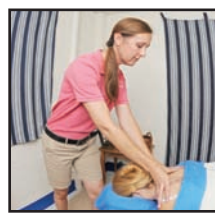


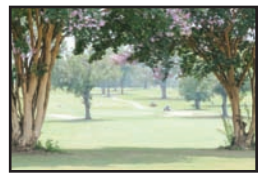
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ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

JULY 7, 2016



PHOTOS BY NATHAN PFALZ

The 98th Army "Silver Wings" Band plays to a packed crowd during the Freedom Fest celebration at the festival fields Friday.

CELEBRATING FREEDOM

Thousands attend Independence Day festivities

By Nathan Pfau
Army Flier Staff Writer

As millions across the U.S. prepared to celebrate the nation's 240th birthday, Fort Rucker's celebration of freedom was fully under way with food, fun, festivities and fireworks.

The installation celebrated its annual Freedom Fest as thousands flocked to the festival fields Friday to enjoy the festivi-

ties with music, games and one of the largest fireworks displays in the area.

Maj. Gen. William K. Gayler, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, welcomed the crowds before the 98th Army "Silver Wings" Band took to the stage to remind people that freedom comes at a price.

"The weather is perfect today, and today has turned out superb-

ly, and I'm glad to see everybody come out and enjoy themselves tonight," he said during the festival. "I would like to give a special welcome to our Gold Star Families who are here tonight, our wounded warriors and our Hearts Apart group with their spouses and loved ones currently deployed.

"What a wonderful thing we

SEE FREEDOM, PAGE A4



Fireworks explode over the Fort Rucker skies during Freedom Fest Friday at the festival fields.

UNITS WELCOME NEW COMMANDERS

Air Traffic Service Command/164th Theater Airfield Operations Group

By Nathan Pfau
Army Flier Staff Writer

Soldiers, family members and friends came together to welcome a new commander to the Air Traffic Services Command and 164th Theater Airfield Operations Group while bidding farewell to the outgoing commander.

Col. Michael E. Demirjian, ATSCOM and 164th TAOG commander, assumed command of both units from Col. Douglas Van Weelden III during a ceremony at the U.S. Army Aviation Museum June 28.

Lt. Gen. Patrick J. Donahue II, U.S. Army Forces Command deputy commanding general, presided over the ceremony to bid farewell to Van Weelden as he welcomed the new commander and provide his full vote of confidence in Demirjian's leadership.

"Bringing a new commander is always a good thing for a unit because it brings in fresh ideas, and its good to bring in that new commander for that innovation that comes along with it," he said during the ceremony. "Mike is a proven leader of exceptional capability and is ready to assume the responsibilities of these organizations. He brings with him a wealth of experience ... and we're lucky to have him."

Demirjian returns to Fort Rucker from his most recent assignment as the Army Coordination Group chief of staff in Washington, D.C., and has served in numerous leadership positions throughout his career.

After joining the Army in 1989 and completing Warrant Officer Candidate School and Rotary Wing Flight Training, he served as an AH-1 and OH-58 pilot in command and unit trainer in Fort Carson, Colorado, and Camp Page, Korea.



PHOTO BY NATHAN PFALZ

Col. Michael E. Demirjian, ATSCOM and 164th TAOG commander, assumes command from Col. Douglas Van Weelden III as he accepts the unit colors from Lt. Gen. Patrick J. Donahue II, U.S. Army Forces Command deputy commanding general, during a ceremony at the U.S. Army Aviation Museum June 28.

SEE ATSCOM, PAGE A5

Aviation Center Logistics Command

By Kari Hawkins
U.S. Army Aviation and Missile Life Cycle Management Command Public Affairs

With historical helicopters and other aircraft poised over head, a time-honored tradition welcoming the new commander of the Aviation and Missile Command's Aviation Center Logistics Command took place at the Army Aviation Museum at Fort Rucker June 28.

In the change of command ceremony, Col. Michael Best, a UH-60 Black Hawk Aviator who most recently served as the deputy director of Army Aviation in the Pentagon, assumed command of ACLC from Col. Kenneth Kliethermes, an AH-64 Apache Aviator who is moving on to serve as an instructor at the Air Force's Air War College in Montgomery.

Kliethermes commanded ACLC during a period of significant change as the 3,500-employee government-contractor organization adapted to meet the new requirements of the Army's Aviation Restructuring Initiative and addressed budget restraints.

"This Soldier and civilian team has accomplished a lot since I've been here. I can't be more proud of the maintenance, logistics and sustainment support they have provided to Army Aviation here in the land of the fighting boll weevil," Kliethermes said.

"Since I've been here, Army Aviation has changed in a big way. ACLC has had a vital role in successfully managing that change."

During Kliethermes' command, ACLC has provided support for 147,000 helicopter missions, conducted 15,000 quality assurance inspections, provided 4,500 quality deficiency reports and issued 140 contract modifications on the \$1.98 billion five-year contract



PHOTO BY KARI HAWKINS

Brig. Gen. (promotable) Douglas Gabram, commander of the U.S. Army Aviation and Missile Life Cycle Management Command, officiates at the change of command ceremony for its subordinate element, the Aviation Center Logistics Command at Fort Rucker June 28.

SEE ACLC, PAGE A5

U.S. Army Aeromedical Center

By Jenny Stripling
Lyster Army Health Clinic Public Affairs Officer

Lt. Col. Jon E. Baker assumed command of the U.S. Army Aeromedical Center from Col. Gary A. Wheeler during a change of command ceremony at the Landing June 28.

Brig. Gen. Ronald J. Place, U.S. Army Regional Health Command-Atlantic commanding general, was host for the ceremony and said that he is confident Baker will continue the excellent patient-centered care that so many on the installation have come to know.

"Lyster continues to rank at the top among all military treatment facilities because of the phenomenal care they give," Place said. "It is because of all of your hard work as a team."

Wheeler said it was a great honor to serve Lyster and the Fort Rucker community.

"They say that the focus of a change of command ceremony is about the outgoing commander's time in command and to honor his service in that role," he said. "I can comfortably say that, in my case, today's event is about honoring the hard work of over 400 dedicated Lyster professionals. I'm so proud of the service you give every day."

Baker's most recent assignment was as a G-35 Plans Officer within the U.S. Army Medical Command.

"It is truly an honor and a privilege for me to serve Soldiers, their families and our retirees in this outstanding organization," said Baker. "I look forward to building on the successes of this proud organization in support of the U.S. Army Aviation Center of Excellence and Fort Rucker community."

Lyster Army Health Clinic serves a population of about 18,000 patients, including active-duty Soldiers and their family members, and retirees and their family members. The clinic is consistently ranked among the top military treatment facilities in the Regional Health Command-Atlantic for its ability to deliver excellent healthcare.



PHOTO BY JENNY STRIPLING

Lt. Col. Jon E. Baker, U.S. Army Aeromedical Center commander, receives the unit colors from Brig. Gen. Ronald J. Place, Regional Health Command-Atlantic commanding general, during a change of command ceremony at The Landing June 28.

PERSPECTIVE

TRADOC CSM on taking care of Soldiers for Life

By Command Sgt. Maj. David S. Davenport Sr.
U.S. Army Training and Doctrine Command
Command Sergeant Major

(Editor's note: This originally appeared as an entry in the TRADOC "Straight from the CSM" blog, available at <http://tradocnews.org/category/straight-from-the-csm/>.)

FORT EUSTIS, Va. — Several weeks ago during my trip to Britain, I was given a tour of the Royal Hospital Chelsea. — very unique home to over 300 Army veterans called Chelsea Pensioners.

Several of these men have served their country in World War II, Korea, Falkland Islands and Northern Ireland. Established by King Charles II in 1681, this home provides the veterans with a sense of comradeship, great facilities and health care for those who would otherwise be alone.

Many of the pensioners are still very active within the community and the regiments in which they served.

This visit caused me to wonder about our very own retirement home for Soldiers. For more than 30 years, I have had the 50 cents taken out of my end-of-month pay, but had no understanding as to where that money went.

Later, I discovered that all fines and forfeitures from United States Code of Military Justice actions support the home, as well.

I found that the United States Soldiers' Homes were authorized by Congress in 1851, preceded by the U.S. Naval Home that opened in 1834. As you can see, this organization has a very long and rich history with our Army

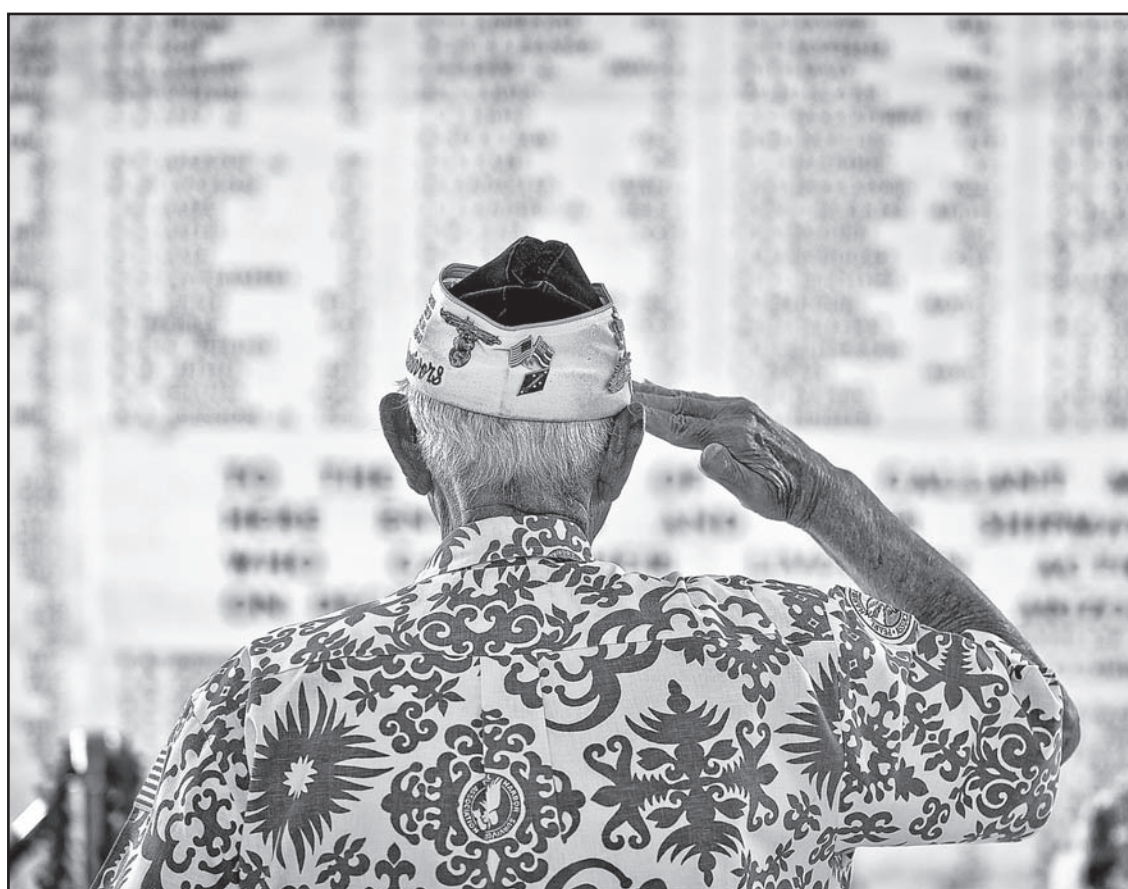


PHOTO BY 1ST LT. HILARY KLOTZ

Retired Command Sgt. Maj. Sterling R. Cale, a 90-year-old Pearl Harbor survivor, takes a moment in the shrine room of the USS Arizona Memorial at Joint Base Pearl Harbor-Hickam, Hawaii, May 27, 2012, during a ceremony to honor the 1,177 service members who lost their lives during the attack on the USS Arizona on Dec. 7, 1941.

and taking care of Soldiers.

In 1990, Congress created the Armed Forces Retirement Home, an independent federal agency that combined the Naval Home and the Soldiers' and Airmen's Home in Washington, D.C., into one agency. The two homes are funded by a trust fund and are open to retirees and veterans of all the services, who meet the eligibility criteria established by Congress.

In 2002, the names of the two homes were officially changed to The Armed Forces Retirement Home — Gulfport and The Armed Forces Retirement Home — Washington.

I reached out to Ron Kartz, the chief of resident services at the Armed Forces Retirement Home — Washington, for a tour of the facilities.

The Washington campus sits on over 270 acres and is also home to the president's summer cottage that served four commanders in chief.

In that very cottage, President Abraham Lincoln worked on the final draft of the Emancipation Proclamation in 1862.

You cannot help but be impressed as you enter through the gates and see the sprawling and well-kept grounds.

You cannot help to be im-

pressed by the remarkable architecture, the 9-hole golf course, the small fishing lake and the softball field. That's correct — a softball field for their monthly games, which goes to show that Soldiers are competitive by nature, regardless of age.

Inside the facilities, our great veterans also receive first-class care led by a group of professionals and volunteers. Everything from gyms, swimming pools, bowling alleys, wood shops, computer labs and tours around D.C. help keep the more than 400 veterans active and engaged, while honoring their service to our country.

I also found a common trait amongst us Soldiers is concern over meals and mail — this holds true regardless if you are a veteran of Operation Enduring Freedom, Operation Iraqi Freedom or World War II.

So, hopefully this post has made you think about our veterans — not only in D.C., but around the country. You don't have to be the TRADOC command sergeant major to check on our Soldiers.

I think you'll be enriched by stopping by and speaking with one or two of our veterans, and you may even learn something about our Army.

For me, I had a great experience talking to Private 1st Class Rich Baker, a World War II D-Day veteran of the 4th Infantry Division. Of course, the visit also provided me the opportunity to hear an oral history of our Army from someone who experienced D-Day. And those opportunities are dwindling the further we move away from that date in history.

