of our Army."

"Discipline is doing what is right when it concerns what our Army is all about — our values, our professional conduct, our trust to our nation and the citizens of our country," said the command sergeant major.



PHOTOS BY NATHAN PF AU

Soldiers recite the NCO Creed at the ceremony.



Spc. Krista Kramer, Spc. Ashlee Salfed and Pvt. 1st Class Theresa Hernandez recite the Soldier's Request as they light the NCO candles during the NCO induction ceremony at the post theater Friday.

jor. "The professional discipline in front of Soldiers you are entrusted to lead and take care of as an NCO is critical to the development of your Soldiers. The example you set in front of your Soldiers will probably be one of the greatest tests of discipline there is.

Chambers added that the Soldiers shouldn't look at the Army as a job, but a profession, and that true professionals are expected to be more than just being technically and tactically proficient.

A true professional is a competent, committed, adaptive Soldier who is physically

fit and part of a cohesive team of trusted professionals that respect the diversity of their team and the unit, he said, adding that a professional Army Soldier understands that duty in the Army is all the time.

Although many things make up an Army professional, Chambers said one key element that cannot be overlooked is trust.

"Trust is critical to a noncommissioned officer," he said. "Trust must be earned between you and your Soldiers. Trust must be earned between you and your leaders. Trust is the bedrock of our Army, so understand when you erode that trust, you tear down our Army and our profession."

For Sgt. Alaia Russell, 615th Aviation Support Battalion, building that trust and that profession is something she is looking forward to.

"I'm happy that I get the opportunity to do this," she said. "To be an NCO means that I'm going to be able to take care of Soldiers. It means that instead of just learning and taking that knowledge, I'm going to be able to train and apply everything that I've learned from my leaders and my experiences — and that's what it's about."

A SPACE OF THEIR OWN

Arts and crafts center opens studio for Soldiers

By Nathan Pfau
Army Flier Staff Writer

An escape is oftentimes what Soldiers need to shrug off stressors and get through the day, and the Fort Rucker Arts and Crafts Center just added an environment where they can do just that.

The new room opened June 23 where Soldiers can go to work on any arts and craft projects they want to in a space they can call their own, said Joan Varner, arts and crafts program manager.



PHOTO BY NATHAN PF AU

Sgt. Joshua Greek and Sgt. Joey Guevara, both of the USAACE NCO Academy, browse through different arts and crafts available.

"This is their room," she said. "I'm ecstatic that we're finally getting to open it up to them. It's been a long haul, but we're really excited to be able to provide this

to them."

The concept and construction for the room has been months in the making, but Varner said the overall goal has been accomplished — to provide a separate place for Soldiers to not only work on their art, but hopefully themselves in the process.

The program is designed for the wellbeing of Soldiers, said Varner, who oftentimes return from deployments and require an outlet to release the stress from their

SEE SPACE, PAGE A5

Distracted driving can destroy lives

By Nathan Pfau
Army Flier Staff Writer

Distracted drivers are one of the biggest risks motorists face on the road, and for motorcycle riders the risk runs even higher.

With no cage of steel offering protection, motorcycle riders face some of the most dan-

gerous conditions when taking to the streets, and for Lt. Col. John McMahan, U.S. Army School of Aviation Medicine assistant dean, and his wife, Stephanie, that danger became a reality when they were rear ended by a distracted driver on Fort Rucker May 21.

McMahan, who is an avid rider, and his wife were driving down Andrews Avenue on their motorcycle toward the Lemon Lot, and as he slowed to make a turn into the lot, he was rear ended by another car traveling at 30 mph.

The impact sent his wife flying off the bike onto the asphalt as McMahan was struggling to stay upright, before ultimately losing all control and slamming into the ground.

The injuries sustained by the couple were not life threatening, but were long lasting.



FILE PHOTO

Motorcyclists get ready for a test at a motorcycle safety course in 2014.

SEE DISTRACTED, PAGE A5



FREEDOM FEST

PHOTO BY NATHAN PF AU

Freedom Fest returns to the Fort Rucker's Festival Fields Friday with food, live music, fun for all ages and one of the best fireworks displays in the Wiregrass. Event fields open to the public at 4 p.m. with official opening remarks at 7 p.m. and music by the 98th Army "Silver Wings" Band. Admission to the event is free and open to the public. A gate access pass is required for civilians with no military ID and must be obtained prior to the day of the event -- visitor control centers will not be open Friday.

PERSPECTIVE

CARING FOR OUR OWN

22nd secretary of the Army outlines priorities

By Eric K. Fanning
Secretary of the Army

I am deeply honored to return to America's Army. Our Army, active, Guard and Reserve, is the finest Army the world has ever known.

While it is great to be back, the Army is not new to me. Over the course of 25 years, I have seen Army leaders from every seat at the table, including all three military departments, all four services, the Office of the Secretary of Defense, Capitol Hill and the White House. Through these interactions and the relationships developed as a result, I have earned an appreciation of the complexity of ground warfare and the challenge of sustaining and advancing a ready Army.

People – Soldiers, civilians and families – are the strength of our Army. As your secretary, I will demonstrate my commitment to our people through what you'll see me do, what I'll say and where I'll say it. I commit to you that I will work every day to ensure you are trained, equipped and ready to complete your mission. When you're deployed, you can be confident we are taking great care of your families.

I will work closely with General Milley to ensure the readiness of our formation so that we have the right capabilities, and training and will prioritize those necessary actions today that guarantee our readiness for tomorrow.

To accomplish each of these tasks, I have identified three broad focus areas.

Taking care of our Soldiers, civilians and their families

The Army's strength comes from the care and respect we show each other. Our Army must continue to be an institution that rewards merit,

while placing equal value on diversity of our ideas, experiences, and backgrounds.

We will support both Soldiers and families while they are deployed, and take care of them when they return home. This means invigorating efforts to eradicate the cancer of sexual assault and harassment, doing more to recognize the warning signs and stressors associated with suicides in our ranks, and, in particular, advance our understanding of, and care for, those with mental health issues.

Developing capabilities to counter emerging threats

The Army's value is not measured solely by past victories. Tomorrow's Army depends on its success in exploiting the best technology today. As global threats evolve, the Army must accelerate its own capabilities in areas like cyber, electronic warfare and protecting our communication networks.

Today, and in the future, our Army depends on maintaining a technological edge over our adversaries.

Meaningful acquisition reform
The decision to send Soldiers into combat is the most difficult decision a leader will ever make. We ask our Soldiers and civilians to do incredible things, and part of that basic bargain demands that our units have the best equipment when they need it. This requires an adaptive and agile acquisition process.

I will take immediate steps to improve Army acquisition so we can rapidly provide the force with the equipment it needs to get the job done, on time and within budget.

As I travel the world during the next few months, I'll be looking forward to meeting many of you and hearing your stories – learn-

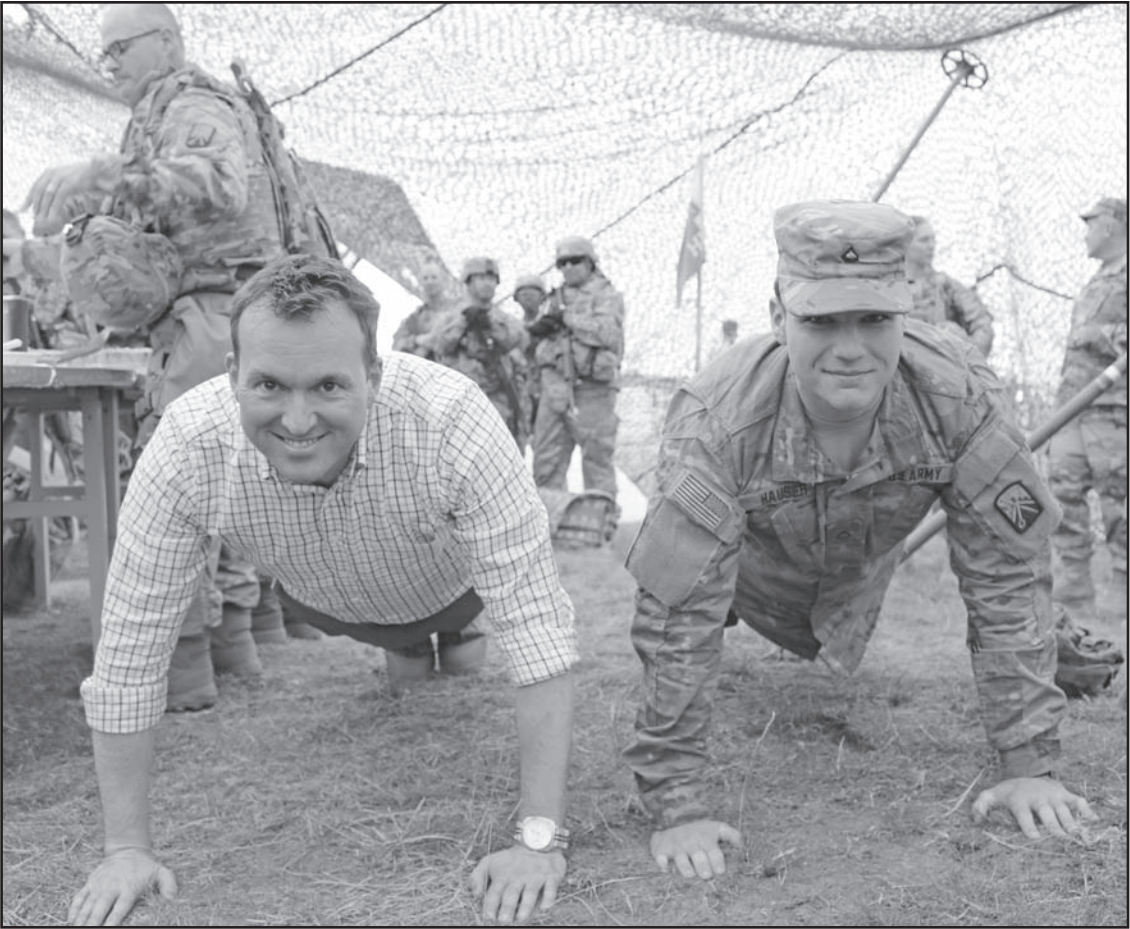


PHOTO BY 1ST LT. HILARY KLOTZ

Secretary of the Army Eric Fanning and Pvt. 1st Class Jacob Hauser earn their cake doing push-ups. Hauser starred in two of the #EarnYourCake clips that sparked Fanning's impromptu visit to LSA Warhammer, Poland, June 14.



ARMY GRAPHIC

ing about how you are making our Army and, as a result, our nation, stronger. America's Army has a long and storied history. As we write the next chapter together, I am confident we will continue to advance the sacred trust the American people have bestowed upon us.



PHOTO BY C. TODD LOPEZ

Fanning inspects Soldiers of the 3d U.S. Infantry Regiment (The Old Guard) during a full honor arrival ceremony in his honor June 20 at Joint Base Myer-Henderson Hall, Virginia.

Rotor Wash

“Freedom Fest is Friday from 4-10 p.m. and the nation celebrates its independence Monday. Why do you feel it's important to celebrate this freedom?”



WO1 Lt. Toe Wai,
B Co., 1st Bn.,
145th Avn. Regt.

“Lots of people fought for freedom.”



Jess Chasteen,
Army spouse

“There are so many who sacrificed for that freedom, so it's important to recognize that we appreciate this freedom.”



CW2 Jared Loomis,
224th Avn. Regt.,
Virginia National Guard

“Not everyone around the world is afforded the freedoms we are here, so we need to be grateful for what we have.”



CW2 Chad Bayne,
Nebraska National
Guard

“This country worked hard to get to where it is today, so we should be proud of what we've achieved over the years.”



Toshia Chambers,
Army family member

“It's important to honor those who gave their lives for our freedom, so that it shows their sacrifice wasn't for nothing.”

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SECARMY:

Army will not judge by gender, race, religion or sexual orientation

By C. Todd Lopez
Army News Service

WASHINGTON — “When the shooting starts, when the battle is joined, it doesn’t matter whether the Soldier next to you is black or white, Christian or Muslim, gay or straight – it only matters that he or she can do their job. That’s a story as old as the Army itself,” said Secretary of the Army Eric K. Fanning.

The Army’s secretary spoke June 21 during the Department of State’s annual lesbian, gay, bisexual, transgender and intersex pride event.

Fanning told attendees at the event that the Army’s and the military’s strength now, and into the future, is dependent on diversity and on pulling on the talents and skills of a wide range of individuals. Gender, race, religion or sexuality, he said, should not be a factor in deciding who brings much-needed talent to the table.

“We’ve grown stronger as a military and as a nation as we’ve opened up opportunities for those who previously didn’t have them,” Fanning said. “By leveraging diversity and creating an inclusive environment in which all are valued, we engender opportunities for people to be part of the greatest mission there is: Defending our nation’s security.”

Facing the challenges now and in the future, such as those posed by Russia, China, Iran, North Korea and international terrorism, Fanning said, requires creative, adaptive, well-trained leaders, he



PHOTO BY JOHN MARTINEZ

Secretary of the Army Eric K. Fanning speaks at the June 21 Department of State annual lesbian, gay, bisexual, transgender and intersex pride event.

said.

“It takes decades to grow and train such leaders, and we can ill afford to close ourselves off to anyone,” he said. “Our national security will suffer if we allow bias or prejudice or ignorance to close doors and discourage great future leaders from serving.”

Fanning said the Army and the Department of Defense, of which it is a part, have been moving toward greater diversity and inclusion for all Americans. One example of that is the repeal of Don’t Ask, Don’t Tell in 2011.

Another example of that, he said, is the recent opening of all positions in the services to women. Not only are all jobs open to men and women, but the pay is the same, as well.

“Just last year, we opened all remaining jobs in the military to women, including combat arms,” Fanning said. “And we provide

equal pay for equal work – we pay privates and sergeants, lieutenants and generals equally, regardless of gender or race or sexual orientation.”

Fanning said this increasing diversity and inclusion supports one of his goals as secretary – bridging the divide between the Army and a diverse American public.

“The military is more powerful when the American people know that no matter what their background, religious beliefs, political views, sexual orientation, or gender identity, we serve and sacrifice on their behalf – on behalf of this country we all love in order to protect all of our freedoms,” he said.

Fanning has only served as secretary of the Army for a short time. He was initially nominated by President Obama as secretary in September 2015. He had been serving at the time as act-

ing undersecretary of the Army, and served as acting secretary from November 2015 until January 2016. His confirmation to the position was delayed, however, and he was not confirmed by the Senate and sworn in as the 22nd Secretary of the Army until last month.

During his brief time as secretary, Fanning said he has been “pleasantly” surprised by “how closely the core Army values that every Soldier is required to memorize and live by – loyalty, duty, respect, selfless service, honor, integrity and personal courage – could very well capture and characterize the LGBT community’s struggle for equality. These values have served as a guide to Soldiers and leaders as we incorporate our diverse culture into the ranks. They are not slogans that are paid lip service but bedrock principles that dictate how Soldiers live, train and fight in order to succeed.”