He shared stories of the experiences and bravery of his fellow Soldiers, and I was taken aback by how much pride he still had for his Army and the 4th Infantry Division — over 70 years after he was drafted.

He made sure he showed me his division ring, as well. I cannot think of a better example of a Soldier for Life!

I am already looking forward to going back to the campus to catch a ball game and speak more to the veterans.

For more information on the Armed Forces Retirement Homes, go to www.afrh.gov or check out their Facebook page at www.facebook.com/AFRH.gov.

Rotor Wash

“The Body Mechanics Day Spa at the Fort Rucker Physical Fitness Center offers an escape for people looking to reduce stress. What are some ways you reduce stress in daily life?”



Mason Hartsock,
military family member

"I like to just find the time to relax at home."



Paula Carson,
military family member

"Spending time with my family is a stress reducer for me. It helps me get my mind off of work."



Andre Goffney,
military family member

"I like to exercise to get rid of stress. A good workout can take your mind off a lot."



2nd Lt.
Jonathan Maruszak,
D Co., 1st Bn.,
145th Avn. Regt.

"Getting some time to hang out with friends and just enjoying their company."



2nd Lt. Brent Erickson,
D Co., 1st Bn.,
145th Avn. Regt.

"I like to go for a run to take my mind off things that might be stressing me out."

COMMAND

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FORT RUCKER COMMANDING GENERAL

Col. Shannon T. Miller
FORT RUCKER GARRISON COMMANDER

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

RENTERS BEWARE

Renters urged to remain vigilant while house hunting

Army Flier
Staff Report

Just about every renter has a story, and many don't end so well.

Some renters end up paying for repairs, losing their deposits and hashing things out in small claims court, and, to be sure, landlords have their own horror stories about tenants.

But Van Danford, chief of housing, wants to share some expert tips for would-be renters that could prove beneficial in the long run.

"We are here to take care of Soldiers and their families. We just want to get them the right house for their needs, whatever those needs are," said Danford. "The biggest thing that I would advise Soldiers to do is to come into the housing services office so we can make sure they are going to sign a lease that's legal."

Nowadays, many families like the convenience of shopping for a new home online, and while that is a great feature of modern technology, Danford said people need to be careful.

"There are some great and reliable websites to find homes," he said. "Realtor sites like www.militarybyowner.com and www.housing.army.mil are all great sites to find rental homes. The HSO also has listings of local rentals available."

Danford said to never put any money down or sign anything sight unseen.



COURTESY GRAPHIC

"Pictures can be deceiving on the Internet," said Danford, "and pictures can be really old and outdated."

Danford added to always shop and compare houses or apartments, and to drive by the property at night to see how it looks.

"If it sounds too good to be true, then it probably is," said Gaye Hines, HSO office resident liaison. "Just because you are afraid to miss out on a great deal you found on the Internet, don't put money down on a rental without going inside it first."

Even if a Soldier is renting from a friend, coworker, or another Soldier, they are advised to bring in the lease so officials can make sure the family is protected and that they are signing a lease with a military clause.

Whether it is a permanent change of station or finding a new residence in the area, if a Soldier begins to have difficulty negotiating with their landlord about deposits and damages, they are encouraged to pay a visit

to the HSO.

"When renting, families need to decide for sure if their house of interest is the one they want. Once they put down a security deposit, the deposit will be nonrefundable if they change their minds," Hines said. "Don't rush into a home. All Soldiers are authorized 10 nights of temporary lodging expense between each duty station to stay in a hotel while they find suitable housing."

Danford suggests taking a new lease home to look over before it is signed.

"Don't feel pressured to sign your lease then and there. Bring it to us and we will be happy to review it for you," he said. "If your realtor or landlord doesn't understand why you would want to take the lease to look over, then you probably don't want to rent from them in the first place."

"One of the most important steps in moving into a rental home is to make a very detailed checklist of everything that is wrong

with the house", Hines said.

"It does not matter how big or small the issue is - protect yourself. Something that might not have been a big deal to you when you first moved in might be a huge deal when you try to move out," she said. "Don't be too busy to do that critical step, and always try to take date stamped photos."

Hines suggests asking for the last occupant's checkout list.

"By doing this you will have an idea of what to look out for and be aware of," she said. "It is especially helpful if you viewed the home when water and power were not hooked up. Once you get that turned on and move in, you might notice more discrepancies that need to either be noted or taken care of."

If a Soldier feels like they are going to have a problem or is currently having a problem, Hines said they can come to HSO and ask for a staff member to be a third party at the checkout.

HSO is inside the Soldier Service Center in Rm. 160. Hours are 7:30 a.m. to 4:15 p.m. Mondays through Fridays.

"Sometimes we can get things fixed with just a phone call because of our relationships with most of the property managers in town," she said.

HSO not only helps Soldiers renting off post, but assists Soldiers having problems with Corvias Military Living, as well.

For more information, call 255-1854 or 255-2224.

SecDef: Transgender military can serve openly

By Terri Moon Cronk
Department of Defense News

WASHINGTON — Transgender service members in the U.S. military can now openly serve their country without fear of retribution, Defense Secretary Ash Carter announced June 30, a policy decision that overturns the ban on transgender service across all branches of service, effective immediately.

Following a study at his direction, the secretary said during a Pentagon news conference, three main reasons led to the decision to lift the transgender ban: the force of the future, the existing force and matters of principle.

"As a result of the yearlong study, I'm announcing today that we are ending the ban on transgender Americans in the United States military. Effective immediately, transgender Americans may serve openly, and they can no longer be discharged or otherwise separated from the military just for being transgender," Carter said.

Further, he said, he has directed that the gender identity of an otherwise qualified individual will not bar him or her from military service or from any accession program.

"(We in) the Defense Department and the military need to avail ourselves of all talent possible ... to remain what we are now - the

finest fighting force the world has ever known," Carter said.

"Our mission is to defend this country," he added, "and we don't want barriers unrelated to a person's qualifications to serve preventing us from recruiting or retaining the Soldier, Sailor, Airman, or Marine who can best accomplish the mission."

The Defense Department must have access to 100 percent of America's population for its all-volunteer force to be able to recruit from among the most highly qualified, and to retain them, the secretary told reporters.

Because an estimated 7,000 active and reserve transgender service members on the upper end now wear a military uniform, "I have a responsibility to them and their commanders to provide them both with clearer and more consistent guidance than is provided by current policies," Carter emphasized.

Based on the working group's analysis of 18 allied militaries including those of the United Kingdom, Australia and Israel and the expected rate at which American transgender service members would require medical treatment that would affect their fitness for duty and deployability, a Rand Corp. analysis concluded that there would be minimal readiness impacts from allowing transgender

service members to serve openly, the secretary said.

And while transgender numbers are small, they serve the country with honor and distinction, Carter said, noting that DOD invests hundreds of thousands of dollars to train and develop each individual. "And we want to take the opportunity to retain people whose talents we've invested in and who have proven themselves."

Until today's change in policy, transgender service members had to seek out-of-pocket medical care from private doctors who deemed whether certain procedures were necessary.

"This is inconsistent with our promise to all our troops that we will take care of them and pay for necessary medical treatment," the secretary said, adding that Rand found health care costs would represent "an exceedingly small proportion" of DOD's overall health care expenditures.

Civilian federal employees have access to a health insurance plan that provides comprehensive coverage for transgender-related care and medical treatment, he noted.

The new policies related to lifting the transgender ban will take place over the next 12 months, beginning with immediate guidance for service members and commanders, the secretary said. Next will follow training the entire force



PHOTO BY NAVY PETTY OFFICER 1ST CLASS TIM D. GODBEE

Defense Secretary Ash Carter announces a new transgender policy for the Defense Department during a Pentagon news conference June 30.

and DOD will then start accessing new military service members who are transgender.

In no more than 90 days, DOD will issue a commanders' guidebook for leading existing transgender service members, and guidance will be issued to military doctors to provide transition-related care if required for existing transgender troops, the secretary said.

By ending the ban on transgender service members, "we're eliminating policies that can result in transgender service members being treated differently from their peers based solely upon their gender identity, rather than their ability to serve," Carter said. "And we're confirming that going

forward we will apply the same general principles, standards, and procedures to transgender service members as we do to all service members."

Deliberate and thoughtful implementation will be key, he added, and DOD's senior leaders will ensure all issues identified in the study are addressed in implementation.

"I'm 100 percent confident in the ability of our military leaders and all men and women in uniform to implement changes in a manner that both protects the readiness of the force and also upholds values cherished by the military - honor, trust and judging every individual on their merits," Carter said.

News Briefs

Changes of responsibility

- The 164th Theater Airfield Operations Group will host a change of responsibility ceremony today at 9 a.m. on Howze Field. Command Sgt. Maj. Todd W. Hedrick will assume responsibility from Command Sgt. Maj. Shawn L. Jones.
- The Fort Rucker Garrison will host a change of responsibility ceremony Aug. 2 at 1 p.m. in the U.S. Army Aviation Museum. Command Sgt. Maj. Christopher D. Spivey will assume responsibility from Command Sgt. Maj. William D. Lohmeyer.

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. Lt. Col. Edward D. Rouse will assume command from Lt. Col. John C. Tucker.

AAFES expands layaway

The Army and Air Force Exchange Service is extending its layaway program to include computers and tablets. Now through 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 percent 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.

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.

Thrift shop

The Fort Rucker Thrift Shop is open

Wednesdays-Fridays from 10 a.m. to 2 p.m. The thrift shop needs people's unwanted items. People can drop off donations at any time in the shed behind the shop (former Armed Forces Bank building) located in front of the theater next door to the bowling alley. Donations are tax deductible.

For more information, call 255-9595.

TRICARE Nurse Advice Line

Lyster Army Health Clinic uses the TRICARE Nurse Advice Line for all after-hours urgent care questions. Call 1-800-TRICARE (874-2273) to speak with a nurse 24 hours a day, 7 days a week.

Resiliency Resources

The Lyster and Fort Rucker Resiliency Resources mobile device app is available for free in Android and iPhone mobile app stores. The app can help people find information for Fort Rucker, including addresses, phone numbers and event information, and also information such as where running trails are located, if there is a 5k race coming up, when Bible studies occur and more.



PHOTOS BY NATHAN PFAU

Soldiers and family members view and learn about an AH-64 Apache helicopter during Freedom Fest at the festival fields Friday.



Re-enactors don service uniforms and carry flags throughout the ages of American history before the play of the "Star Spangled Banner" during Freedom Fest at the festival fields Friday.



Jaxon Salame, military family member, makes his way across the monkey bars with the help of Warrant Officer Candidate Bren Snow, Warrant Officer Candidate School, during Freedom Fest at the festival fields Friday.



Sandy Smith, military spouse, reads survivors' names beneath the Survivor Outreach Services display tent at Freedom Fest.



Teens and children play laser tag during the Freedom Fest celebration at the Festival Fields Friday.

Freedom

Continued from Page A1

celebrate. We are celebrating our nation's birthday – that 240th birthday – and it is a time to celebrate. But everybody here knows that liberty and that freedom that we enjoy is certainly not free," he continued. "It is you of this great country – you Soldiers and civilians and families that support this nation and defend her in time of need – we owe you a huge debt of gratitude."

Throughout the day, those freedoms allowed people to enjoy a host of activities and entertainment in the form of live music; static displays, which included aircraft ranging from CH-47 Chinooks to AH-64 Apaches; a children's confidence course put on by the Warrant Officer Career College; a zip line; laser tag arena; bounce houses and all the fair food people could stomach, just to name a few.

Samantha Jessup, military family member, came out with her children, Michael and David, to enjoy a day of celebration that she said they were fortunate to have.

"It's such a great time to be able to come out to something like this," she said. "Military installations are a great place to be able to celebrate our Independence Day because this is where you can see firsthand the freedom that is provided by those who sacrifice in service."

It's because of those sacrifices that Jessup said she is grateful that she and her children are able to celebrate and enjoy the festivities.

"It's easy to take for granted everything that we enjoy in life because not everyone sees how hard military service can be for some, but it's a struggle that is necessary and I'm thankful every day that we have service members who are willing to take up the charge in order to provide us with a way of life that allows us to live without fear," said the mother of two. "It really gives me a sense of pride."

That sense of pride allowed her children to take on the confidence course, which Michael said made him feel like he could take on anything. "It was a little hard to go through, but when I finished I felt good, and the Soldiers helped me through it, so it wasn't so bad," he said.

Although thousands came out to enjoy the many activities and entertainment options, including a fiery performance by the 98th Army "Silver Wings" Band, most had one thing on their minds – fireworks.

Thousands sat in awe as explosions lit up the night sky in a variety of colors and shapes, and for many it's those bursts of light that many have come to know to symbolize our nation's independence.

"I definitely came out for the fireworks,"

said Jason Farone, civilian and Enterprise native. "Nothing says the Fourth of July like fireworks. You don't get to see shows like these very often. It was a perfect day

to celebrate and I'm glad that Fort Rucker is here to allow us to do that, and I'm forever grateful for the service of Soldiers who allow us the freedom to do so."

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IV THE SHALLOWS - PG-13
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 Thursday: 1:30 & 4:00
MIKE AND DAVE NEED WEDDING DATES - R
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 7/R: 2:00, 4:10, 7:10 & 9:20

II THE LEGEND OF TARZAN - PG-13
 1:45, 4:00 & 7:00 • **3D**: 9:30

III CENTRAL INTELLIGENCE - PG-13
 2:00, 4:15, 7:00 & 9:30

KIDDEE MATINEE WED. 9:30AM @ COLLEGE "PEANUTS THE MOVIE" - G SS - INCLUDES POPCORN & DRINK

ATSCOM

Continued from Page A1

He's also served across numerous Army installations across the U.S. and the world, and has held a number of command positions – platoon leader, squadron commander and chief of plans.