At the State Department event, Fanning said he initially planned to tout the Department of Defense’s own pride month observance, themed “Celebration,” but said in light of the recent shootings in Orlando, a celebratory mood would not be appropriate.

“It’s hard to be in a mood for celebration after the horrific attack in Orlando less than two weeks ago,” Fanning said.

On June 12, 2016, 49 patrons of the gay nightclub “Pulse” in Orlando, Florida, were killed by ISIS-sympathizer Omar Mateen.

Among those killed, Fanning

said, were former Army specialist Angel Candelario-Padro and Capt. Antonio Brown, an Army reservist.

“Like so many families in Orlando and across America, our Army family was deeply hurt and saddened by such tragic, senseless loss of life,” Fanning said.

Fanning said another military veteran, Marine Corps veteran Imran Yousuf, was working at the nightclub that night and is credited with saving the lives of up to 70 people.

“As horrific as this attack was, it wasn’t an attack on Orlando; it wasn’t an attack on the LGBT community; it was an attack on America, and our nation has come together, as one, to mourn those we lost, to help those who survived and to comfort those left behind,” Fanning said.

Fanning said that while much progress has been made in making the Army and the military more inclusive, more work must be done.

“As Army secretary, I am confident that our intuition is committed to judging people not by where they came from or who they love, but by how they train and fight,” Fanning said. “Only then can we truly say we have embraced and lived the Army values that are the bedrock of our profession.”

The Department of State’s lesbian, gay, bisexual, transgender and intersex pride event was sponsored by GLIFAA, an LGBTI group for foreign affairs agencies, and by the Department of State Office of Civil Rights.

DOD panel: Diversity makes military stronger

By Lisa Ferdinando
Department of Defense

WASHINGTON — Diversity in the military makes the force stronger, top Defense Department officials said at a lesbian, gay, bisexual and transgender panel discussion June 22.

Speakers at the forum at the National Defense University at Fort McNair included Amanda R. Simpson, the deputy assistant secretary of defense for operational energy Simpson, the highest-ranking openly transgender official in the government, recalled that when she was in college she was recruited by the Navy to be a nuclear officer. “But I really couldn’t, in good conscience, serve in uniform,” she said. “I held a secret that I was still holding from myself.”

She said that at that time it was “illegal and, quote, ‘immoral’ for a transperson to serve in the military.”

Instead, she said, she became a government contractor.

Simpson was asked to join President Ba-



DOD PHOTO

Simpson

rack Obama’s administration seven years ago. It is important to note, she said, that she was neither selected for the opportunity nor excluded from it because she was transgender.

She was selected because of her qualifications, she said.

“I was recognized as having the capabilities and the skills to manage people (and) complex situations,” she said, adding that she became a senior technical advisor at the Commerce Department. She later served as a high-ranking Army civilian.

“As Secretary (Ash) Carter noted last year, I was chosen for my current position as the deputy assistant secretary of defense because I was the best person available for that job,” she said.

Diversity strengthens force

“As an LGTB service member, my military has spanned seclusion, exclusion and then finally inclusion,” Air Force Maj. Gen. Patricia Rose, the military’s highest-ranking openly gay officer, said.

The focus has always been on what is best for the men and women who serve in the Air Force, she added.

“Now that I am allowed to be my authentic self, I believe that has only added to my value as a military member and as a leader,” she said.

Diversity and inclusion, the general said, send a powerful message about democracy and strengthen the force.

“One of the most potent tools in our arsenal is our diversity,” she added. “It validates that there is one inherent trait that we all possess and that our institutes benefit from, and that’s the diversity in each person’s unique background and experience.”

Remembering victims

The forum held a moment of silence for two members of the military who were killed in the Pulse nightclub shooting June 12 in Orlando, Florida: Army Spc. Angel Candelario-Padro and Army Capt. Antonio Brown.

Simpson said in addition to honoring the victims, she wanted to note that the club’s bouncer is a former Marine who engaged the shooter, driving him out of the main dance floor and saving more than 70 lives – “another intersection of service to our community from our service members.”

News Briefs

Faulkner Gate closure

The Faulkner Gate will be closed Saturday-Tuesday for the Independence Day holiday. Normal hours will resume Wednesday. People should use the Davenport, Ozark or Enterprise gates during this time.

Change of responsibility

The 164th Theater Airfield Operations Group will host a change of responsibility ceremony July 7 at 9 a.m. on Howze Field. Command Sgt. Maj. Todd W. Hedrick will assume responsibility from Command Sgt. Maj. Shawn L. Jones.

Change of command

The 1st Battalion, 11th Aviation Regiment will host a change of command ceremony July 14 at 9 a.m. on Howze Field.

Community strengths, themes assessment

Fort Rucker is running its second biennial Health Promotions Community Strengths and Themes Assessment now through today 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.

AAFES expands layaway

The Army and Air Force Exchange Service is extending its layaway program to include computers and tablets. From Friday to Aug. 31, just in time for back-to-school season, Fort Rucker Exchange shoppers can use layaway to hold computers, notebooks, tablets and iPads – items that are not typically eligible for the program, according to Dave Smith, Fort Rucker Exchange Main Store manager.

A \$3 service fee and a deposit of 15 per-

cent are required to hold items on layaway. Items must be picked up by Aug. 31. Shoppers can visit customer service at the Fort Rucker Exchange for complete details.

Siren test

The Installation Operations Center conducts a test of the emergency mass notification system the first Wednesday of each month at 11 a.m. At that time people will hear the siren over the giant voice. No actions are required.

Retiree council meetings

The Fort Rucker Installation Retiree Council meets the first Thursday of each month in The Landing at 11:30 a.m. The meeting is an open forum and all retirees are invited to attend. Retirees are also encouraged to apply for one of the open positions on the council.

For more information, call 255-9124.

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.

SAMA induction ceremony

The Fort Rucker Sergeant Audie Murphy Association will host an induction ceremony to honor new members July 25 at 10 a.m. at the U.S. Army Aviation Museum. New members will be recognized, and receive the SAMA medallion and certificate from current members of the association.

Retirement ceremony

Fort Rucker will host its quarterly retirement ceremony July 29 at 2 p.m. at the U.S. Army Aviation Museum. All are welcome to attend and honor the post’s latest retirees for their service.

Army to veterans: Excess facilities must close

By C. Todd Lopez
Army News Service

WASHINGTON — The Army is spending at least \$500 million annually to maintain excess infrastructure, a facilities expert told veterans and other groups visiting the Pentagon.

About 30 representatives from veterans' service organizations, military service organizations, non-federal entities and defense community associations met for a summit in the Pentagon June 23 to meet with Army leaders on an array of topics relevant to their own service missions.

Andy Napoli, assistant for Base Realignment and Closure with the Office of the Assistant Secretary of the Army for Installations, Energy and Environment, discussed the urgent need for the Army to reduce excess infrastructure, as a way to free up now dwindling resources for use in more critical areas.

"The real issue is underutilized capacity that is costing a lot of money," Napoli said. "It costs roughly the same amount of money to heat and cool a building and operate it, whether it has 100-percent occupancy or 50-percent occupancy."

Napoli said that there are not a lot of empty buildings on Army bases, but there are a lot of buildings that aren't fully utilized. Whether full or only partially full, it costs roughly the same to sustain that infrastructure. Army-wide, it's about an average of \$3 per square



PHOTOS BY C. TODD LOPEZ

Secretary of the Army Eric K. Fanning inspects the Soldiers of the 3rd U.S. Infantry Regiment 'the Old Guard' during a full honor arrival ceremony in his honor June 20 at Joint Base Myer-Henderson Hall, Va.

foot to maintain that infrastructure.

"When you run the math of 170 million square feet of underutilized space times \$3 a square foot, you end up with about \$500 million of carrying cost," he said. "That's a conservative estimate."

"It's not enough though to shut down those buildings," Napoli said. Rather, missions and capabilities must be consolidated on other installations, and whole installations must be closed to find truly beneficial cost savings.

Running a whole installation, he

said, is extremely costly, as there are services that must be provided across an installation at a cost that really can't be reduced along with the number of Soldiers and families on an installation. A sexual assault program costs about the same on a large base as it does on a small base, for instance — it's a pretty fixed hierarchy to run such a program. And base services still need to be provided — garbage collection, for instance, or pothole repair.

"What that really means is that our force structure and our popu-

lation goes down, unless you are closing an installation and permanently eliminating that requirement, you're not going to have a lot of opportunity to save money," Napoli said.

"If we try to spread declining resources across all 155 installations the Army owns and operates, you are going to get mediocre services everywhere," he said. "If you can concentrate the resources at a smaller number of installations, you can get better service."

Diane Randon, the acting assistant chief of staff for Installation

Management, said that ACSIM is responsible for getting resources to installations for things like fire and emergency services, law enforcement, family programs, Soldier readiness programs and training ranges, for instance.

Also, she said, they are responsible for the infrastructure piece — investing in facilities and military construction, for instance.

But the Army is not getting the funding it needs to sustain these things, she said.

"We don't really get what we say we need," she said, though she conceded, "we haven't gotten the worst we could have gotten."

She said the Army isn't getting the appropriate funding it needs for its restoration and modernization account — "that account is also deficient" she said, as is military construction, or MILCON. "It's at a historic low."

She said the Army needs to "reduce the footprint" it maintains. With reduction of end strength, with less people and less families, there is excess capacity.

"When we have excess capacity of our infrastructure, and we really don't have the investment that we need to preserve that current footprint — which includes leases — what strategy do we employ to drive footprint reduction?"

She said figuring out how to reduce that footprint has senior leader attention, to figure out how the Army can consolidate into its best facilities, and then how to divest or repurpose current facilities.

CSA explains how skeletal advisory brigades could regenerate force

By Gary Sheftick
Army News Service

WASHINGTON — Five brigades in the future might consist of only officers and NCOs with no junior Soldiers.

Chief of Staff of the Army Gen. Mark A. Milley calls these "train, advise and assist" brigades and he explained how they will work during a June 23 forum hosted by the Center for Strategic and International Studies.

"This idea is not hollow at all," Milley said in response to a question by Dr. Kathleen Hicks, moderator of the forum and director of the CSIS International Security Program. "These guys would be operationally used all the time."

Each brigade would deploy to a different combatant command area to help train allies and partners, he said. Their mission would be similar to what units have been doing in Iraq and Afghanistan.

The structure of the new units would be similar to that of a current infantry brigade's chain of command, Milley said, but without the privates and specialists. In the case of a national emergency, he said newly-trained Soldiers could be added to stand up full units quickly.

"I look at it as if you get a two-for," Milley said. "You get a day-to-day engagement that the combatant commanders want in order to train, advise and assist. And then in time of national emergency, you have at least four or five brigades with standing chains of command that can marry Soldiers up like the old COHORT units."

COHORT battalions existed in the 1980s and Milley served with one. "That's part of where I got the idea," he said.

The whole idea was cohesion, he said. "So the idea was that if the unit chain of command trains together for three or four months, they're very cohesive. And then all of the Soldiers go through basic training together; they all go through Advanced Individual Training together at Fort Benning. Then when you marry them to the chains of command, the amount of time it will take



PHOTO BY ALEJANDRO PENA

Paratroopers board and position their gear inside an Air Force C-17 Globemaster III aircraft before participating in a night jump at Joint Base Elmendorf-Richardson, Alaska, March 31.

to build a cohesive unit will be shortened. And it was. And those were incredible battalions."

The first of the new brigades should be operational by 2018 or 2019, Milley said. They will be stood up one at a time.

"We'll pilot it, we'll make sure we get the design right," he said. "We'll take it slow at first and not rush to failure."

After the first advisory brigade is tested in theater, Milley said the design could be "tweaked." Within five years, there should be five of the brigades — one for each combatant commander, he explained.

It would be second commands for the officers assigned. A company commander or battalion commander in one of these advisory brigades would already have commanded a unit with troops, Milley said.

Normally, officers and NCOs would serve together in the "train, advise and assist" units for about three years, the chief said. They would become proficient advising host-nation forces during that time.

"There's a little flavor of Special Forces in there. There's a flavor of the Foreign Area Officer program. These people in

these units would get cultural training and language training and that sort of thing," Milley said.

"But you get a secondary benefit," he added. In time of pending crisis or war, new troops could be added to stand up full infantry brigade combat teams.

It's one of the only ways that brigades could be stood up quickly today, given the complexities of modern combat operations, Milley said.

"It takes a long time to train a platoon sergeant, to train a battalion commander, to build a unit," he said.

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PHOTO BY SGT. JOSHUA E. POWELL

CW3 Randy Growall, attached to the 300th Sustainment Brigade, observes a maintenance procedure during his visit to an Iraqi army small-wheel depot June 9 near Camp Taji, Iraq.

Space

Continued from Page A1

time away.

“Soldiers will be able to do just about any type of craft in here that the space allows,” said Varner, adding that currently the space is for Soldiers only.

Soldiers aren’t limited to the medium of art they wish to use in the designated space, and can participate if they are just starting out in art or if they are seasoned professionals, said the program manager.

Staff Sgt. Nelson Vazquez, U.S. Army Aviation Center of Excellence NCO Academy, helped with the clearing and construction of the space, and said he believes it will be a great place where Soldiers can come to find an escape from any stresses they might be experiencing.

“I think it’s special for the Soldiers to have a little corner for themselves to be able to express whatever they’re doing,” he said. “This is a great place for us to come to be here and share interests with others. This is a place we can come and play some music and work on our art, and there are also volunteers here to help people out, too.

“This is also great opportunity for single Soldiers, too, because they can come here to learn how to paint or work in other art, and its great to help take your mind off of some things that you might not need to be focusing on at the time,” said Vazquez, who’s had experience working in the wood workshop and can attest to the fact that the work can often be therapeutic.

The arts and crafts center has other programs and activities that are open to family members and Soldiers alike, and the center not only provides a great opportunity for stress relief, but also gives people the opportunity to learn a new craft, said Varner.

“Our Soldiers who come here aren’t usually here for very long, and oftentimes they’ll bring their spouses with them,” said the program manager, “so this gives them an outlet where they can work on things or learn a new craft in the time that they’re here.”

Varner said the arts and crafts center is a great place for people to get in touch with their creative side, even if they have no experience in the chosen medium.

“People who don’t know what their

medium is can start small with something easy like scrapbooking and then take other classes to explore their creative side,” she said. “We offer classes from stained glass and pottery, to wood burning and framing.”

There are also classes for sewing, quilting, mosaics, drawing and painting, as well as some classes for children 4 and older. The center also offers a fully equipped wood shop with an experienced staff to help people build anything from a jewelry box to custom furniture, added the program manager.

To use the woodshop or take classes in the woodshop, participants must first complete a one-hour safety course, which will help people become familiar with the equipment and how they work. Safety classes are available Saturdays from 9-10 a.m.

Most classes have age requirements and are by appointment only, so Varner asks that patrons sign up for all classes at least 24 hours before class time, with the exception of the regular woodshop safety class.