Demirjian has also deployed in service to the nation multiple times in support of Operation Joint Endeavor and Operation Enduring Freedom.

Van Weelden also expressed his confidence in the new commander and said that although change can oftentimes

be disruptive and even scary, it's one thing that is necessary to move our Army forward.

"Leadership provides the firm (foundation) to take us successfully into the future, and thankfully we've been blessed in these two organizations with the incredible leadership and talent in Colonel Mike Demirjian and his family," said the outgoing commander. "As I have come to know Colonel Demirjian in recent months, it's apparent that he's a proven leader and the right officer to take these organizations forward."

Demirjian conveyed his gratitude to his family and lead-

ers throughout his career, and said he was humbled to take command.

"It's hard to believe that 26 years ago I was sitting here in the same general area as a WO-1 about to have my wings pinned on, and at that time, I never thought I'd be sitting here taking command at the O-6 level," said the incoming commander. "To the Soldiers, noncommissioned officers and officers of the 164th and ATSCOM, I'm humbled that the Army would allow me to serve you. I look forward to being a member of this team and focusing our efforts to ensure we are ready for the call."

ACLC

Continued from Page A1

that provides maintenance and sustainment for more than 600 helicopters used in the training mission overseen by the U.S. Army Aviation Center of Excellence.

Kliethermes said, with a smile and to laughter from the audience, that he's participated in 300 video teleconferences, received 90,000 emails from Aviation friends and officiated at 29 retirements.

"It's hard to believe what we've accomplished – our bench is not deep. But our employees give it their all when they step up to the plate," he said.

ACLC successfully completes its mission every day because of its hard working, smart and committed employees, and the families who support them, he said.

"The mission of ACLC is not an easy one," said Brig. Gen. (promotable) Douglas Gabram, commander of the Aviation and Missile Command who officiated at the ceremony.

"Their vision states 'Quality fully mission capable aircraft, every mission, every time.' This simple yet powerful message provides roughly 3,000 Aviation maintain-

ers a clear and concise message as to what is needed to ensure a 98 percent readiness rate, for a mixed fleet of 600 technically advanced aircraft – every day, all while being stewards of government resources in an inherently dangerous business."

ACLC provides maintenance support for a fleet of helicopters used to train and prepare Aviators to win the nation's wars as members of the Army's combat Aviation brigades, he said.

"At the end of the day, there's one thing that has facilitated that transformation here at ACLC, and that's the leadership, guidance and vision provided by Colonel Ken Kliethermes," Gabram said. "Managing transitions is never easy, especially when there are strategic implications, but Ken and his team handled it as true professionals ensuring a flawless transition to the customer... our warfighters."

That transition continues, now, with leadership as the ACLC change of command demonstrates the seamless change from one high quality leader to another, Gabram said.

ACLC's new commander, he said, is qualified to "lead the ACLC team through

its next set of tough and challenging missions."

Best is a former brigade S4 (supply and logistics), battalion and brigade executive officer, an Aviation support battalion commander and most recently Army Aviation's deputy director (G3/5/7) at the Pentagon.

"Mike is no stranger to the world of Aviation maintenance and logistics. I can think of no other qualifications or officer more prepared to take command of the Aviation Center Logistics Command than Mike Best. He knows what is expected, not just from AMOCM and USAACE, but also from our nation and ultimately our Aviation warfighters."

Best said he and his family are glad to be back in the Wiregrass community and that he is humbled to be selected to join such a successful team.

Providing safe and ready aircraft to USAACE requires a "team of teams aspect critical to our success and that is evident in the dedicated and selfless service of the ACLC team."

Best expressed his appreciation to Kliethermes' leadership of ACLC, and said he looks forward to continuing part-

nerships across the Army Aviation enterprise, and "fostering relationships, dialogues and details that truly set us up for future success."

Both Best and Kliethermes, who received the Legion of Merit and Order of St. Michael Silver Award during a separate awards ceremony, thanked their families, friends and mentors for support. Kliethermes said the complexity of ACLC has made him a better commander and its success is possible because of its government civilian and military, and its contract employees.

"This is a unique organization in that most aviation commanders have maintenance experience, but limited contracting experience," Kliethermes said during an interview prior to the ceremony. "To come into an organization this big and succeed, you have to have a strong staff that you can rely on to give you good quality data so you can make good decisions."

"The people here take a lot of pride in their work. They work hard and understand a good day's work. When they see an aircraft flying they know they are part of the bigger Army mission."

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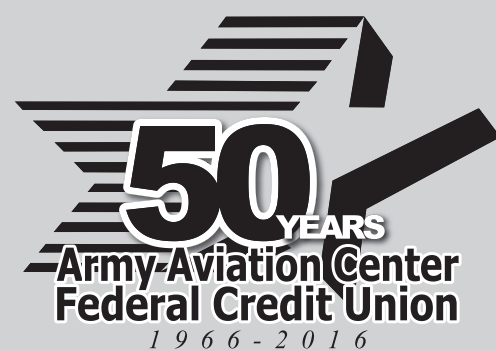
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Land: Wildwood: 9 +/- acres in established neighborhood. Convenient to Fort Rucker: \$90,000



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203 Sonya • \$268,000: 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. **DIRECTIONS:** Boll Weevil Circle to Hwy 27 N (Toward Ozark). Take left on Shell Field Road. Right on Sonya Drive. House will be on the left.



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FORECLOSURES

839 Bermuda • Ozark • \$30,000: Excellent price for this property. With some TLC it can be a nice place. Great location, perfect project for investors or first time buyers. Home built prior to 1978, lead paint potentially exist. Alabama Right of Redemption may affect this asset. Seller does not guarantee or warrant title to the property.



306 E Sommer Oak • \$254,900: over 2400 sq. ft. 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 out automatically with loss of power, and a Rani tankless water heater. The library/office could be converted to a 4th bedroom if needed. Come see all this home has to offer.



746 CR 537 • \$365,000: BRING THE HORSES! Quiet country living just outside city limits but close to town! 5 bedrooms, 4 bathrooms on 5.2 +/- acres w/pool and prof-constructed 56x36' barn. Great neighborhood, corner lot. Recent kitchen renovation boasts new SS appliances, granite countertops. Lovely insulated patio w/stamped, stained concrete. Barn has insulated roof, loft storage, 4-stall setup, 1/2-bath, cabinets + counters, A/C in tack room, H/C water + ceiling fans throughout, 60x120' riding arena. Property is fenced, cross-fenced and gated.



300 Broken Arrow • \$132,500: Wonderfully updated 3 bedroom, 2 bath home. Granite counters in kitchen and all stainless appliances. Vaulted, beamed ceilings in living room with huge floor to ceiling windows and a fireplace. Huge laundry room. Separate dining room plus eat in kitchen, this is a fantastic family home. Fully fenced, private back yard. Great location very convenient to Fort Rucker and all amenities in Enterprise.



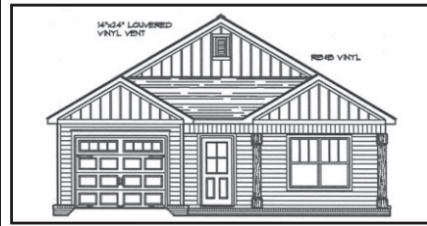
211 Martin • Ozark • \$42,000: Lovely cottage at walking distance to down town Ozark. Established neighborhood with easy access to all amenities in town. Nice covered front porch, metal roof, wood floors and more. VA foreclosure to be sold "as is". Built prior to 1978, lead base paint potentially exist. Alabama Right of Redemption will apply.



262 Trent • \$229,000: Large 4BR/3 full and 2 half baths home. Great home for family fun & entertaining! Foyer, formal dining room, cozy living area with gas log fireplace, eat-in kitchen with breakfast bar and a bonus room that could be used as an office or den with private exit to deck/backyard. Master suite downstairs and three additional bedrooms upstairs, with walk in closets. There are also two full baths upstairs. Also features a sunroom, a salt water pool and a pool patio.



285 Z Street • \$56,000 in Daleville: Really nice large mobile home has been well maintained. 2 Living areas, with a fireplace in the den, big kitchen with an island, updated cabinets and pantry, walk in closets in all bedrooms, large master bath w/garden tub and separate shower, screened in front and back porch, large detached 2 car garage with 2 garage doors (w/gensets) and space for a workshop. Convenient to Ft. Rucker, schools and shopping. If you are looking for a mobile home, you need to take a look at this one.



224 Jasmine Circle • \$155,500: New construction! Tucked in the woods off Boll Weevil Circle. While providing privacy, they offer the convenience to schools, shopping, golf, restaurants and minutes from Ft. Rucker. Security system, wood floors, stainless appliances, natural gas heat/cooking/water heater, low E windows, irrigation system, 2" faux wood blinds, framed mirrors in bathroom and tray ceiling in grandroom and fence across back property line.



1143 Oak Avenue • Elba • \$30,000: Lovely cottage at walking distance to down town Ozark. Established neighborhood with easy access to all amenities in town. Nice covered front porch, metal roof, wood floors and more. VA foreclosure to be sold "as is". Built prior to 1978, lead base paint potentially exist. Alabama Right of Redemption will apply.

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

NEW LISTING IN COTTON CREEK ~ \$254,000

103 PLANTERS CT: Very classy, Spacious and Immaculate. Don't miss!!! Extra-large bonus room or 4th bedroom...all in Cotton Creek. **FRAN & DON KALTENBAUGH 790-5973**

TARTAN PINES ~ \$375,000

180 ROSEMOUNT CT: Thoughtfully designed custom built brick traditional 2 story set at end of cul-de-sac -- covered front porch wraps around to sunroom, screen porch overlooking patio & landscaped back yard, 2 double sided gas fireplaces, 4 bedroom, 2 1/2 baths, formal dining & breakfast room, large kitchen w/stainless appliances & beautiful glass front cabinets, 2 story family room, over 3,100 square feet. Impeccable condition, quality and superb comfort for the price. **JUDY DUNN 301-5656**

400 TANK HILL ROAD: DALEVILLE: \$79,900

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DIRECTIONS: Highway 84 towards Daleville, left on Tank Hill Road, first house on right after four way intersection.

11 ANDREWS: DALEVILLE: \$129,900

Check out this large 3 bedroom, 2 bath home close to Ft. Rucker. Energy efficient metal roof, updated kitchen, huge bonus room, and spacious master bedroom with sliders to the patio. The level, fenced yard is private and a great space to toss a football! There's a dining area in the living room as well as in the kitchen area. Newer laminate floors and ceramic tile throughout the home. In addition to the 2 vehicle carport, there is a storage room outside that could be a workshop.
THERESA HERNANDEZ 379-5937
DIRECTIONS: Donnell Blvd to Andrews Drive. House is on the left.

187 MAREE: DALEVILLE: REDUCED TO \$175,000

Nice open floor plan with split bedrooms. Stainless steel appliances. Level yard with privacy wood fence and sprinklers make this your place for relaxation and family fun.
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203 SONYA: ENTERPRISE: \$268,000

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'SLEEVES UP, CAMO OUT'

Army combat uniform sleeves can now be rolled up

By David Vergun
Army News Service

WASHINGTON — Effective immediately, commanders may authorize Soldiers to roll up the sleeves on Army combat uniforms, according to a memorandum signed by Lt. Gen. James C. McConville, deputy chief of staff, G-1, June 28.

The new policy pertains to the universal camouflage pattern, operational camouflage pattern and Operation Enduring Freedom camouflage-pattern ACUs.

"We're going sleeves up, camo out," said Sgt. Maj. of the Army Daniel Dailey.

The sleeves will be rolled above the elbow, right-side out with the camouflage pattern showing. They should be rolled no more than three inches above the elbow, according to the memo, and this method will be used primarily in garrison.

In addition, during field training exercises or operations, upon approval of the com-

mander, sleeves may be opened and cuffed inward above the wrist on the forearm.

"It's often referred to as a Delta roll or SF roll," Dailey said.

This second method of staying cool is specifically for Soldiers in a field or deployed environment, he emphasized.

Soldiers have to remember, though, that these authorizations are only good when not precluded by safety, Dailey said. "Like when you're in a combat vehicle, the sleeves have to go down."

There will be no time restrictions on the new policy, Dailey said. "For instance, company commanders in Hawaii can make the decision to go sleeves up any time of year."

The ultimate decision to roll sleeves any time rests with unit commanders, he said, but added that the Army-wide policy has changed due to input from Soldiers.

"The overwhelming support from Sol-



PHOTO BY GARY SHEFTICK

A Soldier demonstrates how the sleeves can be rolled with camo out, no more than three inches above the elbow.

SEE SLEEVES, PAGE B4



PHOTO BY CAPT. BRIAN H. HARRIS

UH-60 Black Hawks assigned to the 16th Combat Aviation Brigade, 7th Infantry Division, fly in formation near Joint Base Lewis-McChord, Wash., June 21. Aircraft with the 16th CAB were supporting day and night air assault training.

HALL OF HEROES

Pentagon display set to induct Vietnam-era Aviator

By Army Public Affairs
Press Release

WASHINGTON — Retired Lt. Col. Charles S. Kettles will be inducted into the Pentagon's Hall of Heroes during a July 19 ceremony, in which Kettles' name will be added to the distinguished roster in the Defense Department's Hall of Heroes, the permanent display of record for all recipients of the Medal of Honor.

The president will present the Medal of Honor to Kettles in a White House ceremony July 18 in recognition of his valor during combat operations in the Song Tra Cau riverbed in Vietnam May 15, 1967.

While serving as flight commander



COURTESY PHOTO

Then-Maj. Charles Kettles, standing beside his heavily damaged UH-1D "Huey" helicopter on return from the May 15, 1967, emergency extraction rescue operation.

of the 176th Aviation Company, then-Maj. Kettles led a platoon of UH-1D helicopters to provide support to the 1st Brigade, 101st Airborne Division,

during an ambush by a battalion-sized enemy force on May 15, 1967. After leading several trips to the hot landing zone and evacuating the wounded, Kettles returned without additional aerial support to rescue a squad-sized element of soldiers who had been left behind.

He is credited with saving the lives of more than 40 soldiers and four of his own crewmembers.

"Kettles personifies the Army's 'Warrior Ethos' – never leave any Soldier behind," Secretary of the Army Eric K. Fanning said. "I'm proud of what he did that day in 1967 and of his lifetime of service, exemplifying

SEE HEROES, PAGE B4

QA strengthens foreign military efforts

By Carlotta Maneice
U.S. Army Aviation and Missile Research,
Development and Engineering Center Public Affairs

REDSTONE ARSENAL – When an international customer purchases something from the U.S. government, quality assurance plays an important role in ensuring the equipment or service provided meets the same standards required for the American warfighter.

The Aviation and Missile Research, Development and Engineering Center's Quality Assurance Team recently inspected AH-64 Apache helicopters provided to the Republic of South Korea through the Foreign Military Sales Program.

"Over the last 30 years, the Quality Management Division has provided a consistent, important and necessary QA function in support of FMS for Aviation and missile platforms," said Valerie Harris, chief, QMD. "The sale of these helicopters shows the confidence that the South Korean government has in the quality of these aircraft systems and the trust that the U.S. government bestows upon AMRDEC QA."

"The Aviation Systems Quality Branch provides Army manned and unmanned QA support to FMS cus-



PHOTO BY AIR FORCE TECH. SGT. MATT HECHT

A U.S. Army AH-64 Apache prepares for departure.

tomers on five continents," said Paul Anderson, chief, ASQB. "QA teams inspect the aircraft for serviceability and ensure the weapons system is operational prior to sending it to the FMS customer."

U.S. government flight representatives serve as the approving authority for contractor operation locations. According to Anderson, GFRs are delegated

SEE QA, PAGE B4

LETHAL INTENT

Army develops components for Lethal Miniature Aerial Missile System

By Carlotta Maneice
Aviation and Missile Research, Development
and Engineering Center Public Affairs

REDSTONE ARSENAL — In need of a Lethal Miniature Aerial Missile System that is man-portable and capable of neutralizing or eliminating combatants? The U.S. Army Aviation and Missile Research, Development and Engineering Center assists in ensuring state-of-the-art critical components exist for potential vendors.

More than 40 AMRDEC researchers and scientists developed and tested six critical component technologies in its Small Organic Precision Munition Program to support the LMAMS requirement, said Mike Richman, associate director of missile development.

The six government-owned critical components are the small warhead, the small electronic safety and arming device, power, secure micro digital data link, image stabilization/autotracker, and the laser ranging height of burst sensor, he said.

The original intent for LMAMS – a small, Soldier-launched loitering precision weapons system – was to destroy combatant enemies, such as snipers or those emplacing improvised explosive devices. This system not only allows Soldiers on the ground to engage with targets they cannot see, but can potentially be used to counter threat unmanned aircraft systems, Richman added.

This guided weapons system can fly to a specific coordinated position or be diverted with its wave-off capabilities to minimize collateral damage, he said.

"TRADOC outlines the warfighter requirements," Richman said. "If the capability doesn't exist, AMRDEC invests Missile Science and Technology funds to help create a solution, and work with our partners at the Program Executive Office for Missiles and Space throughout the system lifecycle once it becomes a program of record."

One vendor's solution to the LMAMS requirement is to use a miniature intelligence, surveillance, reconnaissance and lethal platform that can be operated manually or semi-autonomously that has a 10-kilometer radius of operation and more than 10 minutes of battery endurance, said Spencer Hudson, AMRDEC deputy ground tactical capability area lead.

"AMRDEC has exceeded the battery endurance requirement by doubling endurance from 15 minutes to

SEE INTENT, PAGE B4



ARMY PHOTO

AMRDEC components have been flight tested in LMAMS.

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Sleeves

Continued from Page B1

diers around the Army was a big factor in coming to this decision," he said.

Soldiers at Fort Hood, Texas, were given permission earlier this month to begin rolling up their sleeves for a 10-day period, when visited by Dailey and Chief of Staff of the Army Gen. Mark A. Milley.

At the time that permission was given mid-month, the sleeve-rolling was considered an experiment for a possible Army-wide policy, according to a G-1 spokesman.

That spokesman, Lt. Col. Jerry Pionk, said "Feedback from Soldiers resulted in us wanting to do a trial over the next 10 days to see the feasibility of updating AR 670-1 and incorporating in the future for the force to give commanders flexibility in wear based upon their unit's mission."

Soldier feedback on the issue has been populating social media sites for the past two weeks.

For instance, in a June 21 post on the Army Facebook page, the question was asked: "Let your voice be heard!! If your'e a #USArmy Soldier, the #15th SMA wants to know what you want: Camo in or Camo out?"

One commented: "Go back to the good ole days! It was an art to roll those sleeves!" She was referring to 2006, before the Battle Dress Uniform was phased out. At the time, the camouflage pattern remained on the outside.

Most, but not all of the sentiment appeared to be "camo out." Some didn't agree at all with rolling them up, but that appeared to be a small minority.

That Army Facebook posting generated a lot of interest. Twitter and other social media sites generated similar outpourings.



PHOTO BY GARY SHEFTICK

A Soldier demonstrates how ACU sleeves can be tucked or cuffed inside for field operations in what is sometimes referred to as the Delta roll.

Intent

Continued from Page B1

30 minutes. This battery technology also allows us to operate in colder temperatures than the previous Switchblade battery," Hudson said.

Another critical component is the Secure Micro Digital Data Link, developed in partnership with the Air Force. "The Secure Micro Digital Data Link is National Security Agency

Type 1 Suite B Certified. It can be used for up-to-Secret missions without the operator needing to have a security clearance to operate the system," Hudson said.

AMRDEC also developed an autotracker capability. "We've developed our own government software, algorithms and hardware. We are trying to reduce the operator workload by making a tracker that is very robust, and all the components will be Technology Readiness Level 6 by FY16," said

Devin Chamness, capability area lead for ground tactical missiles, WDI.

"Although the components are being used, it is not the sole answer to LMAMS," Chamness said. "AMRDEC has multiple licensing and cooperative research and development agreements with other industry leaders. All potential vendors have the option of using AMRDEC's critical component technology."

Heroes

Continued from Page B1

what it means when we speak of 'Soldiers for Life.'"

On one particular flight out of the landing zone "just before pulling pitch, an enemy machine gun found its range and hit

us 26 times throughout the aircraft," said Roland J. Scheck, an Army specialist at the time, who served as a door-gunner on Kettles' crew. "Major Kettles coaxed the helicopter and managed to fly us back to base camp."

Despite a heavily damaged helicopter,

Kettles remained relentless in his efforts to ensure every Soldier was extracted. So much so, that he obtained a serviceable aircraft and continued until all U.S. troops were rescued.

"Kettles' actions on that day, nearly 50 years ago, represent the best qualities of a

Soldier and leader – selfless service, personal courage and a dedication to duty," said Army Chief of Staff Gen. Mark A. Milley. "He was fully engaged until all soldiers were out of harm's way and he lived the 'Soldier's Creed' to never leave a fallen comrade."

QA

Continued from Page B1

the responsibility for approval of contractor flights, procedures and crew members.

"They ensure contractor compliance and act as the government insurance agent by assuming some of the risk of loss for aircraft," Anderson said.

AMRDEC QA teams partner with the U.S. Army Security Assistance Command, Aviation and Missile Command Security Assistance Management Directorate, Apache Attack Helicopter Project Office, Program Executive Office Aviation, Joint Munitions Command and industry partners.

"It is a privilege and honor to work with such high

caliber professionals who provide and support delivery of the Army's most technologically advanced helicopter platform to our foreign military partners," Anderson said.

According to South Korea "Arirang News," the Apaches will strengthen South Korea's combat capabilities.

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HIGH PRAISE
86-year-old veteran receives nation's highest civilian honor
Story on Page C3

JULY 7, 2016

BODY MECHANICS

Day Spa offers retreat from stress

By Nathan Pfau
Army Flier Staff Writer

Life is full of stressors, but Fort Rucker provides a relaxing way to relieve the stress that builds up day after day -- the Body Mechanics Day Spa.

Located in the Fort Rucker Physical Fitness Center on Andrews Avenue, the spa offers relaxation and luxury for a reasonable price, according to Barbara Leger, licensed massage therapist with Body Mechanics.

"Everyone can and should be treated to a special occasion and be pampered, and Body Mechanics has extremely competitive prices and a service available for every income level," she said.

Anyone who is an authorized patron of Directorate of Family Morale Welfare and Recreation services is allowed to make an appointment with Body Mechanics. The spa offers several different services, which include a 30-minute massage for \$25, a 60-minute massage for \$45, a 90-minute massage for \$70, a retreat for the feet for \$30, and chair massages that are \$1 per minute.

"The benefits of massage go hand-in-hand with fitness," said Leger. "Massage, historically, has been used to help circulation, muscle soreness and tenderness, and chronic pain to include fibromyalgia and arthritis."

"Blood pressure can be lowered after a massage, and massages increase the chemicals that induce feelings of happiness, as well," she continued. "The sleep cycle can also improve."

"Our retreat for the feet is a 30-minute treatment just for the feet," she said. "It includes massage, hot towels and a mud wrap for the feet. It helps with the health of the skin and tissue, as well as with stress."

There are several different styles of massage people can choose from, including pregnancy, Swedish, deep tissue, neuromuscular and hot stone.

It is no secret that Fort Rucker is domi-



Barbara Leger, licensed massage therapist with Body Mechanics, gives Elizabeth Ryan, military spouse, a back massage at the Fort Rucker Physical Fitness Center Body Mechanics Day Spa last year.

PHOTO BY NATHAN PFAU

nated by flight students, and Leger said that flight students in particular seem to enjoy the relaxation massage.

"I think that they are aware of how much physical stress they are under, but when they come in they are surprised at

the amount of mental stress that can be relieved through a little pampering," she said.

W01 Jessica Prostack, B Company, 1st Battalion, 145th Aviation Regiment, understands those stresses fully and uses the

spa as a way to escape.

"The massage services provide a great way to relax and relieve stress from vigorous training," said Prostack. "(Leger) provides friendly service, great prices and a great time schedule to accommodate for our busy schedules."

For some, the act of getting a massage for the first time may seem embarrassing and even a bit unnerving, but Leger said that the client is in charge and if there is an uncertainty about anything, the therapist will answer any questions.

"When getting a massage, I first talk to the client about how they are feeling," she said. "If they have any concerns or complaints about a particular area of the body, such as lower back problems or pain in a knee, we can tailor the massage to fit the person's needs for that day."

When clients undress for their massage, they are in the room alone. Leger said that people can undress to their level of comfort. Clients stay covered the entire time, she affirmed.

"While I am working on your back, that is the only thing visible. While I am working on their left leg, that is the only thing visible. And while lying on your back, you are covered up to your underarm," she said.

The spa is open for appointments Mondays through Thursdays from 8 a.m. to 7 p.m., Fridays from 8 a.m. to 5 p.m. and Saturdays from 8:30 a.m. to 2 p.m.

When asked about gratuities, Leger said that tips aren't expected, but are always appreciated, and patrons can leave any tips in the room where the massage took place.

"I am here for people, whether for people who are here for the first time or for people for whom regular massage is their way of life," she said. "The No. 1 thing people need to do if they are nervous is just talk to me. It is truly an honor for me to be able to offer a little bit of comfort for the people of Fort Rucker."

For more information or to set up an appointment, call 255-2296.

Job fair provides one-stop employment shop

By Jeremy Henderson
Army Flier Staff Writer

Tackling today's job market can be a daunting task for Soldiers and civilians alike, but a joint effort between Army Community Service, Soldier For Life, and the Ozark Chamber of Commerce strives to provide a centralized location for employment opportunities.

The 13th annual Fort Rucker Area Job Fair is July 21 from 10 a.m. to 2 p.m. at Carroll High School in Ozark. The event, hosted at Enterprise High School last year, rotates between the two communities, according to Alfred Alexander, Soldier for Life transition services specialist.

"This venue will provide more space between employer because of it being a larger community and the gym size," he said, adding that the event is anticipated to welcome more than 1,000 job seekers.

There will be a separate area where only Soldiers, veterans, retirees and their families can see certain vendors that cater to their special experiences and abilities. Service members, current and prior, and specialized clients will wear a circle of the American flag affixed to their collar.

The companies represented at the job fair, to be announced later, will range from local to national businesses, from sales to top Aviation executives. All ranges of experience and education are encouraged to attend.

"Once the employer list is published, research the companies that you want to speak with," Alexander said. "Job seekers should have a 30-second speech prepared to introduce themselves to potential employers.

"Familiarize yourself with the companies present at the job fair," he added. "Determine the companies looking for your education level, skills and experience."

Jobseekers can also take advantage of Army Community Service employment readiness sessions in the Soldier Service Center, Bldg. 5700, in Rm. 350 on a biweekly basis throughout the year. The next session is today, beginning at 8:40 a.m., with another session scheduled for Aug. 4 at the same time and location.

"While I don't hover on the specifics of job fairs per se, I do make an effort to go into the meat of the private-sector résumé and interviewing strategies," Mike Kozlowski, ACS personal financial readiness specialist, said. "I also share other helpful tips attendees can use to make their job hunts less stressful and more productive."

Jobseekers can gain valuable knowledge to help improve their résumé, sharpen their interviewing skills or strengthen their personal brand.

"Personal Branding is the practice of people marketing themselves and their careers as brands," Alexander said. "While previous self-help management techniques were about self-improvement, the personal-branding concept suggests instead that success comes from self-packaging."

According to Alexander, personal branding is composed of three equally-important aspects.