If people would rather have someone do the work for them, the center also offers a

host of services, including framing, gifts, engraving, custom embroidery, screen printing and sublimation, which allows people to customize just about anything from clothes, bags, mugs and more.

There is plenty of merchandise that people can purchase and engrave, including the miniature sculptures of Sgt. Ted E. Bear; silver, bronze and copper award eagles; various plaques and trophies; as well as personalized name plates and office gifts.

“There are literally hundreds of things people can buy and customize here,” she said.

The new room will be open any time the center is open – Tuesdays through Fridays from 9 a.m. to 6 p.m., and Saturdays from 9 a.m. to 4 p.m. – and Varner said that Soldiers are free to come and go as they please when using the room.

Although there is no cost for Soldiers to use their new space, all classes have a cost associated with them, depending on the class, and the center is open to Soldiers, family members, retirees, Department of Defense civilians and contractors.

For more information, call 255-9020.

Distracted

Continued from Page A1

McMahan suffered a hyper-extended back, bruising and road rash, while his wife suffered from whiplash, a hyperextended back, light bruising to her head, and bruises and road rash across her body, including her elbows, legs and posterior.

“We’re lucky to be alive,” said McMahan. “We did everything right – we were both wearing bright orange vests, we were very visible with my American flag and POW flag flying, and I was using my turn signal well in advance. You can do everything right on a motorcycle, but you can still be hit – when you’re hit on a motorcycle it’s going to be far worse than if you were in a car.”

The 18-year old driver who struck McMahan said she was “looking down, scratching her leg,” according to reports, but whatever

the reason, she didn’t see the McMahans because of the distraction from driving, which can result in deadly consequences.

“There are young and old drivers out there who are distracted drivers,” said the lieutenant colonel. “People driving cars need to keep an eye out for motorcycles. Life is precious, so if you’re driving a car you need to be looking out because there are people on motorcycles, people on bicycles and people walking around, and if you’re distracted you could kill somebody.”

Rebecca Ghostley, garrison safety director, said that the four deadliest words are “I didn’t see them.”

“In this area, we have a

huge number of riders. Car drivers should share the road and give riders plenty of room. Car drivers are found at fault in more than half of accidents involving motorcycles,” she said. “People are always thinking ‘It’s not going to happen to me.’ You can be the safest rider and still be in an accident; however, you can reduce your odds of serious injury by wearing protective equipment. Always assume that other drivers are not going to see you.”

Before embarking on a ride, riders must remember to take all necessary precautions, make sure they know how to operate the vehicles safely and wear the right gear, said Ghost-

ley, adding that it begins with protective gear and making themselves as visible as possible.

“If riders are cycling at night, they should wear reflective gear, and they should always wear long-sleeved shirts, long pants, eye protection, gloves and over-the-ankle footwear. An armored jacket will offer additional protection,” she said, adding that shoe-strings on boots should be tucked in.

Another factor for motorcyclists to be concerned with is driving defensively.

Passengers should also be knowledgeable on motorcycle safety, said Ghostley.

“Passengers should be

dressed in the same protective gear as the driver and they need to understand the handling characteristics of a motorcycle, such as leaning,” she said.

Motorcycle safety courses are mandatory for Soldiers. There are three courses at Fort Rucker: the basic rider course, the experienced rider course and the military sport bike course. There’s a regulatory requirement for all Soldiers who operate motorcycles to take the basic course. Then, within a year after taking it and every five years thereafter, riders are required to take one of the other two courses, depending on the style of bike they ride.

Soldiers can register for

the courses online at www.apps.imcom.army.mil/AIRS/default.aspx.

For more information, visit www.rucker.army.mil/newcomers/motorcycles.html.

Despite having all the safety courses and gear, responsibility falls on everyone sharing the roads, added McMahan.

“That girl that day didn’t wake up that morning thinking she was going to run into the back of a motorcycle rider (and) his wife, and in that instance she could have changed a lot of lives for the worse,” he said. “It’s important that people look out for others, because it could potentially save a life.”

- Have a family disaster plan and supply kit.
- Build or identify a safe room in your home.
- Purchase and use a NOAA weather radio with a tone alert feature. This will alert you to warnings issued by your local National Weather Service office.

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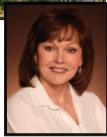
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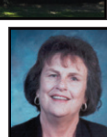
106 Pratt
\$141,000: Country Living without the drive! It is hard to find a spacious 3 bedroom home almost hidden in the trees but only minutes from town. Well, here's one! Enjoy the shade on the deck out back or entertain some friends in the screened in porch. Move in ready, minutes from shopping, and Ft Rucker. **CHRIS ROGERS 406-0726** MLS 20161072



468 CR 163
Hunter Ridge: \$359,900: 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! **JAN SAWYER 406-2393** MLS 20161071



210 Gateway
\$300,000: Beautiful family home that has everything!!! Salt water pool, game room/sunroom, large family room, large master suite, office, large laundry room, storage building with roll up door. Very private lot located in Gateway Estates. **TEXT TERRI 406-2072 & JACKIE THOMPSON 406-1231** MLS 20161088



601 Melbourne
\$125,000: Great home on a large corner lot and in a convenient location. There is a vaulted & beamed family room with a gas log fireplace. The bedrooms are nicely sized and two have walk-in closets. A bonus room off the garage is heated and cooled. A small workshop and a large storage room are also off the garage. Two sheds, boat storage, gutters, parking pad, and a screened in porch are all extras for this home. With some cosmetic updating this home can become a real jewel. See it today! **JAN SAWYER 406-2393** MLS 20161086



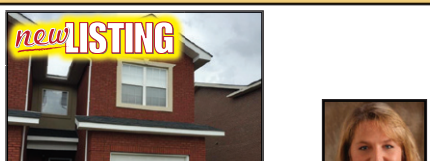
105 Lindenwood Circle
\$178,800: MOVE IN READY! Freshly painted interior. New carpet in bedrooms and Living Room (May 2016). Windows and vinyl siding replaced in 2010. Roof replaced in 2006. Stainless steel appliances. Refrigerator is 4 years old. Dishwasher-2 years old. Stove has never been used. Master Bedroom has laminate flooring. Several interior doors have been replaced. New bathroom vanities, Moen fixtures and hardware. Guest Bath has matching vanities. Storage attached to carport has electric. Detached 20x20 shed built in 2011. **SHAWN REEVES 475-6405** MLS 20161095



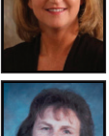
101 Brookstone
\$255,000: Move in ready 4-2 in Stonechase. Included with the sale of this home are custom made plantation shutters, a Maytag washing machine, an LG gas dryer, upgraded stove, refrigerator, gas grill on the back porch, fire pit beside the oasis shaped pool, cool deck around the pool, a bird bath, custom landscaping, gutters and a screened back porch. The kitchen has granite counter tops and stainless appliances. Tile and hardwood are in the main living areas. Transferable termite Bond paid thru October 2016. **NORMAN RILEY 406-6746** MLS 20161121



306 E Sommer Oak
\$258,900: Beautiful large (over 2450 sq. ft.) three bedroom/two & 1/2 bath home in Sommer Brooke. The complete interior has been freshly painted. Hardwood floors in living area and Master BR. New tile in kitchen. Master Bath completely remodeled last year. Also features an oversized garage, a generator that cuts on automatically with loss of power, and a Pent tankless water heater. The library/office could be converted to a 4th bedroom if needed. Come see all this home has to offer! **BOB KUYKENDALL 369-8534 & NANCY CAFERO 369-1758** MLS 20161123



318 Eagle Landing
\$112,800: Conveniently located to Ft. Rucker, shopping, schools and recreation activities. All brick exterior, 9' walls down stairs/washer and dryer included/master bedroom has a coffer ceiling and balcony off the back and the master bath has a tile shower/Jacuzzi combo! Monthly HOA dues include use of pool, clubhouse and grass cutting. **TEXT TERRI 406-2072 & JACKIE THOMPSON 406-1231** MLS 20161153



124 CR 442: Daleville
\$77,000: 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** MLS 20161150



919 Alberta
\$187,650: This home has had updated double paneled windows, bedrooms, and kitchen. Nice walk in pantry and corner cupboard and island in kitchen. Area for small table and chairs. Den/eating area, formal living/dining room combination, and half bath right as you come in from the garage. French doors to covered patio and nice relaxing back yard with gazebo, storage shed and pool. Conveniently located to historic downtown, Public, churches and schools. Be sure to take a look at this two story!! **EVELYN HITCH 406-3436** MLS 20161164



405 Coppinville
\$40,000: First time investors need to check out this delightful and spacious home that is in a great neighborhood. With a little love and care this home could be the best house on the street! **CHRIS ROGERS 406-0726** MLS 20161167



111 Beverly
\$124,000: Comfortable home with 3 spacious bedrooms, 2 living areas, over 1700 sq. ft. and a very comfortable price. **FRAN & DON KALTENBAUGH 790-5973** MLS 20161169



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203 SONYA: Excellent Brick Home with split floor plan - Features grand foyer, open living room with fireplace, tray ceilings, formal dining room, breakfast nook, granite counter tops, ample cabinets, pantry, beautiful flooring, covered porch and patio, fenced yard with fire pit and much more - Convenient to Ft Rucker and shopping. **BOB KUYKENDALL 369-8534**


\$162,000


332 OLD HARTFORD RD: Rambler style home with great curb appeal in Hartford, AL. Situated on a 2 acre lot this home offers 4 bed 2 bath, with 2309 square feet of living space, and a detached 2 car garage. Built in 2007 this home features hardwood floors, lots of natural light, and a large open living space. The kitchen is huge and has ample storage and counter space. An enormous center island with breakfast bar that can sit 5 comfortably. Wrap around porch is a great place to relax. Enjoy swimming in your own private pool. **JACKIE THOMPSON 406-1231**


\$139,500


184 CONCORD: Easy living in this gorgeous 3 BR/2 BA one level townhome. Oversized vinyl fenced yard with large shady, covered patio. Wood floors, new appliances, corner lot. Community fee covers pool, clubhouse and lawn care. **PAT LEGGETT 406-7653**


UPDATED! \$123,000


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


6 BR/6 BA AND POND ~ \$215,000


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**


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112 MAGNOLIA: Nice 4 bedroom 2.5 bath home featuring a bonus room, a laundry room, and a deck overlooking the wooded backyard! This home offers room to grow! **SOMMER RAKES 406-1286**


BRING THE HORSES ~ 15.50 +/- ACRES


320 CR 101: \$175,000: Horse lovers dream, property is completely fenced with hog wire, with chain link fence in yard front and back with five gates, separate fenced paddock in front yard with hog wire fence, circular drive, 22x32 barn with two stalls, lean to extension with Dutch doors, electric and water with inside and outside lights. 10x20 shed with shelves and ramp. Open floor plan with split bedrooms and den w/livestock as well as formal living room. Great screened porch with stairs leading to pool. A MUST SEE! **EVELYN HITCH 406-3436**


NEW LISTING ~ \$79,850


1000 E LEE: A must see 3 bedroom home! Updates over the last two years include renovated bathroom with custom cabinets and fixtures, renovated kitchen with custom cabinets, refrigerator, stove, dishwasher and microwave hood, renovated laundry room to include countertops, flooring replaced (carpet and linoleum), blinds in all the rooms and ceiling fans in all the rooms. Beautiful shaded, landscaped corner lot, fenced yard, patio, storage shed with ramp, and remember to check out the children's room in the back yard. **JUDY DUNN 301-5656**


NEW LISTING ~ 14.40 +/- ACRES


1635 JOE BRUER: \$475,000: 14.4 +/- acres - Build a neighborhood or a business. Excellent visibility from Hwy 84 and easy access from 84, Joe Bruer and other side roads. **FRAN AND DON KALTENBAUGH 790-5973**


\$124,000


104 REGAL: Affordable with 4 bedrooms, conveniently located to Ft Rucker, Harrard Creek Elementary school and shopping. Nearly New Appliances. All 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 369-4410**



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Soldiers from the DeGlopper Air Assault School, XVIII Airborne Corps, conducted UH-60 Black Hawk rappels using aircraft from the 82nd Combat Aviation Brigade, Fort Bragg, N.C., June 15. The event happens during Day 9 of the 10-day course, with the final event being a 12-mile foot march in under three hours.



Maj. Charles Kettles stands in front of a 121st Aviation Company UH-1H helicopter during his second tour of duty in Vietnam in 1969.

HEROISM

Vietnam War pilot to receive Medal of Honor

By Elizabeth M. Collins
"Soldiers" Magazine

WASHINGTON — President Barack Obama will award the Medal of Honor to a daring helicopter pilot who displayed extraordinary heroism during the Vietnam War, the White House announced June 20.

Retired Lt. Col. Charles Kettles is credited with saving some 44 lives in one day, May 15, 1967, while serving as a helicopter commander in the 176th Aviation Company, 14th Combat Aviation Battalion, Americal Division in the vicinity of Duc Pho, in Vietnam's central highlands.

Early that morning, his platoon had dropped about 80 Soldiers in a river valley, but the troops were ambushed and surrounded very quickly. Kettles and his fellow pilots made several trips back and forth, bringing reinforcements and evacuating the wounded, but by afternoon, it was

clear that the situation was hopeless. Only 44 troops remained, facing what Kettles estimates was a battalion-sized force.

Although the company's helicopters were so shot up that they had to call in reinforcements from another unit for the extraction, they managed to get the Soldiers aboard and take off under heavy fire.

Then, when they were airborne, Kettles learned eight men had been left behind on the ground.

With one of the rescued Soldiers on board in addition to his crew of four, Kettles immediately turned his unarmed Huey around and headed back to the landing zone. He had surprise on his side, but fire from the ground — mostly small arms and mortars — was withering and ripped the windshield apart.

The eight Soldiers dove into the helicop-

SEE HONOR, PAGE B4

Aviators support counter-drug operation

By Staff Sgt. Siuta Ika
Joint Task Force-Bravo

SANTA BARBARA DISTRICT, Honduras — CARAVANA is the name given to the recurring operation where the Honduran armed forces rotate personnel, with airlift support from Joint Task Force-Bravo, to outposts in the Gracias a Dios, Colón and Olancho departments to disrupt and deter illicit trafficking of drugs, weapons and money by transnational criminal organizations.

The safe and effective movement of this amount of troops and supplies during operations conducted by two nations using three different types of rotary-wing and one fixed-wing aircraft and hundreds of personnel, many of whom don't speak the

same language, requires synergistic planning and coordination before missions. This coordination is crucial to minimizing or eliminating potential accidents that could occur during mission execution, said Air Force Capt. Eduardo Barajas, assistant JTF-Bravo operations director and lead project officer for this CARAVANA iteration.

During a Honduran-led rehearsal of concept drill June 1 in the Santa Barbara district, Aviators and planners from both nations discussed event details, planned outcomes and past successes. One Honduran official highlighted recent data showing a marked decrease of TCO freedom of maneuver in northeastern Honduras, attributing it to the continued presence of Honduran security and interdiction teams

enabled by Operation CARAVANA.