- **Value Proposition:** What do you stand for?
- **Differentiation:** What makes you stand out?
- **Marketability:** What makes you compelling?



People line up to speak with Boeing representatives about employment opportunities during last year's job fair.

PHOTO BY NATHAN PFAU

Alexander said some job seekers might be hired on the spot or be given the chance to officially interview for positions. However, applicants should not discount an opportunity if they do not receive an offer the day of the job fair.

"Be sure to send 'thank you' notes the any employers who received your résumé," he said. "It could lead to a job offer."

For more information about future workshops or classes, call 255-2594.

For more information, or a full list of attending employers, call 255-1117 or visit www.ftuckermwr.com.



CW4 Carlos Patterson, 1st Battalion, 13th Aviation Regiment, and his wife, Marlene, speak with USIC representatives about employment opportunities at last year's job fair.

ON POST

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

White-water rafting

MWR Central will host a day trip for white water rafting down the Chattoahoochee 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 Friday.

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

Family resilience training

Army Community Service will host family member resilience training Monday 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.

International Spouses Get Together

Army Community Service hosts its International Spouses Get Together the first Friday of every month at 9 a.m. at the Allen Heights Community Center. According to ACS officials, the get together is a place for spouses to find support, and help with finding resources for obtaining U.S. citizenship, education, drivers licenses and more. Multilingual volunteers are available.

For more information, call 255-3735.

Library summer craft

The Center Library will host a summer craft session Tuesday 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.

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. Homeschooling 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

A scene from last year's 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

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ARMY GRAPHIC

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.

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.

Book club for adults

The Center Library hosts a book club for adults the third Tuesday of each month from 5-6 p.m. Light refreshments will be served. For more information, call 255-3885.

Book club for teens

The Center Library hosts a book club for teens the third Saturday of each month from 4-5 p.m. Light refreshments will be served. For more information, call 255-3885.

Girls Night Out

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.

Federal job workshop

Army Community Service Employment Readiness will host a federal job workshop July 27 from 8:30-11:30 a.m. in Bldg. 5700, Rm. 284. The interactive workshop is aimed at getting people the information they need to increase their federal employment possibilities. All workshop participants will receive a complimentary copy of Kathryn Troutman's "Jobseeker's Guide" (seventh edition). Space is limited to the first 60 people to register. Pre-registration is required. For more information and to register, call 255-2594.

Right Arm Night

The Landing Zone will host Right Arm Night July 28 from 4-6 p.m., hosted by the 1st Battalion, 11th Aviation Regiment. Right Arm Night is an Army tradition, promoting a night of camaraderie and esprit de corps as leaders come together and treat those who help them accomplish the mission. Complimentary appetizers will be served while supplies last. Right Arm Night is held every month, and both military and civilians are welcome.

DFMWR Spotlight

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Relocation readiness workshop

Army Community Service will host its relocation readiness workshop July 29 from 9-10 a.m. in Bldg. 5700, Rm. 371D. Soldiers and spouses will receive information on benefits, entitlements, advance pay, government travel cards and more.

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

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 Aug. 4. 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.

FORT RUCKER MOVIE SCHEDULE FOR JULY 7-JULY 10

Thursday, July 7

Neighbors 2 (R) 7 p.m.

Friday, July 8

The Nice Guys (R) 7 p.m.

Saturday, July 9

Alice Through The Looking Glass (PG) 4 p.m.
X-Men: Apocalypse (PG-13) 7 p.m.

Sunday, July 10

The Angry Birds (PG) 1 p.m.
X-Men: Apocalypse (PG-13) 4 p.m.

HIGH PRAISE

86-year-old veteran receives nation's highest civilian honor

By Elaine Sanchez
Brooke Army Medical Center
Public Affairs

JOINT BASE SAN ANTONIO-FORT SAM HOUSTON, Texas — An 86-year-old Korean War veteran was awarded the nation's highest civilian honor in a bedside ceremony at San Antonio Military Medical Center June 5.

Retired Staff Sgt. Jose Diaz-Rivas received the Congressional Gold Medal for his contributions alongside the Soldiers of the 65th Infantry Regiment "Borinqueneers," a Puerto Rican U.S. Army unit that fought in nine of 10 campaigns during the Korean War.

"Not many people receive this medal — I feel very proud," said Diaz-Rivas, as he accepted the medal surrounded by family, friends and SAMMC staff.

The 65th Infantry Regiment stood up in 1899 and served in World War I and World War II, but it was during the Korean War that they made their mark in extensive combat. While instrumental in many operations, one of their most significant achievements took place in early 1951, during Operation Thunderbolt. Ordered to seize two hills held by the Chinese 149th Division, the Soldiers charged with bayonets fixed to their rifles and forced the Chinese troops to vacate, paving the way for the Eighth Army to recapture Seoul.

Diaz-Rivas, a Puerto Rican native who enlisted at age 16, de-



Col. Jeffrey Johnson, Brooke Army Medical Center commander, presents the Congressional Gold Medal to retired Staff Sgt. Jose Diaz-Rivas for his service with the 65th Infantry Regiment as the veteran's family looks on.

scribes his unit as a "fierce" group. He recalled how they would sing their regimental song as they marched into for battle. From his bed, he began to softly sing the hymn he learned more than 65 years ago: "Arriba muchachos vamos a zarpar — a lejanas tierras vamos a pelear." (Get up boys, we are shipping out — to faraway lands we must go and fight.)

"The Americans would say, those Puerto Ricans are crazy. They are going to fight and they are singing — they are happy," he said with a laugh. "They didn't understand

that singing gave us courage."

Their courage and sacrifice is reflected in the number of honors they garnered. For the Korean War alone, the regiment earned more than 2,700 Purple Hearts, 600 Bronze Stars, 250 Silver Stars, nine Distinguished Service Crosses and one Medal of Honor.

The unit now adds a Congressional Gold Medal to its roster, joining recipients such as George Washington and Dr. Martin Luther King Jr. and groups such as the American Red Cross and the Tuskegee Airmen. The Congressional Gold

Medal and Presidential Medal of Freedom are the highest civilian awards in the U.S., awarded to people or groups with achievements that have a lasting impact on American history and culture.

Diaz-Rivas originally had hoped to accept the medal alongside his fellow Soldiers at the U.S. Capitol on April 13, but was unable to attend the ceremony due to his declining health. However, his family and caregivers decided a medal in the mail would not suffice, and Brooke Army Medical Center Commander Col. Jeffrey

Johnson agreed.

Johnson, BAMC Command Sgt. Maj. Albert Crews and other leaders gathered on a Sunday afternoon to honor Diaz-Rivas' contributions.

"We honor you and thank you for your sacrifice," the commander said as he presented the medal to Diaz-Rivas.

For his personal courage in the Korean War, Diaz-Rivas was awarded a Combat Infantryman Badge and a Korean Service Medal with two Bronze Stars. He later joined the Air Force and fought in the Vietnam War, for which he received a Commendation Medal from President Lyndon B. Johnson for rescuing and transporting wounded Soldiers behind enemy lines. He retired from the military in 1971 with 21 years of service. The father of four recently celebrated his 58th wedding anniversary.

"My father is very proud of his medal," said his daughter, Ivonne Diaz-Navedo. "But we are proud of all of his contributions. It's a complete life he's lived."

U.S. Senator Marco Rubio praised Diaz-Rivas' unit during a Senate Floor Speech on April 13. "It is my hope that the more than 1,000 Borinqueneer veterans living throughout the United States, as well as the family members of those fallen, departed, and missing in action, will know at last that their service has received the ultimate tribute from a grateful nation," he said.

Veterans remember fallen brothers in arms

By Sgt. 1st Class
Clinton Carroll
For Army News Service

WAEGWAN, South Korea — "They just kept us in a ravine in the daytime. Then at night, they'd move us across country. On Aug. 17, about the middle of the afternoon, they motioned for us to get up again, that they was going to move us out again. That's when I started hearing shots. I looked around and I saw my buddies was falling, getting murdered with their hands tied behind their back."

These words were spoken by Cpl. Roy Paul Manning Jr., one of the four survivors of the Hill 303 massacre when he testified in front of a congressional committee about atrocities during the Korean War.

The 6th Ordnance Battalion hosted a Hill 303 memorial ceremony at the Hill 303 monument near Camp Carroll June 30 to honor the sacrifice made by the Soldiers.

Soldiers hiked up the steep hill early in the morning. When they reached the top, the Soldiers, together with the Korea Veterans Association and local students, laid a wreath and flowers on the memorial.

"Sixty six years ago, the days were dark, there were dark clouds on the horizon and ill winds blew in the face of both Korean and U.S. Soldiers," Lt. Col. Ellis R. Baker, commander of the battalion, said. "Korean and U.S. Soldiers paid the ultimate sacrifice defending the flame of democracy burning in South Korea."

Hill 303 was a major battle site during the Korean War where the U.S. 1st Cavalry Division successfully defended Waegwan during the battle. Forty-one captured U.S. prisoners of war were killed by North Korean soldiers.

According to the official report, on Aug. 14, 1950, a group of 26 American Soldiers was surprised and captured by North Koreans whom the Americans had reason to believe were rein-

forcements. The men were stripped of their combat boots and personal belongings, and their hands were tied behind their backs. The second day after capture, several other American prisoners joined their group, bringing the total number to 45. On the third day, all of the prisoners were led to a ravine and, without warning, were shot in cold blood while their hands were tied.

In the afternoon members of 6th Ordnance Company, Korean War Veterans, US-AG-Daegu, elected officials and local students gathered to pay respects.

"It is important to keep the memory of the heroes of Hill 303 alive," said Col. Ted Stevens, commander of USAG-Daegu. "Remember that 66 years ago, liberty was at stake — remember that two nations stood firm together, and fought for liberty and freedom."

Capt. Sam H. Kim, commander of the 84th Ordnance Company, was born

in the Republic of Korea and spoke to the many Koreans who attended the ceremony. "My beloved Korean brothers and sisters, the purpose of today's event is to search for brighter future by looking through the lens of heart-breaking history. What have we learned from the Korean War? Soldiers from 16 countries around the globe including the U.S. participated in the war to help out a small country they never knew and shed a lot of blood — all because they believed in the peace for humanity and preservation of liberty."

The 6th Ordnance Battalion has been hosting memorial services on Hill 303 since 2002 to honor the memory of those who died.

Second Lt. Katherine Sheaffer, executive officer for the 84th Ordnance Company, said "We hope this event reaches those in the community to never forget the Soldiers who fought and lost their lives in the Korean War."



The Hill 303 monument.

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Park offers free summer admission

Landmark Park Press Release

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

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

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



September 5.

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

country.”

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

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

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

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

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

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

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

WIREFRASS 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

JULY 14 — Music By Moonlight, the free annual concert at Landmark Park, will take place at 7:30 p.m. featuring the Troy Dothan Community Band. 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.

JULY 29 — AROK Back 2 School concert is scheduled for at 7 p.m. featuring 7eventh Time Down, whose hits include “God is on the Move” and “Just Say Jesus,” with special guest Shiloh at the Northview High School Convocation Center. Tickets are \$15 in advance, \$20 at the door, and \$30 for VIP tickets. Tickets are available online at <http://www.itickets.com/events/359688>. Proceeds go to benefit the Kyle Leonard Memorial Scholarship. For additional information call 662-251-9990 or visit www.rokproductionsinc.com.

ENTERPRISE

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

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

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

GENEVA

ONGOING — The Geneva County Relay for Life meets the last Tuesday of the month at 6 p.m. at the Citizens Bank. For more information, call 248-4495.

MIDLAND CITY

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

NEW BROCKTON

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

718-5707.

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

OZARK

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

ONGOING — The Friends of Ozark holds a monthly meeting on the second Tuesday of every month at 6 p.m. at the Ozark-Dale County Library. For more information, call 477-6221 or email wcholmes53@hotmail.com.

PINCKARD

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

SAMSON

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

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

TROY

ONGOING — Troy 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.

WIREFRASS AREA

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

Beyond Briefs

‘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.

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 EBSO 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.

Capital of Dreams Triathlon

Downtown Montgomery will host the Capital of Dream Triathlon July 16. There will be two races, an intermediate (1.5k swim | 40k bike | 10k run) and a sprint (400m swim | 20k bike | 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.

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/>.

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/.



The U.S. Army Chorus sings the national anthem.

PHOTO BY STAFF SGT. CHUCK BURDEN

Army gets salute at Nationals ballpark

By Army News Service
Staff Report

WASHINGTON — Army Chief of Staff Gen. Mark Milley threw the first pitch and the U.S. Army Chorus sang the national anthem as more than 150 Soldiers saluted.

Army Day at the Washington Nationals game June 28 also included youth from military families lining up in front of the Nats dugout as the players ran by slapping them high five.

The Old Guard Fife and Drum Corps was there to perform during pre-game ceremonies and Soldiers from the 3rd U.S. Infantry Regiment presented the colors.

Sgt. Maj. of the Army Daniel Dailey challenged Screech, the Washington Nationals mascot, to a pushup contest before the game. Screech was in good form wearing an Army combat uniform jacket.

Secretary of the Army Eric Fanning walked the game ball out to Nats starting pitcher Lucas Giolito. There was also a third-inning salute to the military on the park's Jumbotron. And after weathering two rain delays, the Nationals beat the New York Mets, 5-0.



PHOTO BY STAFF SGT. CHUCK BURDEN

Chief of Staff of the Army Gen. Mark Milley throws the ceremonial first pitch at Washington Nationals ballpark June 28.