This was the first time the Honduran military hosted and led a ROC drill for a combined CARAVANA mission, demonstrating an increase in effectiveness due to an expansion of Honduran assets and capabilities. However, this was not the first time they took the lead role during a CARAVANA operation, as the previous iteration was conducted by the Honduran armed forces without U.S. assistance, Barajas said.

"This CARAVANA mission was very important for the Honduran military," he said. "This was the first time they hosted and led the ROC drill, which is awesome because they are taking more command over the operation in both planning and execution. Overall, our No. 1 goal is to

enable them to make each CARAVANA successful."

During CARAVANA's 20th iteration, JTF-Bravo's 1st Battalion, 228th Aviation Regiment provided two UH-60 Black Hawks and two CH-47 Chinooks for the troop transport to augment the Honduran air force UH-1 Huey and L-410 Turbolet cargo aircraft capabilities. In the past, the Honduran military relied primarily on logistic ships to transport the personnel and supplies, making multiple stops throughout the coastal region before dropping off the troops and returning to home port. The whole process took more than a week, whereas transporting by helicopter takes only a few hours and allows access to even more remote areas.

The successful movement of Honduran troops to their outposts is the most visible part of this multi-layer operation. However, CARAVANA operations would not happen without the support and tactical air command teams staged at Mocerón and Puerto Castilla, which consist of fuel technicians, mechanics, weather forecasters, communication specialists, medics and a medical evacuation crew.

Capt. Michael Haynes, the support package's officer in charge and the 1-228th Avn. Regt. headquarters and headquarters company commander, said the support



Honduran military members board a CH-47 Chinook flown by Joint Task Force-Bravo's 1st Battalion, 228th Aviation Regiment during the 20th iteration of Operation CARAVANA at Mocerón, Honduras, June 9.

PHOTO BY AIR FORCE STAFF SGT. SIUTA B. IKA

SEE OPERATION, PAGE B4

BUILDING CONFIDENCE: 1st CAB trains with special ops Soldiers

By Sgt. Zach Sheely
Kansas Adjutant General's Department

TOPEKA, Kan. — Active-duty Aviation Soldiers working with special operations forces personnel on a National Guard weapons range — just another day at Smoky Hill Air National Guard Range near Salina.

Soldiers with the 3rd Helicopter Assault Battalion, 1st Aviation Regiment, 1st Combat Aviation Brigade, 1st Infantry Division, partnered with a special operations forces unit and the Kansas National Guard to conduct a combat Avia-

tion exercise in May.

The 3-1st Avn. Regt. sent about 200 Soldiers and eight helicopters, including UH-60 Black Hawks, CH-47 Chinooks and AH-64 Apaches to the exercise. The Soldiers used the facilities of the Kansas Regional Training Center for logistical needs and Salina Airport to stage the helicopters, in addition to Smoky Hill.

According to Lt. Col. Jennifer Reynolds, task force commander, Salina and Smoky Hill offer the perfect training venue for this realistic training scenario.

"The facilities in Salina are outstanding," said Reynolds. "I really

couldn't ask for a better partnership than we've had with our National Guard brethren here."

The Soldiers used the massive land space and mock urban villages of Smoky Hill to conduct air assault, aerial maneuvering and gunnery missions as part of the exercise.

A Kansas National Guard facility operated by the 184th Intelligence Wing, Kansas Air National Guard, Smoky Hill is no stranger to frequent active-duty customers.

"The time to figure out how to work together isn't downrange — it's here," said Maj. Todd Kavouras, operations officer, Smoky Hill.

"Hopefully we can provide a realistic training atmosphere for them to come together and figure out their tactics, techniques and procedures."

Reynolds said that Smoky Hill is well tailored for her units' needs for many reasons.

"One, being that it's so big," said Reynolds. "Two, the Air Force trains here. If we go anywhere, it's not just the Army, we train and go to combat together. Using Smoky Hill is just enhancing what we have at Fort Riley and I absolutely hope (the partnership) continues."

Spc. Daulton Wallace, UH-60 Black Hawk helicopter maintainer,

3-1st Avn. Regt., said the unfamiliar territory accentuated the realism.

"Being away from our normal training area gives you more realistic training," said Wallace. "The ranges (at Smoky Hill) are good for we need to do. Their tower is perfect for us and there's plenty of space there to maneuver."

The Soldiers were tested day and night to prepare them for what they might face on a deployment.

"We start hitting them with different scenarios without the regulation and they realize they can handle it, it just builds their competence and their confidence at the same time," said Reynolds.

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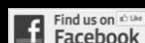
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Honor

Continued from Page B1

ter, but there was another problem: it was now about three men, or 600 pounds, too heavy.

“I didn’t know if we were going to get out of there,” Kettles remembered, “but I was just going to give it my best try.”

After his copilot couldn’t manage the takeoff, Kettles took over, repeatedly adjusting the revolutions per minute

until they finally lurched back to Duc Pho.

That’s the bottom line, said Kettles: those Soldiers went home to their families. Their names aren’t carved in stone on a wall in D.C. No medal can compare with that.

“The rest of it is rather immaterial, frankly,” he said, quick to give credit to the other 73 pilots and crewmembers who flew missions that day.

The Medal of Honor is an upgrade for Kettles, who will be honored in a White House ceremony scheduled for

July 18. He initially received the Distinguished Service Cross, the nation’s second highest award for valor, for his actions.

He also received the Distinguished Flying Cross for heroism the day before, May 14, 1967, and earned 27 air medals while flying more than 600 missions during two tours in Vietnam.

Kettles currently resides in Ypsilanti, Michigan, with his wife, Ann.

Operation



PHOTO BY AIR FORCE STAFF SGT. SIUTA B. IKA

Honduran military members drop off their gear and supplies at their outpost in the Gracias a Dios department of Honduras.

Continued from Page B1

package also acts as a command and control element throughout the mission.

“Anything Aviation related we relay back to the crews and we also relay information from the TAC up higher, as well,” Haynes said. “But, really, what makes (the support package) successful is the Soldiers. If people don’t want to be here and their head is in the wrong place, then

it’s not good and it’s going to be a lot harder to get things done. But, these service members came out here, worked hard, put in a lot of time and effort, and CARAVANAs wouldn’t be as successful as they are without the willingness and all their hard work.”


During the two days of JTF-Bravo airlift support to this iteration of the multi-day operation, more than 180 Honduran troops with 17,000 pounds of provisions passed through

Mocorón as well as Puerto Castilla, where a Honduran naval facility is located on the northern coast of the country.

Since its initiation, CARAVANA has facilitated the movement of more than 5,000 troops and 225,000 pounds of cargo between remote locations in the eastern part of Honduras, giving the Honduran security teams the ability to quickly focus and adjust their forces against the ever-changing tactics TCOs use in the region.

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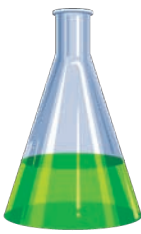
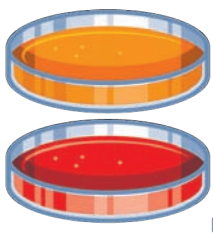
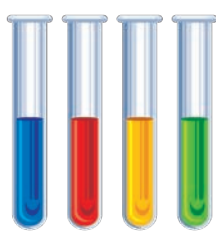
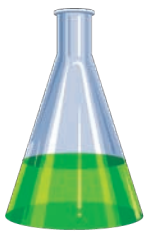
JUNE 30, 2016



PHOTOS BY NATHAN PFAU

Students and mentors work together to design their rockets during the planetary GEMS week at the Fort Rucker Elementary School Friday.

GEMS



Program helps students shoot for the stars

By Nathan Pfau
Army Flier Staff Writer

Designing, building and launching rockets isn't a normal activity for fifth and sixth graders, but the U.S. Army Aeromedical Research Laboratory had students shooting for the stars and expanding their minds.

Thousands of tons of rocket fuel might not have fueled the rockets, but the feelings were just as explosive for students who got the chance to take part in USAARL's Gains in the Education of Mathematics and Science program as they launched their makeshift rockets on the final day of the first week of the program at Fort Rucker Elementary School Friday.

This year's program is offered in four different curricula: planetary GEMS for fourth and fifth graders; neuroscience GEMS for sixth and seventh graders; biochemistry GEMS for eighth and ninth graders; and nanotechnology GEMS for 10th and 11th graders, according to Lori St. Onge, GEMS program coordinator.

"We bring GEMS to the community to offer extracurricular (Science, Technology, Engineering and Mathematics) outreach to

children in the community," she said. "Hopefully we're able to expose the students and get them to engage in hands-on experiments that they might not be able to experience in the classroom through an open learning environment."

During the first week of GEMS, the students got the chance to learn about Earth and space science.

The children used everything from graham crackers and frosting to simulate plate tectonics, to using circuits and electronic building blocks to simulate communication between ground control and satellites.

But for many, like Kara Drillhet and Armond Loiseau, both fifth graders, it was the hands-on experiences that left them hungry for more.

"I really like science," said Drillhet. "I did this last year and it was really fun, so I wanted to do it again."

Drillhet, who aspires to be a detective when she grows up, said the process of building and launching her rocket was one of the highlights of the program.

"We had to make our rockets and we're trying to see whose can fly the highest," she said, dub-

bing her rocket Little Italy. "The hardest part has been putting on the fins – it's tough to get them on there."

After the students designed and built their rockets, they were ready to be launched outside where an air pump was used to build pressure to shoot the rockets straight up into the air. This is where the students also got a lesson in trial and error, because not all designs got off the ground.

"Some of the students who got their rockets done quickly had the chance to go through the prototyping process to test and improve their rockets," said Jeanne Davis, resource teacher. "We talked about the center of gravity and pressure, and how they have to be in relation to each other to have a straight rocket path, so they take that information and try to make sure their designs are airtight."

Loiseau said he wasn't happy with his initial rocket launch, so he went back to make some tweaks.

"I needed to make changes because sometimes it wasn't working," said the aspiring engineer. "I had more fins on it so I took the extra ones off. The first time it went up, but it didn't go as high



Students launch their air-pressure-propelled rockets during the planetary USAARL's GEMS week at the Fort Rucker Elementary School Friday.

as I wanted and I think it was because of the wings on it, so I'm taking them off and hopefully it will go higher."

Rockets weren't the only things being launched through the week, as the program is designed to pique the student's interest in other STEM curricula,

said St. Onge.

"We want these students to have a love of math and science," she said. "We want the children to know that engaging in different STEM activities is fun and that they can have a career in those fields if they wish to pursue that. We want to open their minds."

SUMMER FUN



Cub Scouts take part in last year's water rocket derby.

COURTESY PHOTO

Cub Scout Pack 50 celebrates Scouts, prepares for activities

By Katarina Ashburn
Cub Scout Pack 50

Cub Scout Pack 50 recently celebrated the accomplishments of almost 30 Scouts at its annual graduation ceremony at the Scout Hut on Fort Rucker.

These rising second-through-fourth-grade boys enjoyed a year of fun and adventure with events like the pack's annual pinewood derby, water rocket derby and district camping events, said Cubmaster Peter Piazza.

The scouts worked on character and skill development through an age appropriate, Boy Scouts of America program and are now prepared to take on the next level of scouting adventures, he added.

"We had so many great events this year and we could not have done it without the help of our pack families," Piazza remarked.

With the school year complete, the Scouts are looking forward to summertime fun with a variety of trips and activities now through August. Pack 50 welcomes families with

rising first-grade boys or newcomers to the area to these summertime events and invites them to join in the adventures of Cub Scouting, he added.

The Back to School Bash for the pack is scheduled for Aug. 20 at 10a.m. at Lake Tholocco. All interested families are invited to attend, according to the Cubmaster.

"Summertime is a great opportunity for interested families to come and check us out. We plan on fishing, swimming, bowling and other fun stuff," said Piazza.

Cub Scouts is a family-oriented program for boys in first through fifth grade. The program consists of den meetings, pack meetings, campouts, special events and community service. With thousands of Cub Scout packs throughout the country, military families can continue scouting with their frequent moves, Piazza said.

For more information about Pack 50 on Fort Rucker and its summertime calendar, send an email to pack50fortrucker@gmail.com.

ON POST

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

Freedom Fest

Fort Rucker will host Freedom Fest Friday from 4-10 p.m. on the festival fields for a day of food, activities and fun, culminating in one of the area’s largest fireworks show, according to organizers. The 98th Army “Silver Wings” Band will provide the live entertainment. Other activities include a variety of displays, children’s inflatable fun zone, rides, and a variety of local and regional vendors. The event is free and open to the public. No glass, coolers, backpacks or pets will be allowed. For more information, call 255-1749.

‘Beauty and the Beast’ trip

MWR Central Day will host a trip to the Alabama Shakespeare Festival’s production of Disney’s “Beauty and the Beast” in Montgomery July 24. Cost for the trip is \$60 for adults and \$50 for children, and includes ticket and transportation to the show. The bus will depart Fort Rucker at 11:15 a.m. and should return at about 7 p.m. The deadline to register is Friday.

For more information and to register, call 255-2997.

Credit Reporting 101

Army Community Service will host its Credit Reporting 101 July 7 from 6:30-7:30 p.m. at The Commons. Topics will include how people’s credit history impacts their financial future, credit reports versus credit scores, what’s in a credit report, how credit scores are determined, building and maintaining a good credit history, obtaining a copy of a credit report and disputing credit report errors. Pre-registration is required by Wednesday. Free child care is available and people can make the arrangements when they register.

For more information and to register, call 255-9631.

Army Family Team Building app

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

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session July 7. People who attend will meet in Rm. 350 at 8:40 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about 11 a.m. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.

For more information, call 255-2594.

White-water rafting

MWR Central will host a day trip for white water rafting down the Chattahoochee River July 16. This is a beginner-level trip, so people don’t need to worry if they haven’t been white-water rafting before, according to organizers. Cost is \$59 per person, which includes transportation to and from Columbus, Georgia, and a two-hour instructor-led trip. The bus will depart from Bldg. 5700 at 9 a.m. and return to Fort Rucker around 6 p.m. The trip is limited to 28 people and participants must be 7 or older. The deadline to register is July 8.

For more information or to register, call 255-2997.

Family resilience training

Army Community Service will host family member resilience training July 11 from 9-11:30 a.m. at The Commons. The course is designed to give Army family members the tools they need to become more resilient in all the challenges that life may throw at them.

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

Mom & Me: Dad too!

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

For more information, call 255-9647 or



PHOTO BY NATHAN PFAU

Girls Night Out

Ladies get the chance to dance with Sgt. Ted E. Bear during the last Girls Night Out Feb. 26. The Landing will host an 80s-themed Girls Night Out July 22 from 6-9 p.m. for an evening full of fashion, fun and prizes – along with a DJ providing entertainment, and best-dressed and trivia contests. Organizations from throughout the community that cater to women will be on hand and prize drawings will be held throughout the evening, with a grand prize drawing at 9 p.m. People must be present to win all prizes. The event is open to the public for women ages 18 and older. Tickets are on sale for \$10 in advance and will cost \$12 at the door. Tickets are available at MWR Central, The Landing Zone, The Landing Catering Office, or Coffee Zone in Lyster Army Health Clinic and The Landing Zone. For more details, call 255-0769 or 255-9446.

255-3359.

Library summer craft

The Center Library will host a summer craft session July 12 from 3:30-4:30 p.m. for children ages 3-11. Light refreshments will be served. Space will be limited to the first 65 children to register. The event will be for authorized patrons and will be Exceptional Family Member Program friendly.

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

Tail Waggin’ Tutors

Parents with children who struggle with reading are welcomed to check out the Center Library’s Tail Waggin’ Tutors July 14 from 3:30-4:30 p.m. The program allows children to read to a furry, non-judgmental friend – the registered therapy dogs provide a safe space for children to practice and improve their reading skills. Children who can read on their own can sign up for a session. Space is limited to the first 20 people to register. The program is open to authorized patrons and is Exceptional Family Member Program friendly.

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

Newcomers welcome

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

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

Armed Forces Trivia Quest

The 2016 Armed Forces Trivia Quest Live, America’s first live military game show, will be at the Fort Rucker Post Theater July 17. Doors will open at 6 p.m. and the show will start at 7 p.m. This is a free event for military and DOD civilians, ages 18 and older. Audience members will have a chance to make it onto the stage where their trivia skills will be put to the test for a chance to win \$10,000 in prizes. Free tickets are available at www.triviaquest.org.

For more information, call 255-9810.

Tot Time

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

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

Homeschool Q&A

The Center Library will host a free homeschool question and answer learning session July 20 from 1:30-2:30 p.m. Ho-

DFMWR Spotlight

Fort Rucker Family & MWR

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Fort Rucker MWR

Independence Day Golf Scramble

Monday, July 4
Silver Wings Golf Course
Format:
Four person team scramble
Minimum 18 teams, limit 36 teams.

Entry fee:
\$45 per Non-Member/\$35 per Member
Registration deadline: June 30. Open to the public.
Includes: tournament course fees, range balls, tee gifts, tournament meals, and prizes. Mulligan's sold 2 for \$10, or \$40 for a team. 8 am shotgun start.
Silver Wings Golf Course, (334)598-2449

Independence Day Stars & Strikes

Monday, July 4
Celebrate the holiday with Stars and Strikes Independence Day Bowling at Rucker Lanes!
10 am–10 pm
Bowl for 25¢ per game and 50¢ shoe rental per person.
Rucker Lanes, (334)255-9503.

meschooling parents will be available to answer questions, show samples of curriculums used and discuss the benefits of teaching children at home. Space is limited to the first 65 people to register. The event is open to authorized patrons only.

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

Job fair

The 13th annual Fort Rucker Area Job Fair is scheduled for July 21 from 10 a.m. to 2 p.m. at Carroll High School in Ozark. The event is hosted by the Fort Rucker

Transition Assistance Program, Army Community Service, the City of Ozark and the Ozark Chamber of Commerce. The fair is open to the public and free to all job seekers. Representatives from government contractors, employment agencies and local companies will be on hand. Workshops will be conducted prior to the job fair, including: resume writing, interviewing skills and personal branding. Attendees should bring their resumes, be prepared to be interviewed and be dressed for success, according to organizers. For more information, call 255-2558 or 255-1117.

FORT RUCKER MOVIE SCHEDULE FOR JUNE 30-JULY 3

Thursday, June 30

Closed

Friday, July 1

Closed

Saturday, July 2

Money Monster (R)4 p.m.
The Nice Guys (R)7 p.m.

Sunday, July 3

Captain America: Civil War (PG-13)1 p.m.
Neighbors 2 (R)4 p.m.

THE ART OF HEALING

Veteran with post-traumatic stress finds coping skills through art

By Terri Moon Cronk
Department of Defense News

WASHINGTON — When Army veteran Greg Mullen developed symptoms of post-traumatic stress disorder while stationed in the Middle East during the first Gulf War, his symptoms from non-stop anti-missile blasts were severe enough after a six-month deployment for him to transition out of his 12-year military career.

The disorder later would later become commonly known as PTSD, a signature wound of the Iraq and Afghanistan wars. Mullen's doctor told him he had a personality disorder and prescribed drug therapy.

But the medication did not help his severe anxiety, panic and migraines, Mullen said.

Mullen, a former material control and accounting specialist from Greensboro, North Carolina, didn't know where to turn for help.

Self-expression through art

With assistance provided by a psychologist, Mullen realized he had an aptitude for art. He found himself doodling on paper one day, making small circles within circles, within more circles. The more he repeated the pattern, Mullen said, the less anxious he became.

Little did Mullen know as he doodled those patterns that his life

would dramatically change for the better. Gradually, as he transitioned from pencil and paper to paint, overlaying a series of dots onto objects, he felt the entrapment of PTSD's chains begin to fall away.

"It gives me peace of mind and calms me down," Mullen said of his art.

"It gives him a chance to take a breath, when most people might go into panic," Mullen's husband, Edward, said. "He just immerses himself in it. When you're concentrating on creating dots, you're not thinking about much else."

Objets d' dot art

Edward began collecting items made from a variety of materials such as wood, ceramic and metal from thrift stores, flea markets and garage sales for his husband to re-finish and decorate with lavishly colorful dot patterns.

With no project too small or too large to try, a collection began, born from what Mullen calls "layered-dot artwork."

Edward said his husband does not plan out or use templates when he creates his close-together dot patterns. "When he (paints) the dots, it just takes him where it takes him."

Mullen has created animal figures, Southwestern sun faces and vases. He also has produced a life-

sized suit of armor, and a 4-by-4-foot coffee table. While a small item takes him a half a day to fill with about 400 dot patterns, Edward said, Mullen's prized coffee table took three months to complete with at least 50,000 layered dots.

Mullen has donated a mother-and-child figure to a major children's charity and a model biplane to a veteran service organization — both for auctions to raise money for their causes.

Helping vets help themselves

As his collection of art grew, Mullen began showing his wares at military installations from the east coast to Colorado, where he is able to interact with other veterans and show those who also suffer from PTSD symptoms that an alternative to medicine might exist for them, too. He receives emails from inspired veterans who found coping skills through activities such as yoga, meditation and art.

Seeing Mullen's work helps other veterans challenge themselves, Edward said.

His husband's art displays at military bases "gets him out there in front of other people who need to hear his story from him," Edward said. "There are other veterans who are going through the same thing."



COURTESY PHOTO

Army veteran Greg Mullen has created animal figures, southwestern sun faces, vases, as well as a life-sized suit of armor and a coffee table with a 'dot' art technique he developed to help him cope with post-traumatic stress disorder.

Veterans find camaraderie at sailing clinic

By Terri Moon Cronk
Department of Defense News

ANNAPOLIS, Md. — When Marine Corps veteran Hector Cardona heard about a sailing clinic designed to assist veterans as they transition to civilian life, he said he couldn't sign up quickly enough, even though he had never sailed.

Cardona was among eight veterans, transitioning service members and wounded warriors who participated in the nonprofit Valhalla Sailing Project's first two-day clinic to teach veterans the fundamentals of sailing and racing, held on the Chesapeake Bay here June 25-26.

Losing friends to suicide

"I've lost a lot of friends to suicide," Cardona said, explaining that he came to the sailing clinic in his quest to find activities veterans can learn to do together.

It's difficult for veterans to re-enter the civilian sector when the one relationship they crave is missing: the brotherhood of their battle buddies, said Marine Corps combat veteran Mike Wood, Valhalla's executive director.

Valhalla assists military veterans by filling the need for a squad atmosphere through formations of four-person crews to sail and race as teams, Wood said, noting the organization is operated by combat veterans who are sailboat racers.

Wood said he believes the veteran suicide rate is a reflection of that missing squad system.

"We hope to get them back in a core group," he said of Valhalla's goal to put veterans in the integrated teamwork and

social atmosphere of sailing.

Learning to sail and race as a crew member, Wood said, prompts similar emotions service members experience as members of the military's brotherhood in arms.

"You rely on each other (in battle)," he said. "With sailing, everyone has a job ... and you have to know everyone's job if you have to step in as needed. And you learn to excel."

And as with military missions, sailing success is based on communication and being able to predict each crew member's actions to "execute the job successfully, which almost mirrors a squad," he said.

"It also gives them names in their Rolo-dex to call" when something in life goes awry, Wood added. The organization is developing crews to keep veterans together to build the core structure and camaraderie they're so used to relying upon.

As new members are introduced to the clinic, Wood said, the veteran-sailor crews will mentor the new recruits. Sailing is a year-round activity, and racing begins in the fall when the wind picks up.

'Dialed into perfection'

"With repetition come the pursuit of perfection," Wood said. "Service members are dialed into perfection. They figure out what went wrong and fix the problem for the next mission."

Cardona said he related to feeling alone without his squad, and he, too, emphasized the importance of "knowing your role so you do it automatically and successfully."

After a brief introductory classroom session, the veterans gathered into two groups of four-person crews, and with

an instructor on both sailboats, all eight veterans — experienced or not — took the helm while their new crewmates fell into position and assumed other duties in first morning session.

Honing sailing skills

Following a barbecue social with 30 volunteers and Valhalla staff, the crews gathered for more class instruction and were back on the water, honing skills quickly.

"By the end of the clinic, it was like these

vets have been sailing together for years," Wood said in a Facebook post. "The bonding, camaraderie and skill they displayed was astounding. To top it off, some of the vets have secured spots on race boats in Annapolis!"

Wood said he was proud of what the veterans accomplished in just two days.

"And I am beyond excited to hear that they all want to continue building their skills and become one of the premier racing crews in the area," he added.

Bringing People Together Thru Faith

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1 Corinthians 11:1

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PHOTO BY TERRI MOON CRONK

Army veteran James Hansen watches the wind's direction as Navy veteran and Valhalla sailing instructor Frank Briguglio surveys the skills of his new recruits during an inaugural clinic to teach former military members the fundamentals of sailing and racing on the Chesapeake Bay in Annapolis, Md., June 25. Marine Corps veteran Hector Cardona is at the tiller, and Marine Corps veteran Mike Wilson is adjusting the jib.

VISIT ARMYFLIER.COM.

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

Capital city hosts summer triathlon



From Staff Reports *Army Flier*

Downtown Montgomery will host the Capital of Dream Triathlon July 16.

There will be two races, an intermediate (1.5k swim, 40k bike

ride, 10k run) and a sprint (400m swim, 20k bike ride, 5k run), offered for adults starting at 7:30 a.m. From the swim starting on the Harriott II Riverboat on the Alabama River to the bike staging area at the covered Union Station Train Shed to the finish line and awards adjacent to the

Riverwalk Amphitheatre, organizers claim the course creates an awesome atmosphere for racing, and for family and friends to cheer participants on.

To register, visit www.team-magic.com, and for more information, send an email to races@team-magic.com.

WIREFGRASS 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 30 AND JULY 14 — Music By Moonlight, the free annual concert series at Landmark Park, will take place at 7:30 p.m. The Tri State Community Orchestra will perform June 30 and the Troy Dothan Community Band will perform July 14. People are welcome to bring their blankets, lawn chairs and picnic suppers for music under the stars on the Gazebo lawn. The Martin Drugstore and Shelley General Store will also be open selling refreshments. Landmark Park, home of the Alabama Agricultural Museum, is a 135-acre historical and natural science park located on U.S. Highway 431 North. For more information, call 334-794-3452 or visit www.Landmarkparkdothan.com.

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 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.

Beyond Briefs

Zelda's 116th Birthday

Montgomery's F. Scott and Zelda Fitzgerald Museum will host a free birthday celebration for Zelda's 116th birthday fête July 24 at 5 p.m. The event at the Fitzgerald Museum will feature refreshments and birthday cake, and also a couple of hours listening to digitized recordings from Zelda's record.

For more information, call 334-264-4222, email thefitzgeraldmuseum@gmail.com or visit

www.thefitzgeraldmuseum.org/events.html. The museum is located at 919 Felder Avenue.

Cool Summer 5k Series

The 3rd annual Cool Summer 5K Series is held each Wednesday now through July 29 on a running and walking course through St. Andrews State Park, Panama City Beach, Florida. St. Andrews State Park is located on the east end of Historic Grand Lagoon nestled around St. Andrews Bay and the pass to the Gulf of Mexico. The course will take runners by the sugar-white sand dunes, marshlands, wildlife and the main waterways of Panama City Beach. The course is paved and water stations are available. Timing is recorded by tear tags and times are posted within 24-48 hours after the race. Every participant will receive the 2016 Cool Summer 5K T-shirt and finisher medal. The Cool Summer 5K Series will help to benefit a local charity, the Friends of St. Andrews State Park.

For more details, visit <https://www.facebook.com/coolsummer5kseries/>.

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.

Zoo animal enrichment day

The Montgomery Zoo will host its animal enrichment day July 16 from 10 a.m. to 2 p.m. According to zoo officials, from zoo animals to pets at home, and even including people, everyone needs enrichment – a chance to smell a new scent, taste a new flavor, lay a new game or figure out a puzzle. Enrichment is an effort to tap into and stimulate the basic five senses: touch, sight, smell, taste and hearing. The result is to stimulate behaviors resembling those for that species in the wild. Zoo admission: adults, 13 and older, \$15; children, 3-12, \$11; toddlers, 2 and younger, free. For more information, call 334-240-4900 or visit www.montgomeryzoo.com/announcements/enrichmentfeb.

'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.

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>.

National horseshoes tournament

The 2016 National Horseshoe Pitchers Association World Tournament will take place July 25-Aug. 6 at Montgomery's Multiplex at Cramton Bowl featuring top horseshoe pitchers from around the world. Admission for spectators is free.

For more information, call 334-625-2300 or visit horseshoepitching.com/.

Veterans hiring fair workshop

Montgomery will host a free hiring fair workshop for veterans, Guard and Reserve members, transitioning service members and military spouses July 26 from 8:30 a.m. to 1:30 p.m. at Teague Arena in the Garrett Coliseum Complex. The workshop for job seekers focuses on resume writing, tips for successfully navigating hiring fairs, military skill translation and interviewing.

For registration questions, send an email to elombardi@uschamber.com or call 202-657-2455.

OAT 2sdays

Montgomery's Old Alabama Town offers its OAT 2sdays special Tuesdays from 9 a.m. to 4 p.m. now through Aug. 30 where people can purchase one child's admission to Old Alabama Town and another child gets in for free. People can tour the living history museum and experience an authentic 1850s Alabama summer, and

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 Baank 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.

WIREFGRASS AREA

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

also participate in the museum's new scavenger hunt.

For more Information, visit www.landmarksfoundation.com/visit.

'Stars on the Riverfront'

The Alabama Dance Theatre will present its annual "Stars on the Riverfront" with two free performances July 31 and Aug. 1 from 7:30-9 p.m. at the Riverwalk Amphitheater. The performances are the culmination of ADT's two-week summer dance seminar and feature over 50 dancers. Gates open at 6 p.m. for picnicking.