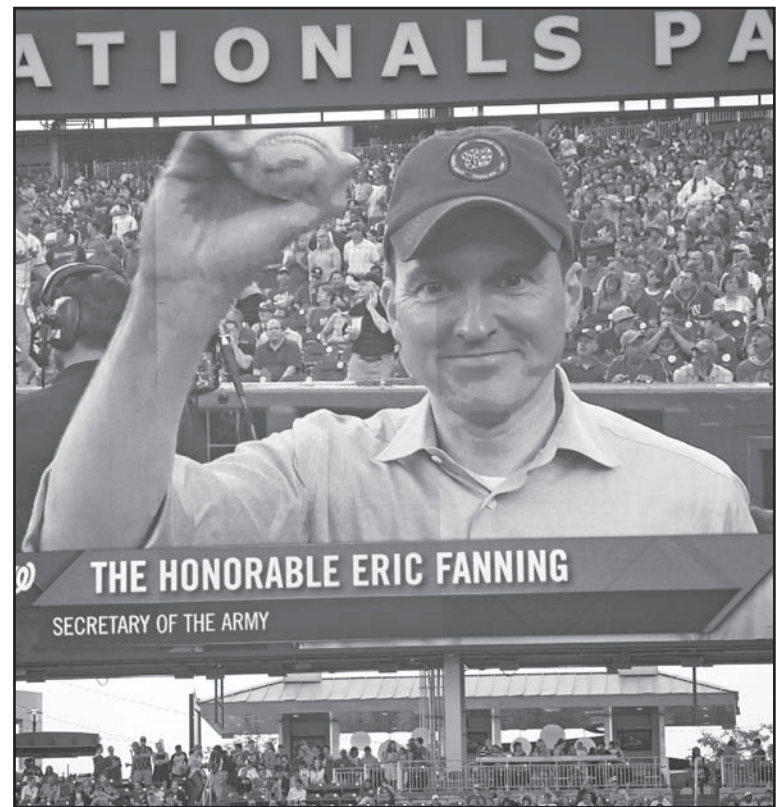


PHOTO BY JOHN MARTINEZ

Secretary of the Army Eric Fanning is shown on the jumbotron as he walks the game ball out to Washington Nationals starting pitcher Lucas Giolito.



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Couple reunites man with lost flag

By Jason B. Cutshaw
U.S. Army Space and Missile Defense
Command/ Army Forces Strategic
Command Public Affairs

REDSTONE ARSENAL — A family showed the ultimate respect to a once bitter enemy by returning a flag that had been lost more for more than 70 years.

Billy G. Traweek, range engineer and ground safety officer, Ronald Reagan Ballistic Missile Defense Test Site on Kwajalein Atoll in the Republic of the Marshall Islands, and his wife, Lauren, returned treasured flags to warriors and family members of those who fought for their nation in World War II.

The flags, named Yosegaki Hinomaru, were 3-foot-by-3-foot Japanese flags signed and blessed by the soldier's priest, families, friends and even their teachers before they left to fight. The soldiers would fold them up and carry them next to their heart, under their uniforms.

"I searched the Internet for 'World War II Japanese flags with writing,' and found Rex and Keiko Ziak with the OBON Society," Lauren said. "When they explained the flags were Yosegaki Hinomaru, and their importance to the families of the soldiers, I was thrilled to send them to OBON to be repatriated, if possible."

The OBON Society is a nonprofit group founded by the Ziak's from Naselle, Washington, to facilitate the return of flags. OBON devotes all of their own time and money to return the flags to the families of the soldiers.

When Billy and Lauren moved to Kwaj in 2001 they made friends with two long-time residents, who worked at the Kwajalein Hospital for many years. One was Ray Wolff, who arrived on Kwajalein in 1960 as a medic and left in 2008.

"He was an avid collector and loved all things Eastern," Lauren said. "He had a fine collection of oriental carpets and many lovely carvings from Indonesia and Japan, including a collection of netsuke."

"He also had two Japanese flags, covered in kanji, carefully wrapped in tissue that he would occasionally show to special friends, and always with great reverence,"



Lauren Traweek returns a flag to Katsutaro Kuroda, a Japanese soldier from World War II, during a returning ceremony in Miyako City, Japan, June 2.

she added. "He didn't know what the flags meant, only that they were obviously very meaningful. Sadly, we never learned how or where he obtained them, and he was never in World War II, or even in the military."

The other friend was Kathy Campbell, a nurse at the hospital, who arrived on Kwajalein in 1975 and left shortly after Ray left in 2008.

"They were very old and dear friends and when Ray's health began to fail, Kathy moved Ray and all of his collections into her apartment in Portland, Oregon, to care for him," Lauren said. "After he passed away in October 2013, Kathy

had the daunting task of distributing Ray's belongings that he had so carefully assembled and cared for his entire life.

"One year after Ray's passing, Kathy returned to Kwajalein with Ray's ashes to spread on the beautiful blue water in the atoll, and to give me the flags, in the hopes I could somehow find their best resting place," she added. "Initially I had thought to give the two flags to one of the Japanese bereavement groups that come to Kwajalein once a year."

Lauren said she would like to emphasize Wolff's and Campbell's involvement.

"Not only did they take beautiful care of the flags, but especially Kathy was so

pleased to find this resolution before she passed away," she said. "Both were long-time members of the Kwajalein community and loved by all."

The first flag found its way to Taiwan to two grandsons of a Taiwanese soldier who enlisted with the Japanese.

"It was returned with great ceremony on May 9, 2015," Lauren said. "The remaining heirs of the soldier, who claim the flags, believe the spirit of the soldiers are actually in the flags, and treat them as if they are the actual person. These returning ceremonies are very poignant."

After sending the flags to the Ziaks in November 2014, the second Yosegaki Hinomaru found its way back to the veteran, named Katsutaro Kuroda.

The returning ceremony was hosted in Miyako City, Japan, June 2 and the Traweeks were invited to attend. The event brought family members together that Kuroda had not seen in a while. His family said he was "reinvigorated" by the whole affair, and was staying in Miyako City to celebrate his 95th birthday on June 4.

"As soon as I heard we had been invited with only three weeks to spare, I jumped on the reservations for hotels, transportation and leave requests," Billy said. "It was a challenge to get us there on time, with time to spare for some sight-seeing. I was able to find where my family lived when I was 8 years old and my Dad was stationed in Japan. It was a great trip, totally unplanned and successful in every way. It was a very emotional to see this whole experience come to fruition."

Lauren said it was very emotional for her too.

"Although nobody but the OBON volunteer spoke English, I could tell he was very appreciative," Lauren said. "He poured over it, as each signature was from his family and friends, from 70 years ago. The Japanese are very reserved, so there weren't any hugs or even handshakes, but lots of bowing."

"I don't quite understand why this was my job, but I took it very seriously, flying all the way to Japan," she added. "When I actually handed him the flag, I cried."

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 TA06 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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JULY 7, 2016

ON SILVER WINGS

SWGC offers host of amenities, recreation

By Nathan Pfau
Army Flier Staff Writer

One of Fort Rucker's most leisurely recreational experiences lies just outside of the Allen Heights housing area where people can spend their leisure time making friends, staying fit and improving their golf game.

The Silver Wings Golf Course is a 27-hole championship facility that features Bermuda greens and one of the most challenging layouts in the region, according to Stan Tanna, SWGC assistant business manager.

While most courses boast 18 holes, SWGC boasts three 9-hole courses – Red, White and Blue – each with their own subtle differences. While the Red and Blue courses are pretty straight forward, the White Course features many more targets to hit, he said.

"Our prices are very competitive compared to other venues, and I feel like we've got one of the better golf courses in the immediate Wiregrass area," said Tanna. "We've made numerous improvements to the golf course last winter. We've redone a lot of the bunkers, removed some trees and our greens are in excellent shape."

The fairways of the courses are lined with trees, change in elevation depending on the holes and provide plenty of challenges for its members. Each hole has a 150-yard marker on the fairway to pro-

vide golfers something to shoot for when lining up their shot.

Silver Wings Golf Course, which is open from 6:30 a.m. until dusk, also features a 300-yard long lit practice range, putting ranges, a fully-stocked golf pro shop, Divots Restaurant & Grille, and meeting and banquet rooms.

The facility is open to the public and offers many membership benefits, including unlimited green fees, advanced tee times, golf shop merchandise discounts, member-only tournaments, discounted outside tournament fees, complimentary U.S. Golf Association Golf Handicap and Information Network handicap, and reduced room fees and food minimums in Divots' Banquet Room.

The course also houses a golf pro shop where patrons can get great deals on golfing apparel and equipment, as well as some pro shop services. Those services include re-gripping of clubs, club repair and golf lessons by appointment.

In front of the pro shop people can take advantage of two putting greens to polish off their putting game, and behind the clubhouse is a chipping green that people can use to get in a bit of practice.

In addition to the numerous membership perks, SWGC's competitive rates are another benefit that can't be beat, according to Tanna.

The annual membership rates are \$528 for E-1 to E6 and juniors



Melissa Yerman, military spouse, takes a lesson from Janelle Joslin, head teaching professional at SWGC, during a Lunch and Lesson session at the SWGC driving range earlier this year.

PHOTO BY NATHAN PFAU

ages 12-17; \$858 for E-7 and up and Department of Defense civilians; and \$924 for others. Family rates are also available.

Members also have access to dozens of tournaments throughout the year, and one such tourna-

ment coming up is the 2016 Silver Wings Pro-Am Golf Tournament, which will be held Sept. 9-11. The cost to enter is \$145 for SWGC members and \$175 for nonmembers, and includes tournament course fees, range balls, tee gifts

and tournament meals.

This particular tournament will be a 36-hole event and teams will be comprised of one professional player and three amateurs. The teams will play Team Stableford, which is a point system in which teams lump their scores together and points are added to their pot depending on how well they shoot. Unlike traditional scoring in golf, the objective in the Stableford point system is to have the highest score rather than the lowest.

Kelsey Hanie, LPGA professional who played in last year's tournament, said that spending time with the amateurs to help with their game and just enjoy the game was one of the highlights of tournaments like the Pro-Am.

"Pro-Ams are a lot of fun. You get to come out and meet new people and play in a different environment," she said during last year's tournament. "It's just fun for us. We're always out there in a very competitive mode, but this way we get to relax a little and we get to play the golf course, meet new people, interact and have a good time just enjoying the game."

"It's great that we get to be here at Fort Rucker and give our support and be in this environment," she continued. "It's been an awesome time and a lot of fun. It's a hard golf course, so it's a good challenge for us so we've all just been having a really good time."

For more information, call 598-2449.

Soldiers earn Olympic berths in track and field

By David Vergun
Army News Service

EUGENE, OREGON — Spc. Shadrack Kipchirchir and Spc. Leonard Korir qualified for the 2016 Olympic Games by finishing second and third respectively in the 10,000-meter men's finals at the U.S. Olympic Team Trials - Track & Field, held Friday in Eugene. Their times were 28:01.52 and 28:16.97.

Veteran runner Galen Ruff racked up his eighth 10-K title with a time of 27:55.04.

The fourth-place runner, Scott Fauble, came in some distance behind Korir, at 28:45.53, so it was mainly a battle between the top three runners – and only the top three were eligible to qualify for the Olympics.

Kipchirchir explained the race strategy he and teammate Korir used, noting that they ran the 10-K on their own terms, not swayed by the pack that bunched out ahead for over half of the race.

Rather, he said, they ran at their own pace, using experience as their guide. Eventually, the herd out in front tired from expending their energy so early and by midway in the race, the two Soldiers began passing them one by one – except for Ruff, who maintained his lead pretty much throughout.

Kipchirchir and Korir's coach, 2004 Olympian at Athens and Oregon Army National Guard Maj. Dan Browne, explained the importance of placing:

"Everyone dreams of competing in the Olympic games," he said. "The Olympic trials have a pressure about them that in some ways is even greater than the Olympic games because in order to medal at the Olympics, you've first got to become an Olympian and it's that status of being an Olympian that all these athletes are dreaming of. It's a huge test of mind, body and spirit. There's a lot of pressure out there."

Both Kipchirchir and Spc. Paul Chelimo raced in the 5,000-meter men's preliminary Monday and will move on to the finals Saturday. That gives them a chance to capture a second U.S. Olympic team spot.

Chelimo said he wishes his teammate well in the 5-K. He said he has a slight advantage because he's had more rest since competing in the World Indoor 3-K in March and Kipchirchir will have had just two days' rest before tackling the 5-K.

Kipchirchir agreed with Chelimo that more rest would have been nice between the 10-K and 5-K races, particularly since the Friday race was "brutal," with a stiff wind and temperatures in the upper 80s F.

However, Kipchirchir said he is still in his peak-zone, meaning his body and mind are primed for the 5-K. He's especially motivated to repeat his performance, he said, after this win. "An opportunity like this comes just once in four years."

"The Army gave us a job to do and we're going to do it right and compete and fight hard in the 5-K," he added.



Spc. Shadrack Kipchirchir races at the 2016 U.S. Olympic Team Trials - Track & Field Friday in Eugene, Oregon.

PHOTO BY DAVID VERGUN

Other Soldier athletes

A fourth Soldier, Staff Sgt. John Nunn, won the 20-K race walk June 30. Although his time of 1:25:36.10 was not fast enough for Olympic qualification, he placed in the 50-K event in Santee, California, earlier this year, so his ticket too is punched for Rio.

Browne explained that it's not always enough to win the trials – that an international standard time must be met by athletes in order to compete in the Olympic games. He noted that Nunn's stronger race is the 50-K anyway, so he should do well in that.

Other Soldiers who have shots at winning a place on the Olympic team are Spc. Marcus Maxey, who will compete in the 110-meter hurdles July 8, and Sgt. Hillary Bor, who will compete in the 3,000-meter steeplechase, July 4.

Wins for the Army

Kipchirchir said he and Korir dedicated the 10-K to Soldiers everywhere on the Fourth of July weekend, marking their dedication and sacrifice, the race being a token of that.

"That's the best way we could honor them," he said. "We're fighting for them."

Training smarter

Browne explained what it takes to make a winning team. It's not unlike everyday missions that the Army accomplishes, he said. There's a long-term strategy leading up to



PHOTO BY MARINE CORPS CPL. CHARLES SANTAMARIA

Warmer weather naturally draws more people to pools, lakes, rivers and the ocean.

Health experts offer advice for summer safety

By Military Health Systems
Communications Office

Summer is in full swing, and military families are taking advantage of the warm weather and vacation schedules to spend some well-earned time together.

But they need to keep in mind that health hazards are lurking out there. Whether it's fighting bugs or keeping from getting sunburned, the right precautions can help make sure people's summer vacation doesn't turn into a summer headache.

One of the first areas to consider is keeping insects, particularly mosquitoes, at bay. And that starts with getting rid of the threat before those little suckers have a chance to make a meal out of you and your loved ones.

"My watch word is eliminate," said Navy Lt. Cmdr. Jeremy Wilkinson, chief of public health at Fort Belvoir, Virginia. "Eliminate the places where mosquitoes can breed and grow, and eliminate the opportunity for them to bite you."

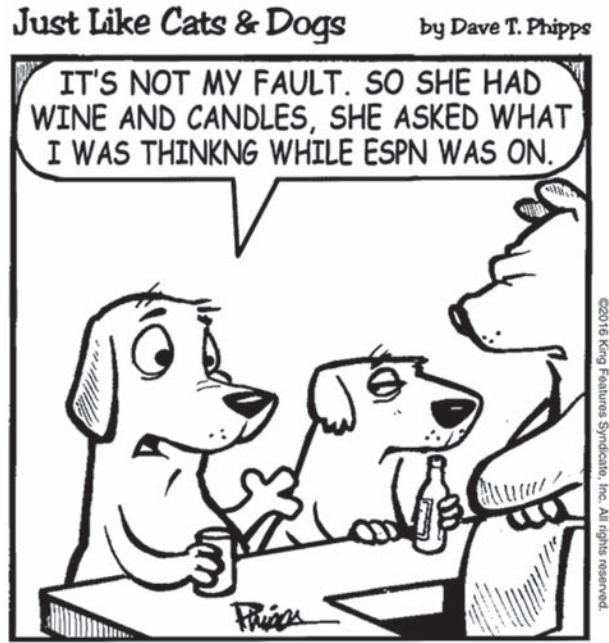
Wilkinson advised tipping and tossing standing water from containers, such as tires, buckets and flower pots. If the water can't be eliminated, treat it with a mosquito-specific, environmentally friendly larvicide. Getting rid of neighborhood litter and debris and managing vegetation reduce the number of hiding places for mosquitoes.

Keeping mosquitoes from biting you is also key in the fight. Wear loose-fitting, light-colored long-sleeved shirts and pants and use insect repellent containing DEET, picaridin, oil of lemon eucalyptus or IR 3535 as the active ingredient, carefully following all label directions. Make sure doors and window screens are in good shape to keep mosquitoes out in the first place.

Diseases, such as Zika, West Nile and even Chikungunya are all concerns. With Zika raising so many alarms these days, Wilkinson advised those pregnant or trying to get pregnant not travel to Zika-infested areas.

"But if you do go and you don't exhibit any symptoms of Zika, wait eight weeks before trying to become preg-

DOWN TIME



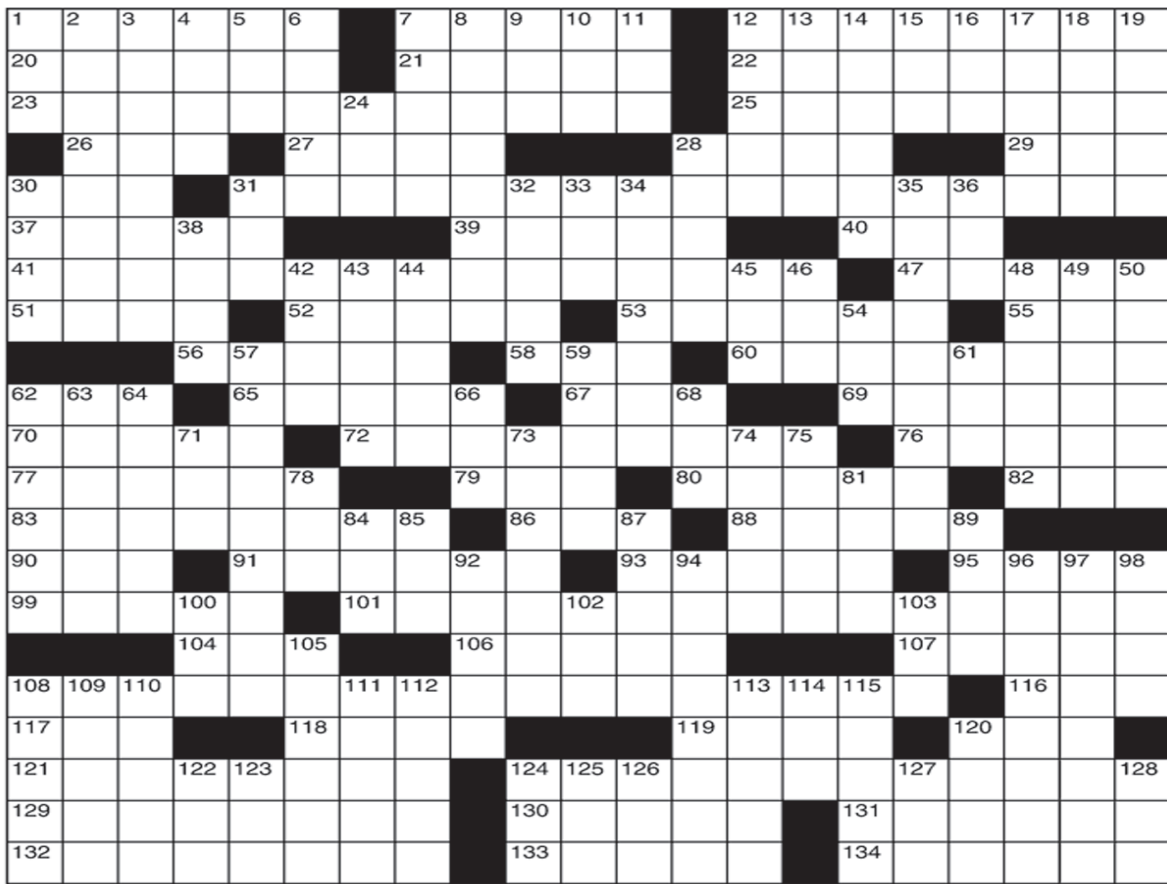
TRIVIA

- GENERAL KNOWLEDGE:** When was the European Union founded?
- MOVIES:** In which animated Disney movie did the character of Sebastian appear?
- U.S. PRESIDENTS:** Which president received a patent for a device that would lift boats over shoals and obstructions in a river?
- LANGUAGE:** What does the Latin phrase "corpus Christi" mean?
- THEATER:** Who wrote and composed the play "Camelot"?
- HISTORY:** Where was the Constitution signed in 1787?
- MATH:** What type of geometrical figure would the term "deltoid" describe?
- LITERATURE:** Which author invented the character of Hercule Poirot?
- ANIMAL KINGDOM:** What is a group of whales called?
- GEOGRAPHY:** What is the longest river in Europe?

See Page D3 for this week's answers.

Super Crossword

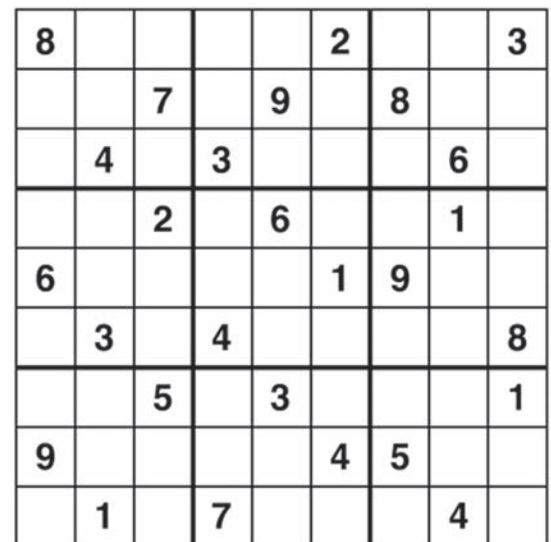
- ACROSS**
- 1 Indy 500 entrant's skill
 - 7 Students' workplace with mice
 - 12 Intensifies
 - 20 Oman locale
 - 21 Author Jong
 - 22 Most importantly
 - 23 * It flows through Metz
 - 25 When to start a match
 - 26 Upper limit, informally
 - 27 English lads
 - 28 —noire
 - 29 T-Pain music
 - 30 BMOC part
 - 31 * Least populous state capital
 - 37 Right one's wrongs
 - 39 "Brother, can you spare —?"
 - 40 Grade of mediocrity
 - 41 * Nonviolent protests, e.g.
 - 47 Pier
 - 51 See 124-Down
 - 52 Reverse
 - 53 Less chubby
 - 55 Opposite of "agin"
 - 56 Any acetate, chemically
 - 58 Caesar's 56
 - 60 * Manta, e.g.
 - 62 iDevice download
 - 65 Section of a long poem
 - 67 Gardener of "Mayerling"
 - 69 Reposeful
 - 70 Life partner?
 - 72 * London street known for tailoring
 - 76 Island east of Java
 - 77 Home of the Senators
 - 79 Friend, in Nice
 - 80 Blot out
 - 82 Jr. officer
 - 83 * "The Big Country" co-star
 - 86 Sharable PC file
 - 88 Lendl and Reitman
 - 90 "Xanadu" group, briefly
 - 91 Operate incorrectly
 - 93 As red as —
 - 95 "SOS" pop quartet
 - 99 City of old witch trials
 - 101 * Scholarly evaluations
 - 104 Desire
 - 106 Exposed the secret of
 - 107 Wastes time
 - 108 * Noted New Yorker feature
 - 116 Suffix with bass or solo
 - 117 Poem that uplifts
 - 118 April 1 trick
 - 119 Coffin cloth
 - 120 With 11-Down, hotel suite amenity
 - 121 Keep off a varsity team for a year
 - 124 What can be found in the answers to this puzzle's eight starred clues?
 - 129 Blood body
 - 130 Abundant
 - 131 Some ducks
 - 132 "Everyday People" lead singer
 - 133 Lugged
 - 134 "You — worry"
 - 6 Last name in winemaking
 - 7 Also-ran
 - 8 Feature of invigorating weather
 - 9 Actress Tylor or Ullmann
 - 10 Maven
 - 11 See 120-Across
 - 12 Avid
 - 13 Cable channel for hoops fans
 - 14 Household arts, briefly
 - 15 Rd. relative
 - 16 Fishtank accessory
 - 17 Egyptian Museum site
 - 18 Ziggy of jazz trumpet
 - 19 Rested up
 - 24 Almost forever
 - 28 Geoffrey of fashion
 - 30 PC rivals
 - 31 Crooner
 - 32 Detroit dud
 - 33 Kindled
 - 34 Survivor's elated cry
 - 35 In a new draft
 - 36 "Doesn't thrill me"
 - 38 —to-fiver
 - 42 Pro — (in proportion)
 - 43 Shangri-las
 - 44 To a degree, informally
 - 45 Lounge
 - 46 K.C.-to-Detroit dir.
 - 48 Common chalet shape
 - 49 Basis
 - 50 Hash house appliances
 - 54 Zsa Zsa's sis
 - 57 "Friends" co-star David
 - 59 Credible
 - 61 Luau offering
 - 62 Pueblo houses
 - 63 "Downtown" singer Clark
 - 64 Cop's beat
 - 66 Eggs, to Livy
 - 68 Be different?
 - 71 1960s chess master
 - 73 Driving force
 - 74 Bay window
 - 75 Seesaw
 - 78 Prefix meaning "bird"
 - 81 Fill totally
 - 84 PC bailout key
 - 85 California's Big —
 - 87 Blow to the mug, to Brits
 - 89 Remarkable
 - 92 Sitting Bull's tribe
 - 94 Habitual troublemaker
 - 96 Deemed true
 - 97 Low-budget cowboy flick
 - 98 Secy., say
 - 100 Sight seer
 - 102 Hairy cousin of Morticia
 - 103 Coq au —
 - 105 Ex — (out of nothing)
 - 108 Combat unit
 - 109 Newbery-winning author Scott
 - 110 Date of the Allies' victory in WWII
 - 111 "El Cid" co-star Sophia
 - 112 Chai —
 - 113 Captured on a VCR, e.g.
 - 114 Land in eau
 - 115 Long-past
 - 120 Expansive
 - 122 Rd. relatives
 - 123 — up (riled)
 - 124 With 51-Across, med. diagnostic
 - 125 Med. insurer
 - 126 Choose
 - 127 Falsification
 - 128 String past Q



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.

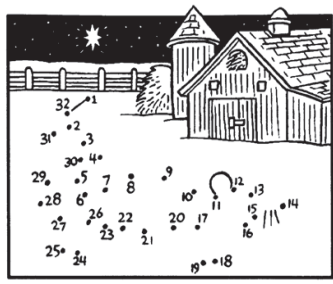
DIFFICULTY THIS WEEK: ♦♦♦

- ♦ Moderate
- ♦♦ Challenging
- ♦♦♦ HOO BOY!

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See Page D3 for this week's answers.

KID'S CORNER



CONNECT THE DOTS and find out why a star and an old barn are alike.

Answer: Because they both contain "r-a-b".

A PUNCTURE PROBLEM! Try nailing down the answer to this AlphaMath puzzle before the tire is fixed. Replace the letters in our sign with the digits 0, 1, 2, 4, 5, 7, 8 and 9 to get a correct addition problem. The same letters get the same digits.