For more information, call 334-241-2590 or visit alabamadancetheatre.com.

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>.

Second Friday Art Walk

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

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

THE LAST FRONTIER

Army Corps of Engineers manages diverse mission, Army footprint in Alaska

By John Budnik
U.S. Army Corps of Engineers

JOINT BASE ELMENDORF-RICHARDSON, Alaska — From places like remote Alaskan villages to military recruiting stations across the state, the U.S. Army Corps of Engineers — Alaska District’s Real Estate Branch is doing its part to complete the Army mission in the Last Frontier.

One example of the branch’s pivotal role is the construction of a rock revetment to help protect Unalakleet, an eroding coastal village nearly 800 miles northwest of Anchorage. Before the corps could build, 25 pieces of property needed to be purchased on a small strip of land where construction activities eventually commenced.

The realty specialists tracked down each of the existing property owners. Unfortunately, some were deceased, leaving their heirs to agree to the sale. In one case, the corps needed consent from a family of 14 individuals to acquire one parcel of land.

“Finding multiple owners is a feat easier said than done and can take a lot of time,” said Mike Coy, chief of the real estate branch. “It is one of the challenges and part of the fun of the real estate mission.”

While serving the corps and its projects, the district’s 10-person team also operates as the real estate agent for the U.S. Army in Alaska and, by choice, for the Air Force, he said. The group duties are not exactly comparable to



PHOTO BY JOHN BUDNIK

Mike Coy, chief of the real estate branch, teaches Sabrina Dornellas, real estate specialist, how to use a laser distance finder April 29 while Michelle Sappa, real estate specialist, holds a target for the required measurement.

agents most homeowners are accustomed to conducting business with, however.

The bulk of the branch’s work includes managing outgrants, ingrats, real property and the recruiting lease program on behalf of the Department of Defense.

Outgrants are instruments issued to an organization that give permission to use land or facilities belonging to the military. The grants can be between federal entities, licenses to non-federal agencies, utility companies and leases for more specific uses such as fast-food restaurants and

financial institutions interested in conveniently serving the military community.

“If there is a utility company wanting to run an electrical line across an Army installation in Alaska, then we implement the agreement allowing them to do so,” said Brinda Hazard, realty services team lead. “We also grant the ingress and egress capabilities needed in order to maintain that line.”

Recently, the realty specialists began performing annual compliance checks to ensure that the tenants are following the estab-

lished parameters of their agreements. Being in Alaska, logistical challenges must be overcome to complete these inspections. A few of the realty specialists have received all-terrain vehicle training, and they hope to get everyone trained within the next few years, Hazard said.

For corps missions like those within the environmental program that require access to private property, the branch administers right-of-entries or land-use agreements. So far, about 69 actions have been executed for the district’s Formerly Used Defense Sites Program and other environmental activities. The FUDS program cleans up old military sites around Alaska that are remnants from the World War II and Cold War eras. The land no longer belongs to DOD.

“There is no way we can accomplish projects such as environmental cleanup or civil works without real estate personnel being involved,” Coy said. “For FUDS, we find out who the property was transferred to and obtain the rights to go onto the land for the corps’ investigation and efforts. We have to be on the forefront of the action.”

Shifting congressional authorities allowing the federal government to acquire property in order to build projects like the revetment in Unalakleet kept the real estate personnel challenged.

“They have had to stay on top of everything,” said Dave Williams, project manager in the civil works branch overseeing the work at Unalakleet. “They

are needed to help identify property access and issues from the beginning of feasibility studies through construction.”

Meanwhile, the branch also is responsible for maintaining the district’s real property inventory list. The task is required to measure and record the footprint of buildings, fences, parking lots and sidewalks to prepare the agreement authorizing the district headquarters and its assets to reside at Joint Base Elmendorf-Richardson. The list also justifies the operation and maintenance costs, Hazard said.

Additionally, the branch oversees the Recruiting Lease Program for the Army, Air Force, Navy, Marines, National Guard and Reserves by working with commercial building owners. The storefront offices are the first points-of-entry for new recruits wishing to serve in the military. As world events occur, new security regulations add additional work for the team to ensure the safety of military recruiters, Coy said. Currently, the branch manages leases for 21 recruiting facilities across Alaska.

While this small team of realty specialists have responsibility for laying the critical groundwork for projects ranging from shore protection at Unalakleet to helping enlist the next generation of servicemen and women, their tenacity is what helps the Army achieve mission success.

“A realty specialist should be a strong-willed, independent person,” Coy said. “We are the real estate agents for the Army.”

Soldiers renovate schools in Philippines during Balikatan

By 1st Lt. Robert C. Hofer
Humanitarian-Civil Assistance Detachment

PHILIPPINES — Soldiers from the 643rd Engineer Company, 84th Engineer Battalion, 130th Engineer Brigade, 8th Theater Sustainment Command, spent March and April participating in the Balikatan 2016 exercise alongside the Armed Forces of the Philippines.

The 30 engineers worked on the islands of Palawan and Panay as part of the Engineer Civil Action Project portion of the exercise, working to renovate local school buildings and build a new pavilion.

Balikatan is an annual military exercise between the AFP and the United States, now in its 32nd year and including all four U.S. services conducting tactical training and humanitarian civic assistance projects in order to continue to build upon the strong relationship between the two countries.

The engineers split into two teams with 20 going to work in Puerto Princesa on the island of Palawan. There the team worked alongside 15 Filipino Seabees at the Mata-

himik Bucana Elementary School to build a concrete pavilion. The school serves 350 students in a rural area outside Puerto Princesa and experiences serious flooding in the recess area during the rainy season.

“The AFP Seabees were very knowledgeable about construction and getting more done with less,” said Pfc. Austin Vangordon.

The other 10 engineers worked on the island of Panay alongside Filipino Seabees, Australian soldiers, and U.S. Seabees, Marines and Airmen to renovate two existing school buildings.

“We were able to connect with the students and teachers of Matanghron Elementary School and put a new roof on one of their buildings. We also built showers and fixed up their plumbing to help improve the sanitation at the school,” said Sgt. David Horton, the Army NCOIC on the Matanghron site.

“The Marines, Airmen and Seabees were very professional — I enjoyed working with them,” said Spc. Kevin Reyes. “It was a good experience seeing engineers from across the services in action working together as one big team.”

The mission wouldn’t have been completed without involvement from the community. On Palawan, teachers and parents from the school volunteered their time to help paint the pavilion. Over a dozen people came to help and ensured the mission would be an experience the Soldiers would never forget.

“This was my first time traveling outside the U.S. and it was an amazing experience working alongside the AFP to help the students, teachers and parents of the Matahimik Bucana Elementary School. I’d jump at the chance to do it again and recommend other Soldiers look for opportunities like this,” said Pfc. Casey Nelson.

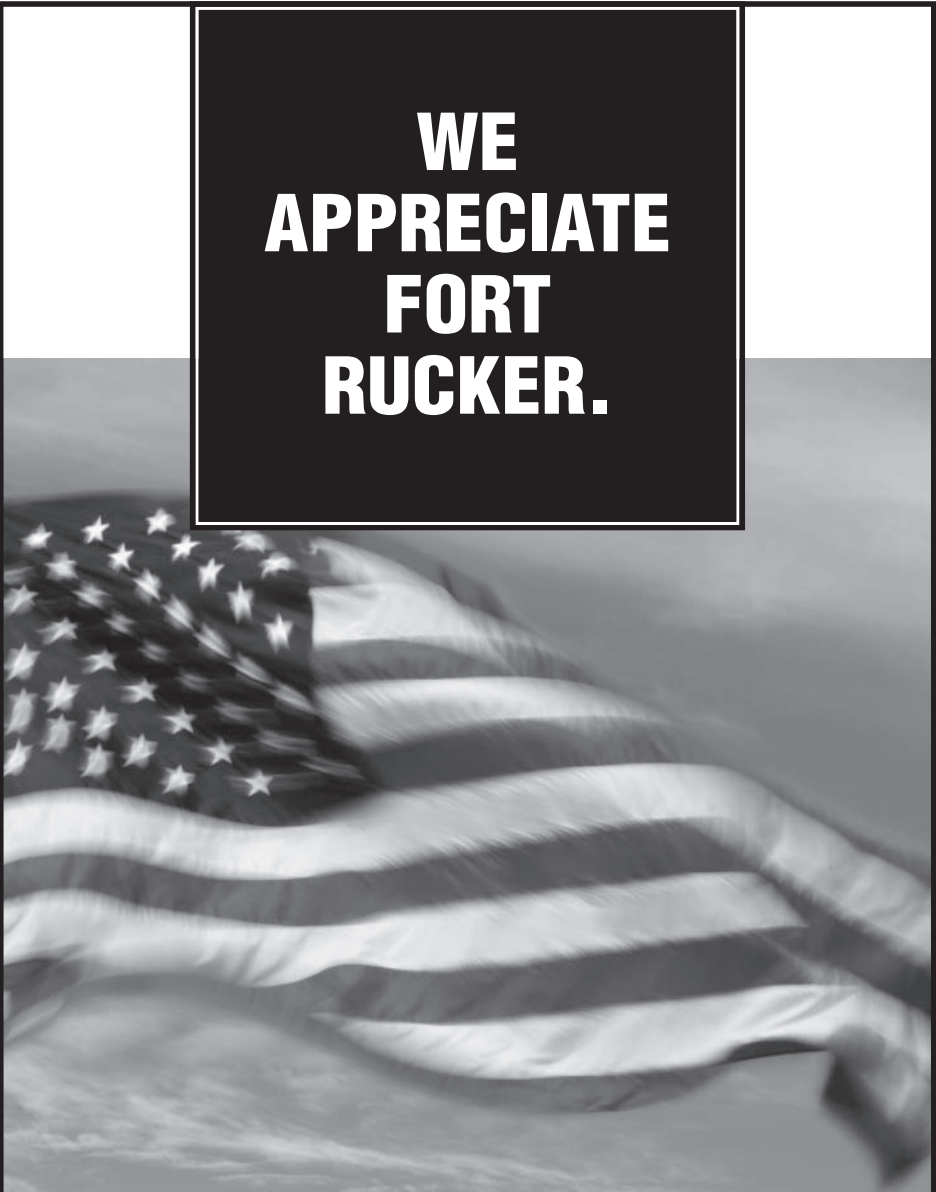


PHOTO PHOTOS BY STAFF SGT. JOHN C. GARVER O BY JOHN BUDNIK

Soldiers from the 643rd Engineer Company, 84th Engineer Battalion, 130th Engineer Brigade, 8th Theater Sustainment Command, renovated schools in the Philippines at Balikatan 2016.



Soldiers renovate a school building and build a new pavilion.



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Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

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

Main Post Chapel, Building 8940
9 a.m. Catholic Mass Sunday
11 a.m. Liturgical Protestant Service
12:05 p.m. Catholic 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)

BIBLE STUDIES

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

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

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

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

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

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

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

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

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

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

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

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

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

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Disc golf offers different strokes

By Nathan Pfau
Army Flier Staff Writer

Continually gaining in popularity, disc golf is one sport that mixes competitive edge with a leisurely pace.

Fort Rucker boasts its own 18-hole, 55-par disc golf course located at Beaver Lake, which follows the lake trail and offers varying levels of difficulty from basic holes with no hazards or trees, to more advanced holes with water traps and obstacles.

The rules of the game are much like the game of traditional golf in that the goal is to use as few strokes as possible to throw a disc from a designated spot into a basket.

The holes are set up throughout the Beaver Lake trail and offer a great view of the lake and trails for people to play, and the sport can be enjoyed alone or with a group of friends.

For Randy Heirs, who is an avid disc golfer for about 30 years, it's about building relationships with fellow disc golfers that keeps his interest in the sport.

"It's all about meeting people and you get to meet new people



PHOTO BY TORI EVANS

Disc golfers line up their shots at one of the holes during the Winter Fling tournament at the Beaver Lake disc golf course earlier this year.

all the time," he said. "If I see someone on the course, I'm going to come over and shake their hand and introduce myself. It's just great and that's what it's about."

Jeremy Dagger, who has participated in many disc golf tour-

naments on post, said he loves to play with friends as a way to get together and spend some time with one another.

"I just think it's a good way for friends to get together and have a good time without stressing out about the competition too much,"

he said. "With a lot of other sports, the energy can be really high and people can get worked up, but with disc golf, it's just really laid back and everyone's just trying to have a good time."

"Disc golf has its own little unique community and you re-

ally get to connect with a lot of people," he said. "You link up on the message boards or on websites and find out where the next tournament is going to be. You really get to develop relationships with these people – it can be a real bonding experience."

Disc golf has been around for a while, but was formalized in the 1970s, and began to gain most of its popularity in the 1990s and early 2000s among the college crowd and, according to the Professional Disc Golf Association, which has more than 50,000 members, there are more 4,000 courses around the world.

Another one of the draws of disc golf is that it is a non-contact sport that is open to all ages, and playing an entire round of disc golf, 18 holes, takes anywhere from 45-90 minutes, depending on the amount of players, and costs little to no money.

People can visit the Fort Rucker Physical Fitness Center to check out a disc and give it a try. There is a \$10 deposit required per disc. The course is open to the public. Disc check-out is open to authorized patrons only.

For more information, call 255-2296.

OLYMPIC DREAMS

Soldiers to compete at U.S. track and field trials

By Tim Hipps
U.S. Army Installation Management Command Public Affairs

MAMMOTH LAKES, Calif. — Six Soldier-athletes will compete for spots on the U.S. Olympic Team at the 2016 U.S. Olympic Track & Field Trials scheduled for Friday - July 10 at Hayward Field in Eugene, Oregon.

"We have a lot of guys who are going to do very well," said Olympian Maj. Dan Browne, the most decorated distance runner in U.S. Army history who now coaches the distance runners assigned to the U.S. Army World Class Athlete Program.

"I think this is going to be a very exciting Olympic Trials for Army Track and Field," Browne said. "I think we're going to open some eyes."

Specs. Shadrack Kipchirchir and Leonard Korir are scheduled to challenge 2012 Olympic silver medalist Galen Rupp in the 10,000-meter final Friday at 6:15 p.m. PT. The race will be nationally televised live on NBC and streamed on NBC Sports Live Extra.

"They're going to give it 100 percent out there and I'm confident they'll represent the Army well," Browne said. "These Soldiers are great ambassadors of the U.S. Army and personify the sacrifice, discipline and work ethic that all Soldiers strive for each and every day."

Kipchirchir and Korir will return to the track, Monday, for the first round of the 5,000 meters at 5:02 p.m. PT. They will be joined in that event by teammate Spc. Paul Chelimo, who ran a personal record time of 7:39:00 in the 3,000 meters at the 2016 U.S. Indoor Track and Field Championships, which ranked him No. 2 in the United States.

"Some people think my 3,000 meters was a fluke," said Chelimo, 25, who was a five-time NCAA All-American runner for the University of North Carolina at Greensboro. "I want to go there and show them that I'm strong and back in the game. I'm strong and I'm consistent. That's all that matters right now."

The 5,000 meters final, set for July 9 at 5:20 p.m. PT, also will be nationally televised by NBC. The top three finishers will earn spots on the U.S. Olympic team.

"I have to do my best to get to the top three to get to the Olympics," Chelimo said, "but I want to win. I want to go only for first place."

Browne is confident that his Soldiers can accomplish the mission in Eugene.

"These Soldiers have the talent and they are fit enough to do it, but it has to happen on that day, too," Browne said. "It's so competitive."

The WCAP distance runners recently have been training at 8,500 feet above sea level in the mountains around



COURTESY PHOTO

Sp. Paul Chelimo, World Class Athlete Program, will run the 5,000 meters at the 2016 U.S. Olympic Track and Field Team Trials scheduled for July 1-10 in Eugene, Oregon.

Mammoth Lakes, California, where they have been logging 90 to 100 miles per week.

"I just administered the most impressive workout I've seen my guys do since being a part of this program," Browne said. "I was on my bike and these guys were hitting 16.7 miles per hour on my bike computer. They're knocking it out of the park."

Chelimo said becoming a Soldier and training with fellow Soldiers in the U.S. Army World Class Athlete under Browne's leadership "has been a motivating factor" for him and has brought him to the level he's at right now.

"The WCAP program has been great for me," said Chelimo, a native Kenyan who came to America on a college scholarship to run and became a naturalized U.S. citizen by joining the U.S. Army. "My main goal was to come to the United States because no other country would pay for my college scholarship for four years. So, I thought it would be great to give to give back to the United States and join the Army, and then I heard about WCAP. Now I can continue my running career and also be a Soldier."

Three-time Olympian WCAP Staff Sgt. John Nunn already earned his spot on Team USA in February by winning the men's 50-kilometer Race Walk Olympic Trials race in Santee, California. He will attempt to qualify for the 20-kilometer race walk, as well, today in Oregon.

"It would be fun to do both (the 50K and 20K in Rio de Janeiro), but 50 is what I'm good at and what I've held the Olympic standard for a couple years now," Nunn said. "I'll still make the 50 the priority in Rio and we'll still race the 20, but it really becomes a great speed workout a week before the 50K."

Soldier-athletes will also compete in the hurdle and steeplechase races at the trials.

Sp. Marcus Maxey, a three-time NCAA All-American hurdler at Clemson who is now stationed at Fort Sill, Oklahoma, will run the 110-meter high hurdles. He won the event at the 14th annual Tri-City Classic on June 4 in Lancaster, Texas, with a time of 13.39 seconds – the nation's seventh-fastest time run this season.

"That day came one week after I got a coach," said Maxey, 25, who began working with University of Oklahoma assistant coach Ronnye Harrison. "I was hyped."

Earlier this spring, Maxey posted a then lifetime best time of 13.65 at the Texas Relays in Austin, where he finished third behind winner David Oliver, a 2013 world champion and 2008 Olympic bronze medalist. Maxey believes his time is now.

"We're looking for another quantum leap at the trials," Maxey said. "I think my chances are pretty high. The leading time going in is 13.12 and I'm right there. When I ran my 13.3 I didn't have any competition around me. But at the Olympic Trials I'm guaranteed to have competition around me, and I'm a very competitive person."



PHOTO BY E.J. HERSOM

Fireworks light the sky above Trophy Point overlooking the Hudson River during the closing ceremony for the 2016 Department of Defense Warrior Games at the U.S. Military Academy in West Point, N.Y., June 21.

Warrior Games draw to close with a bang

By Shannon Collins
Department of Defense News

WEST POINT, N.Y. — After a week of intense international competition, the 2016 Department of Defense Warrior Games drew to a close June 21 with a medal ceremony, a concert and fireworks.

Army Chief of Staff Gen. Mark A. Milley reminded the audience that the competitors, representing the Army, Air Force, Navy and Coast Guard, Marines, U.S. Special Operations Command and the United Kingdom armed forces, were the best of the best.

"This is a tough competition," he said. "A lot of people don't realize what this competition means. First of all, you had to walk the hallowed grounds of the battlefield or you had to get injured or sick in the service of your nation. That alone makes you the best of the best."

Milley noted that the Warrior Games competitors had earned their places at the games by competing against a field of 2,000 to 3,000 other athletes at regional and service-level trials in track and field, swimming, shooting, archery, sitting volleyball, cycling and wheelchair basketball.

"They had to meet Paralympic standards. The coaches, the staff, the referees were all professionals and former Paralympians. The standards were high. This is a tough competition," the general said. "There's not an athlete on this field who got there by themselves. They got there because of their families, their caregivers, their medical professionals, their coaches, their friends and countless others. You're a tremendously inspiring group of people. Thank you so much for your spirit of competition and your resiliency."

From June 15-21, wounded, ill and injured athletes competed in the various sports for gold, silver and bronze medals, pushing through injuries, getting engaged and reconnecting with friends. For some, this was their last DOD Warrior Games, and their next competition will be the Invictus Games. For others, the road to the Paralympics is just beginning.

The week culminated in a gold-medal matchup in volleyball between Air Force and Socom, with both teams keeping the score tight in both games. The Air Force team earned gold by topping Socom 25-23 and 25-22. The final game of the week was wheelchair basketball, with Army dominating the Marine Corps team 62-23 for the gold.

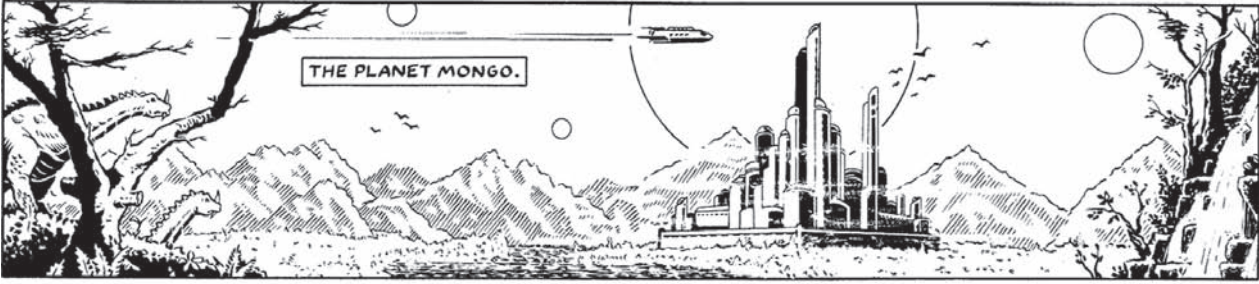
Though the athletes felt a sense of accomplishment



PHOTO BY TIM HIPPS

Sp. Shadrack Kipchirchir (center in red), seen here running at the 2015 Pan American Games in Toronto, is scheduled to run both the 10,000 meters and the 5,000 meters.

DOWN TIME



Just Like Cats & Dogs

by Dave T. Phipps



Trivia test

by Fifi Rodriguez

TRIVIA

1. HISTORY: Which American Revolution conflict featured "the shot heard round the world"?
2. FOOD & DRINK: From what plant is the spice saffron obtained?
3. MYTHOLOGY: What mythical monster had a lion's head, a goat's body and a snake's tail?
4. LANGUAGE: What is xenophobia?
5. MOVIES: Who played the lead character in "Hellboy"?
6. MEDICAL: What is the medical term for a nosebleed?
7. LITERATURE: This 19th-century poet wrote "Leaves of Grass"?
8. MUSIC: How many notes are in a major scale?
9. GENERAL KNOWLEDGE: What is the last letter of the Greek alphabet?
10. GEOGRAPHY: What is an atoll?

See Page D3 for this week's answers.

Super Crossword

ALSO INCLUDED

ACROSS

- 1 Part of a car-stopping system
10 Revolved
17 Welcome —
20 Not in good spirits
21 Weaver turned into a spider
22 Word on a dollar bill
23 Leaving chamber groups high and dry?
25 "— favor" ("Please," to Pedro)
26 Son of Odin
27 Particular
28 Come — stop
29 Dr. T player Richard
30 Grasslike swamp plant
32 Former jrs.
33 Black-and-white stuffed animals?
36 Big public show
39 Almonds piece, e.g.
40 Nome site
41 Whirlpool site

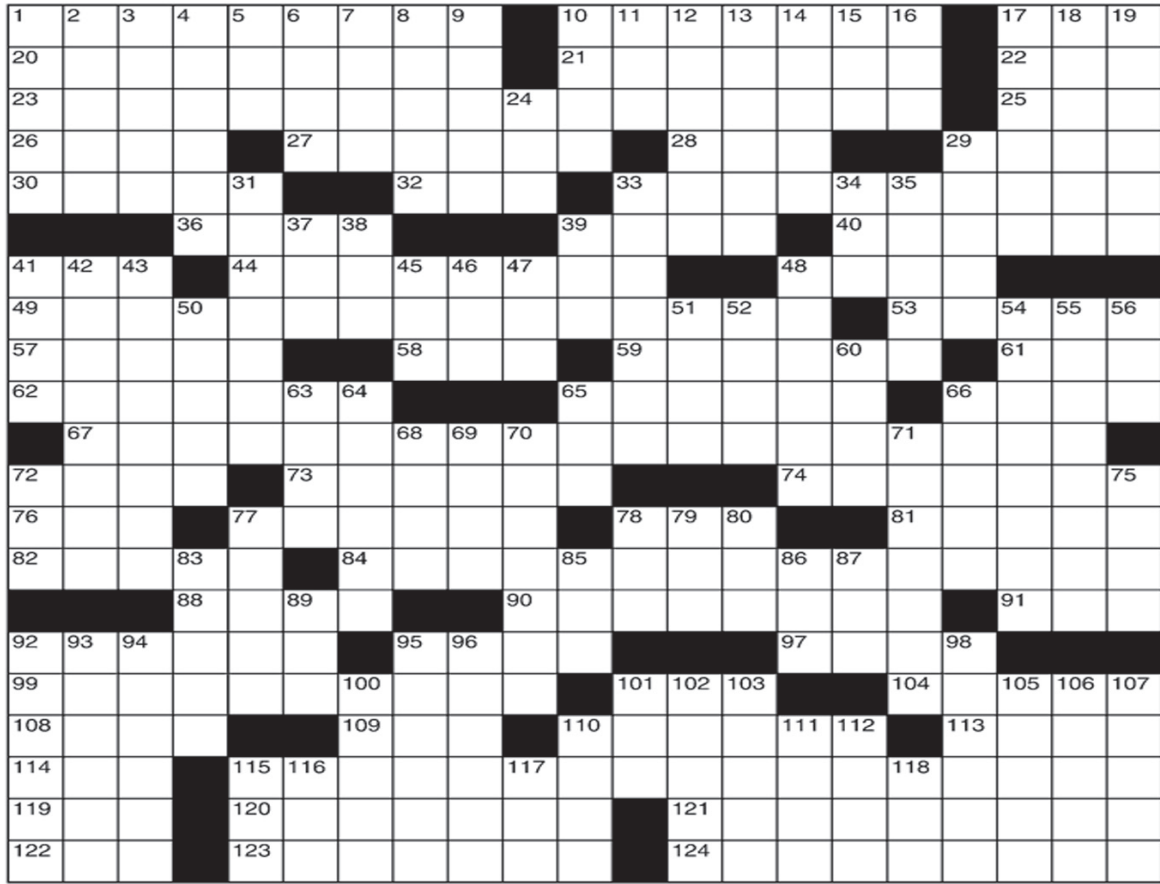
- 44 Chute behind a boat
48 Greek X's
49 Showed the ideal way to touch down?
53 Abrade
57 With 56-Down, second self
58 Wiggly fish
59 Tristan's love
61 Lose
62 Corrupted
65 Cure giver
66 Lhasa —
67 "No roving robbers will be harmed by what I'm doing?"
72 "Carpe —!"
73 Enchant
74 Navigator
76 Boat turner
77 One smoothing clothes
78 Paris' — de la Cité
81 Kate Nelligan film
82 Is radiant
84 Official orders telling folks to jog?
88 Distinctive doctrines

- 90 Comprising
91 Pindar poem
92 Boulevard
95 Silent sort
97 Dull impact
99 Nodding with a sweat absorber around it?
101 Stubborn equine
104 Branches
108 Associate
109 Six-legged marcher
110 Diner
113 Pertaining to flying craft
114 Crumpets' go-with
115 Superior to boxer Holyfield?
119 Lister's abbr.
120 Abroad, to Brits
121 Eschewer of traditional art forms
122 Erie-to-Norfolk dir.
123 Old Spanish money
124 Chances for success

- 2 Shot — arm
3 Young cod
4 Rush at
5 With 65-Down, Best Picture of 1959
6 Actor Foxx
7 R&B singer India.—
8 "Superman" family
9 Shortstop Renteria
10 Actor — Julia
11 "... boy — girl?"
12 Plaid cloth
13 Illustrate by gestures
14 Dismissal, informally
15 Doc for the neck up
16 — Plaines
17 Scooters' kin
18 Parka
19 Nun of Ávila
24 Grafton's "— for Quarry" farewell
29 Grind teeth
31 Specialists
33 More gauzy
34 Oom- —
35 Guest of the Mad Hatter
37 Mouse —
38 Eye, to bards

- 39 Farrow or Wasikowska
41 Louver, e.g.
42 Like a king's home
43 Atypical protagonist
45 Senate vote
46 Meet socially
47 Rose of rock
48 A-list folks
50 Lees fabric
51 Certain H.S. exam
52 Kinks hit
54 Set as a goal
55 Buckled, as a seat belt
56 See 57-Across
60 "Darn!"
63 Fancy pitcher
64 Contributors
65 See 5-Down
66 Journalist — Rogers St. Johns
68 Half a "Mork & Mindy" farewell
69 Federal agts. Saint Laurent
70 Furious
71 Required
72 Fido, for one
75 Stand up
77 Edition
78 Neighbor of Mich.

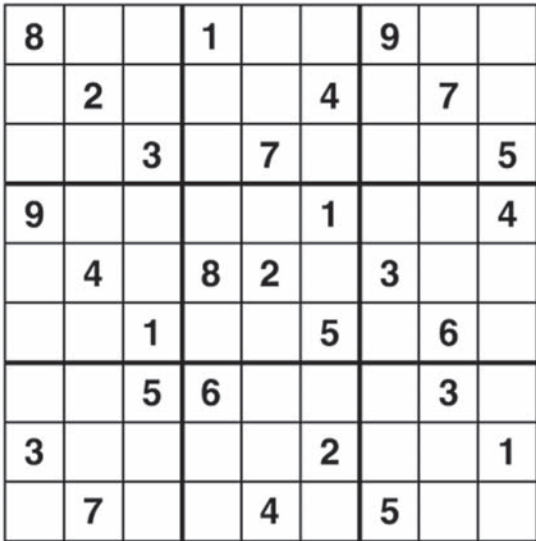
- 79 Big T-shirt size: Abbr.
80 Zoo bird
83 Full of gusts
85 Common reply to "Are you?"
86 Not ill-suited
87 Japanese drama form
89 Size below 79-Down: Abbr.
92 Lessens
93 Manservants
94 Intertwist
95 Middle, to Brits
96 Most recent
98 Feinstein of the Senate
100 Loathes
101 Relieved sigh
102 Notary's item
103 Caballero
105 Combat doc
106 Brittany city
107 Types
110 JFK data
111 Totally alter
112 Designer
113 Saint Laurent
115 Punch lightly
116 12/31, e.g.
117 Stephen of the screen
118 French painter Jean



See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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See Page D3 for this week's answers.