Our answer: T=1, L=4, F=0, E=2, M=7, A=5, L=9, F=8 (1402+7549=8951)

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

- OFF (in place).
- Goes away from.
- To present for consideration.
- Out of pitch.
- Transfer data.
- Behind the scenes.



PYRAMID OF WORD POWER!

You won't solve this one by sticking your head in the sand. Starting with the given word OSTRICHES at the bottom of our pyramid, try dropping one letter at a time as you work your way up, so that the remaining letters, at each level, spell out a new word. You have three minutes. The following helpful hints are in ascending order, beginning with OSTRICHES.

1. Large, flightless African birds.
2. Most resembling a thoroughbred.
3. Found in libraries.
4. A female relative.
5. Rows in a stadium.
6. A building's location.
7. Part of railroad tracks.
8. A player in the game of tag.
9. Symbol for iodine.

Answers: (from the bottom up) 1. Ostriches. 2. Steeds. 3. Sticks. 4. Sister. 5. Terns. 6. Shelf. 7. Box. 8. I. 9. I.



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

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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Find at least six differences in details between panels.



Answers: 1. Bat is missing. 2. Glove is missing. 3. Glove is different. 4. Glove is missing. 5. Number of mitts is wrong. 6. Glove is different. 7. Number of mitts is wrong. 8. Number of mitts is wrong. 9. Number of mitts is wrong. 10. Number of mitts is wrong. 11. Number of mitts is wrong. 12. Number of mitts is wrong.

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Soldiers dominate pistol championship

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

FORT BENNING, Ga. — Soldiers from the U.S. Army Marksmanship Unit proved they are the best marksmen in the Department of Defense June 17 by winning the overall team title in the 57th Interservice Pistol Championship.

More than 95 military members competed for the 16th consecutive year of the event at Phillips Range.

USAMU shooter-instructor Sgt. 1st Class James Henderson won the top individual title, while two of his teammates, Staff Sgt. Greg Markowski and Sgt. 1st Class Lawrence Cleveland, were second and third, respectively.

"This is the best way for us to get out there and show what we have learned through competition," Henderson said. "We also give back to our Soldiers through courses, like the Marksmanship Master Trainer Course, that show Soldiers how to do what we do."

Henderson and his teammates — Cleveland, Sgt. 1st Class Michael Gasser, Sgt. Ryan Franks and Pfc. Christopher Hudock — were the members of the top team, who won the title over second- and third-place teams from the U.S. Marines Corps Reserve and All Guard, a team of National Guard Airmen and Soldiers, after five days of competition.

Members of the USMC Reserve team included Gunnery Sgt. Jason Hedrick, Gunnery



Service members from the Navy, Marine Corps, Army, Air Force and Army National Guard fire their pistols downrange during the 57th Interservice Pistol Championship June 15 at Fort Benning, Ga.

PHOTO BY BRENDA ROLIN

Sgt. Sean Bell, Gunnery Sgt. John Paul LeFebvre and Col. Gregory Kitchens, who said a bull's-eye competitions take

genuine expertise. "That does not come from a manual," Kitchens said. "I have long felt that there is no better

thing making our Soldiers, Marines, Sailors and our Airmen better at shooting than competition."

All of the team captains said they think the Interservice Pistol Competition is an excellent opportunity to hone marksmanship skills and the expertise they gain is transferred to their forces.

Sgt. 1st Class Adam Sokolowski said the Interservice Pistol Championship gives the services a chance to compete and learn together.

"We share knowledge when we're shooting next to the service members from the other services, and we communicate back and forth," he said.

In addition to the top two titles won by USAMU, they also won multiple other awards.

Army sweeps Armed Forces Triathlon Championship

By David Vergun
Army News Service

WASHINGTON — Both the Army men's and women's teams captured top standings in the 2016 Armed Forces Triathlon Championship held at Point Mugu, California, just north of Los Angeles June 18.

It's been 11 years since the Army won both men's and women's titles, said Lt. Col. Hector Tovar, the coach for both teams. Last year the Army women's team prevailed.

Although the main focus of the triathlon was on team results, the Army also placed well in individual performance, Tovar said, with Army Capt. Gene LeHardy's time of 1:54:27 just an arm's length behind first-place finisher Navy Lt. Kyle Hooker's 1:53:55.

Although his time was outstanding, still it was a disappointment for LeHardy, who was named USA Triathlon Amateur Athlete of the year for 2015. "He's the No.1 triathlete in the nation, not just for the military, but everyone," Tovar noted.

LeHardy said, "I'm a bit disappointed at coming in second place. But overall, I'm beyond pleased with my performance. Although I was unable to capture the individual overall win, I'm honored to have led the Army men's team to their first team title in 11 years."

This is the only triathlon that's "draft-legal, so you work as a team," Tovar pointed out. "All the others, you can't draft off each other."

He explained the draft. After the swimming portion in the frigid Pacific Ocean,

the Army members looked for each other and rode their bicycles in tight formation to overcome the stiff headwinds, much like geese do when flying in a V formation. It was much the same with the final running portion as well.

Some of the fast cyclists could have easily pulled ahead, but were focused on the team aspect, choosing to remain with the pack, he added.

Tovar compared the team focus to soldiering and the Warrior Ethos. "It's what Soldiers do every day to succeed," he said.

In recent years, two Army athletes won the individual events of this triathlon but the teams didn't succeed, so although it was nice, it was for naught, Tovar said.

The onus on winning wasn't necessarily on the top three Army athletes, Tovar said. The first three in the men's team were super fast — among the fastest of all the services. The outcome of the race would depend on the rest of the pack. They would need to make up the points necessary to win. They are the ones who would have to reach down deep inside to tap every bit of their energy and emotional reserves.

Tovar explained that the human mind, spirit and body run in cycles, being at optimum performance on some days or seasons and ebbing at others.

Peaking at the same time was the big strategy, both psychologically and physi-

cally, he said. It's similar to military tactics and training. "You plan for months in advance for an operation. It all comes down to delivering when needed."

Athletes are always training and doing races in their region, be it in Korea or around the U.S., Tovar said. All have day jobs as well, being Soldiers working in their various military occupational specialties.

A typical training day would be an hour of swimming 2,500 to 3,000 meters in the morning, doing a 3- to 5-mile run at lunch time and then in the evening 20- to 25-mile bike, he said. Usually on weekends they double the run and the biking portions. A recovery day would typically be an easy hour-long bike ride or 45-minute swim.

In December, Tovar sent out a call for applicants and selected the team based on interviews, resumes and results of recent races. Each service can field eight men and five women. However, of that total, six men and three women score for the overall team competition. The others are backups in case of injury, short-notice deployment and so on.

Tovar began coaching the Army team in 2009. Before that in 2005, he was himself a competitor in the triathlon, which the Army won that year.

Of this year's winners, he remarked: "I can't tell you how proud I am of the entire team."



Racers charge into the Pacific Ocean to kick off the 2016 Armed Forces Triathlon Championship at Naval Base Ventura County, Calif., June 18.

DOD PHOTO

SPORTS BRIEFS

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.

PUZZLE ANSWERS

Super Crossword

Answers

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

Weekly SUDOKU Answer

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

TRIVIA

- Answers
- Nov. 1, 1993
 - "The Little Mermaid"
 - Abraham Lincoln
 - Body of Christ
 - Alan Jay Lerner and Frederick Loewe
 - Independence Hall, Philadelphia
 - A triangle
 - Agatha Christie
 - A pod or a gam
 - The Volga

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Olympic

Continued from Page D1

taking the objective, or in this case, peaking.

An important part of peak-performance training is incorporating recovery phases into the hard training. Brutal workouts are only effective if the body can recover enough to adapt to it, he said.

"If you just break the body down continually and don't allow it to rebound, you don't become better," he said. The same principle applies to designing an effective physical fitness program for Soldiers everywhere, he said.

High-altitude training

Although there are basic physical fitness principles that are used in any effective training program, Browne's Soldiers get a dose of specialized training not usually found in Army fitness regimens.

About a month out from the race, Browne took his Soldiers to Mammoth Lakes, California, to a training camp roughly 8,500 feet in elevation. There they lived and trained for about three weeks.

Browne explained the importance of training and living at high altitude, defined as about 8,000 feet above sea level and higher.

At high elevations, the bone marrow produces more red blood cells, he said. More red blood cells aid in increasing oxygen uptake efficiency, which is more difficult at higher elevations since there's less oxygen present the higher one goes.

It takes a few weeks for the body to produce the surplus red blood cells and adapt.

That's why the Soldiers live and train there for that length of time, he said.

However, remaining at high altitude for longer than a month seems to diminish the benefits because in that harsh and demanding environment, the body's energy reserves become depleted, he said.

When the Soldiers come down to lower elevations like Eugene to race, the additional red blood cells acquired increase the Soldiers' aerobic capacity and they can train and run with much less fatigue than they would otherwise experience, he said.

Once at lower elevations, though, the body starts signaling to get rid of the extra blood cells, he explained. That process starts early on but the benefits don't completely diminish for several weeks.

That's why timing is everything, Browne explained. The Soldiers need to get to high-altitude living and training at just the right time and duration before a race.

There's one other aspect of high-altitude training, a principle known as "high-low training," he said. Although athletes live and train at high altitude, there are brief moments when they descend to about 4,000 feet to speed run. As soon as they finish, they immediately return to high elevations where slower runs are scheduled.

While the "high-low" aspect has been adopted in the world of elite professional runners, Browne's Soldiers respond differently, he said.

Kipchirchir, Korir and Chelimo grew up in Kenya in the high-altitude area of the Rift Valley. As a result, their bodies were naturally accustomed to higher elevations, so some

of their fast-run training was done at high altitude at Mammoth Lakes. "I grew up in Portland so I wouldn't have responded to the type of training like they did," Browne said.

There are only a few places in America where high-low training is feasible, meaning having the right facilities, Browne said. Besides Mammoth Lakes, there's Park City, Utah and Flagstaff, Arizona.

Mental, physical factors

Running is as much a mental activity as it is a physical one, Browne said. "Unlocking the mind's potential has a direct result on their physical performance," he said.

To do that, a coach must learn what makes each athlete tick. It's very much an art as well as a science, he said. "My job is developing confidence in them that beyond a doubt they belong on that line and they're here to win and they're mentally and physically capable of winning."

That they succeeded is a testament to those mind and body factors, he said. Of course to get to their level also requires a genetic component.

Pain factor

Successful athletes must learn to become accustomed to a certain amount of pain, both in training as well as in races, Browne said. It comes with the territory.

"I was not the most talented distance runner, but I always tried to be tough," he said. "If you can accept that and be excited about that painful process of getting faster and faster to accomplish your goal; if you can embrace that, I think the

potential is unlimited."

Triad of performance

Browne saluted the Army's emphasis on Performance Triad—the importance of sleep, activity and nutrition as a path to becoming fit and resilient.

The night prior to the race, Browne said his Soldiers got a good night's sleep.

Besides that, they're incredibly disciplined about what they eat, how much they eat, and the nutritional quality of their food, he said. It's something all Soldiers and their families could benefit from learning to do.

Still learning

Browne said that while he and other coaches keep up with the science and research of training, they still don't have all the answers.

"I find it intriguing when I'm at a starting line and I see people who look all the same, maybe within 5 pounds of each other," he observed. "Then all of a sudden you see someone who looks completely different. What makes him tick and how can he compete against all these other guys that are basically similar? I don't have the answer to that, but I suspect that the difference is in the mind."

Mission focus

Being a Soldier and a coach is the same as being a Soldier and working in any specialty, Browne said. It all comes down to accomplishing the mission, he said. "My mission just happens to be guiding Soldiers to medal at the Olympic games."

Safety

Continued from Page D1

nant or engaging in sex that involves exchanging bodily fluids. If you do show signs of Zika, men need to wait at least six months after symptoms start, and women need to wait at least eight weeks," he said. More information is available at www.health.mil.

Speaking of travel, military doctors recommend, no matter where you go, you should have on hand military identification cards for you and every eligible member of your family.

"If you end up at a hospital, it makes it a lot easier for everyone, especially when you're trying to get authorizations for care far from your regular military treatment facility," said Col. Timothy Barron, an emergency medicine doctor at Fort Belvoir. "If the children are traveling to a grandparent's place, they really should have their IDs. It really makes a difference." More information about traveling with TRICARE is available at <http://www.tricare.mil/travel>.

www.tricare.mil/travel.

Barron also said too much sun is a common occurrence during the summer. Even a simple sunburn can debilitate you and pave the way for secondary infections.

"Make sure you wear a hat, sunblock and light-colored clothing to reduce your chance of getting burned," said Barron. "And don't think that sunburn is a good base for a tan."

Other common risks during summer vacations are exposure to poisonous plants, such as poison ivy. Learn what plants in your area are trouble, and avoid contact with them.

Water safety is another important thing to keep in mind. Barron said the warmer weather naturally draws more people to pools, lakes, rivers and the ocean. Keep an eye on each other, especially children. He said despite soaking in water, people can become dehydrated. "Even though you're at the beach and having a great time, you still have to stay hydrated. That water is not being absorbed through

the skin. You have to drink fluids."

He recommends drinking at least two liters of water throughout the day. Or, a better rule of thumb might be the color of your urine. If it's clear, you're getting enough to drink. But more color in urine is a sign you're not getting enough fluids.

Barron said the summer also brings more activity, and that can mean sports-related injuries. "Prepare your body as if you're an athlete. Wear proper sneakers, proper safety equipment, and stretch and warm up a bit," he said.

You've taken all the precautions, but somebody still ends up sick. And, of course, it happens during your summer vacation, far away from home. TRICARE beneficiaries have a tool they can use out on the road this summer (or any season): the Nurse Advice Line. By calling 1-800-TRICARE (874-2273) and selecting option 1, patients talk directly with a nurse who evaluates their conditions and gives advice ranging from self-care to an immediate emergency room visit, 24 hours a day, seven days a week.





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