KID's CORNER

PUZZLE CARD

1 2 3
4 5 6
7 8 9
10 11 12
13 14 15
16 17 18
19 20 21
22 23 24

DON'T MISS SHOOTING DOWN THIS ONE!
See if you can remove 8 straws from the 24 shown here and have two squares left.

A BETCHA PUZZLE! Place an odd-shaped piece of paper (fig 1) on the table and challenge your friends to cut it into four equal pieces, all the same size and shape. The solution is shown in figure 2.

IT'S MAGIC! Use the numbers 7 through 16 to fill in this Magic Number Square. The numbers in each horizontal row and vertical column should total 60. We've filled in six of the squares. The rest is up to you. Use trial and error — and a good eraser!

Our answer: First row: 14, 17, 22, 7. Second row: 21, 8, 19, 13. Third row: 9, 24, 15, 12. Fourth row: 16, 10, 11, 13. Fifth row: 18, 13, 10, 19. Sixth row: 22, 7, 14, 17.

Junior Whirl
by Charles Barry Townsend
A FIVE-COURSE PUZZLE FEAST!

LARD CARD CORD CORK COOK

Can you cook up the answers to our Ladder Puzzles in five minutes? In these puzzles, you are given a word that must be changed into another word in a series of moves. During each move, you must change one letter in the previous word so as to form a new word. See if you can change the following words in four moves each.

1. FIRE TO WALL
2. PEAT TO MOSS
3. POLE TO CATS
4. CARD TO FILE
5. TOAD TO HALL

Answers: 1. FIRE, WIRE, WARE, WALE, WALL. 2. PEAT, TOLD, TOLL, TALL, HALL. 3. POLE, TOLD, TOLL, TALL, HALL. 4. CARD, PALE, PALE, PAIR, PAIR, PAIR. 5. TOAD, TOLD, TOLL, TALL, HALL.

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

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 BOLTINOFF

Find at least six differences in details between panels.

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CAMARADERIE > RIVALRY

Army, women shine at Warrior Games track competition

By Amaani Lyle
Department of Defense News

WEST POINT, N.Y. — The Army team swept podiums in men’s 200-, 400-, 800- and 1,500-meter 4.0 and men’s 200-meter visually impaired categories, and several other individual athletes emerged as multiple medal winners and crowd favorites during the 2016 Department of Defense Warrior Games at the U.S. Military Academy June 16.

Army veterans Staff Sgt. Stefan LeRoy, Sgt. 1st Class Allan Armstrong and Capt. William Reynolds captured bronze, silver and gold medals, respectively, while Army veterans Staff Sgt. Sean Johnson and Cpl. Matthew Mueller took silver and gold medals in the men’s 200-meter visually impaired category.

Five-time gold medalist Army veteran Capt. Kelly Elmlinger, who emerged victorious in 100-, 200-, 400-, 800- and 1,500-meter races category 3.0, said she strives to do her best in all competitions.

“Run your race, run your lane,” she said. “I come here to do a job for Team Army, and part of doing that is being the best me that I can be.”

She also noted that camaraderie eclipses rivalries at such competitions.

“It’s not about beating a particular person in a particular sport,” she said. “I think everyone can say they’re proud of their branch, but camaraderie, by far,



PHOTO BY E.J. HERSOM

Capt. William Reynolds crosses the finish line first in the men’s 100-meter dash of the 2016 Department of Defense Warrior Games at the U.S. Military Academy in West Point, N.Y., June 16.

outweighs the rivalry.”

Elmlinger emphasized that above all, this and similar competitions signify a celebration, as every athlete strives for the pinnacle. “For us to start the race and finish the race is a victory, and whether I get five medals or no medals, the point is coming out here – it’s a family affair, and it needs to be celebrated.”

First-time Warrior Games participant Navy veteran Airman Chance Field of Amarillo, Texas, became a record holder, with gold medals in men’s 400-, 800- and 1,500- meter category 2.0. He credited “hard work and a

lot of practice” to come in under two-minutes faster than the previous record for 400-meter.

“It’s motivating being around all these guys,” Field said. “We have a lot of fast guys out here on the track, so watching them, seeing what they do, and just bringing that energy into your own race is how I succeeded.”

Army veteran Sgt. 1st Class Sualauvi Tuimalealiifano of the U.S. Special Operations Command team, earned gold in the men’s 200- and 400-meter category 1.0 as well as earning the gold medal and setting a record in 800-meter category 1.0. “There’s

a lot to do, being that my level of injury is one of the most severe,” he said. “We’ve got a lot of great people out here. It’s a blessing, and it’s been amazing.”

San Antonio native and Army veteran Sgt. 1st Class Katie Kuiper struck gold in 200-, 400-, 800-, and 1,500-meter in the 5.5 L category, in addition to snagging a bronze in 100-meter category 5.5.

Kuiper, who said she generally runs about 5 miles each day, said her coaches assisted with her pacing to achieve her maximum effort for two laps.

“You never know who your

competitors are going to be and how well they’re trained, so you just have to prepare to run your best race,” Kuiper said. “I’ve met people in every branch of service, and we all have things in common: at the end of the day, we’re runners, cyclists and adaptive athletes, and you’ll never have a better experience, never meet such a wonderful group of people.”

Steve Lizzol, instructor for the Air Force Academy’s behavioral sciences and leadership department in Colorado Springs, Colorado, is here to coach about two dozen athletes who participate in track and field.

“Technique and repetition are keys to ensure that when the athletes get in there to compete, it’s old hat,” Lizzol said. “We do a lot of visualization and discuss how to overcome obstacles, and mostly just enjoy the competition.”

Track consists of races in standing and racing chair categories at distances of 100, 200, 400, 800, and 1,500 -meters and a mixed classification of 4x100 meters relay.

Created in 2010, the DoD Warrior Games, operated in accordance with international Paralympics standards, showcase the resilience and determination of ill or injured service members, veterans, their families and their caregivers. Adaptive sports and athletic reconditioning activities play a critical role in successful recovery and reintegration, officials noted.

Army rolls to gold in wheelchair basketball

By Amaani Lyle
Department of Defense News

WESTPOINT, N.Y. — The Army trounced the Marine Corps 62-23 in the wheelchair gold medal competition June 21 on the final day of the 2016 Department of Defense Warrior Games at the U.S. Military Academy.

Though Team Marine Corps trailed by only 4 points going into halftime, Team Army found its stride in the second half to emerge as unstoppable victors.

Novice players made up a fair share of both contending teams, making their medals all the more hard-fought and impressive, Army and Marine Corps coaches said. Still, the Army demonstrated a series of swift passes and deft ball-handling to maintain a solid lead before running down the clock at

the end of the final period.

Army Reserve Spc. Sydney Davis, a combat medic from Denver, earned a double-double in the gold-medal contest, in addition to demonstrating notable skill in shot put, discus, archery and rifle shooting during the games.

“Adaptive sports changed my life,” she said. “I started doing one sport, and the feeling was so addicting — the feeling of support from the fans and competing again makes me feel like I have a purpose. You lose sight of that. You start to think that there’s not much more you can offer or that you’re wounded past fixing.”

Davis emphasized that adaptive sports competition gives many athletes the ability to recognize their repair and healing remains attainable, which saves lives.



PHOTO BY E.J. HERSOM

Spc. Sydney Davis takes a free throw during the basketball gold medal round at the 2016 Department of Defense Warrior Games at the U.S. Military Academy in West Point, N.Y., June 21.

Warrior

Continued from Page D1

with the medals, most of them said their biggest takeaway from the week was the sense of camaraderie and friendship. This year, the DOD Warrior Games added Heart of the Team awards. These were awarded to one member on each team who best exemplified the camaraderie of the sport. The teams chose who received the awards and surprised each recipient.

The recipients were medically retired Sgt. Ryan Major, Marine Corps Lance Cpl. Dakota Boyer, medically retired Navy Airman Austin Chance Field, medically retired Air Force Capt. Chris Cochran, Socom Navy Lt. Ramesh Haytasingh and Royal Marine Justin Montague.

Boyer said he was surprised to receive the award.

“It was the best feeling I’ve felt in a long time,” he said. “I was cheering my teammates on to win and to do good things. I was never not going to cheer for them. This event was one of the greatest feelings in the world. You have a full team behind you and support. You’re never going

to find the love like this anywhere else and people who know what you’re going through.”

Cochrane and his wife, Ashley, were surprised, as well.

“I was stunned,” he said. “They see something inspiring in me and my wife and my life after the tragic circumstances. They just know we want to help and medals or not, it’s all the friendships and the strength we’ve found together. We just try to press on and get more people involved and more focused on the visible and the invisible wounds.”

“I could not possibly be more proud of him,” Ashley said. “Starting adaptive sports was a game-changer for his recovery, and seeing what he did this week is just mind-blowing. My heart is just bursting.”

Milley declared the games closed and handed the DOD Warrior Games torch off to Navy Vice Adm. Dixon R. Smith, commander of Navy Installations Command, to symbolize the start of the run-up for the next DoD Warrior games, which the Navy will host in Chicago next June.

A C-17 Globemaster III from Wright-Patterson Air Force Base, Ohio, conducted a flyover. Actor Gary Sinise performed a concert with his Lt. Dan Band for the athletes and their families, and then a fireworks display closed out the evening.

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edition.

PUZZLE

ANSWERS

Super Crossword

Answers

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

Weekly SUDOKU

Answer

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

Trivia

Answers

1. Battles of Lexington and Concord
2. Crocus
3. Chimera
4. A fear of foreigners or strangers
5. Ron Perlman
6. Epistaxis
7. Walt Whitman
8. Seven (the eighth note duplicates the first at double its frequency)
9. Omega
10. A ring-shaped coral island surrounding a central lagoon

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SPORTS BRIEFS

Independence Day Golf Scramble

Silver Wings Golf Course will host the Fort Rucker Independence Day Golf Scramble Monday. The format is four-person team scramble with a minimum of 18 teams and a limit of 36 teams. Registration, a continental breakfast and range open at 7 a.m. Announcements will be at 7:45 a.m. and there will be an 8 a.m. shotgun start. Lunch and awards will immediately follow play. Entry fee is \$45 per player for non-members and \$35 per player for members. Entry fee includes tournament course fees, range balls, tee gifts, tournament meals and prizes. Mulligan's will be sold -- two for \$10 or \$40 for a team. Registration deadline is today. The tournament will be open to the public.

For all tournament details, call 598-2449.

Stars and Strikes

Rucker Lanes will host its Independence Day Stars and Strikes special Monday from 10 a.m. to 10 p.m. People can bowl for 25 cents per game and get 50-cent shoe rentals. For more information, call 255-9503.

Youth football, cheerleading registration

Fort Rucker Child, Youth and Schools Services Youth Sports football and cheerleading registration runs now through July 27. Age groups for football are 9-10 and 11-12. Cost for football is \$65 per child. Age groups for cheerleading are 8-9 and 10-11. Cost for cheerleading is \$40 per child. Age groups for mascots are ages 4-5 (for 8-9 year old cheerleading) and 6-7 (for 10-11 cheerleading.) Cost for mascots is \$20 per child and limited to the first two youth to sign up for each age group. Practice will begin Aug. 1. A current sports physical and a valid CYSS registration are required to participate.

A parents meeting will be held July 28 at 6 p.m. at the youth center gym. Coaches are needed. For more information, to register or to volunteer to be a coach, call 255-2257 or 255-2254.

Youth soccer registration

Fort Rucker Child, Youth and Schools Services Youth Sports soccer registration runs now through July 29. Age groups are 4-5, 6-7, 8-9, 10-11 and 12-13. Cost is \$20 per child for ages 4-5 and \$40 per child for ages 6-13. Practices will begin Aug. 8. A current sports physical and a valid CYSS registration are required to participate.

A parents meeting will be held Aug. 2 at 6 p.m. at the youth center gym. For more information and to register, call 255-2257 or 255-9638.

Deep sea fishing trip

MWR Central will host a private charter deep sea fishing July 23. The private

charter will seat 18 guests and has all the same amenities as the regular season boat. The bus will depart Fort Rucker at 4 a.m. from Bldg. 5700 for Destin, Florida. Officials recommend people bring a small cooler with drinks and snacks -- no glass. The trip is open to ages 6 and older. The cost is \$150 per person, plus tip. The price includes transportation to and from Destin, bait, rod, reel, fishing license, six-hour fishing trip, and people's fish cut and cleaned at the end of the trip.

For more information or to sign up, visit outdoor recreation or call 255-4305, or MWR Central at 255-2997.

Hunting Incentive Program

In an effort to control the coyote and feral pig population, Fort Rucker has developed a Hunting Incentive Program that runs now through Aug. 31. Registered hunters who shoot 20 feral pigs or five coyotes during the 2015-2016 hunting season will receive a free Fort Rucker Post Hunting Permit for the 2016-2017 hunting season. People who trap five or more coyotes July-September are also eligible for a free permit. Hunters must be registered to hunt on Fort Rucker, be a registered participant of the Hunting Incentives Program and verify, through an outdoor recreation staff member or the Fort Rucker Game Warden, all animals shot or trapped on the installation. After verification with an ODR staff member or the game warden, hunters may remove the animal.

For more information on how to participate, call 255-4305.

Disc Golf

The Directorate of Family, Morale, Welfare and Recreation offers Disc Golf -- played much like traditional golf, but instead of using a ball and clubs, players use a flying disc. DFMWR welcomes novices and experienced players to bring their friends out and enjoy some friendly competition. The 18-hole disc golf course is located at Beaver Lake. People can visit the Fort Rucker Physical Fitness Facility to check out a disc and give it a try. There is a \$10 deposit required per disc. The Disc Golf course is open to the public. Disc check-out is open to authorized patrons only.

For more information, call 255-2296.

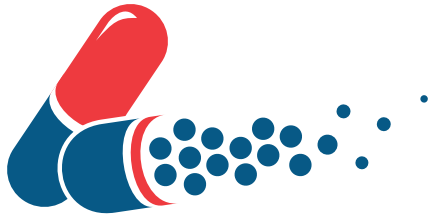
Outdoor recreation mentorship

The Fort Rucker Outdoor Mentorship Program is being created to foster an environment of good stewardship in all areas pertaining to the great outdoors, according to ODR officials. Mentors will be connected with Soldiers and civilians in and around the installation based on experience levels of both the mentor and the novice. Mentors age 18 or older may sign up in one of the following areas: hunting, fishing, camping, water sports and general outdoor sports.

For more information, call 255-4305.

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