

MEDAL OF HONOR

Vietnam-era Aviator honored for cheating death, saving dozens of lives

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Game show helps contestants buzz way to prizes

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FUNCTIONAL FITNESS

Program strengthens common movements

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ARMY Flier

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Warrants crucial to Army success

Center for Initial Military Training CG speaks with WOCC, warrant officers

By Nathan Pfau
Army Flier Staff Writer

The Army continues to evolve in response to a changing world and the needs of the nation, and a visiting U.S. Army Training and Doctrine Command senior leader said warrant officers are crucial to the success of the force of today and tomorrow.

Maj. Gen. Anthony C. Funkhouser, Center for Initial Military Training commanding general, visited the Warrant Officer Career College to speak with recent graduates and senior warrant officers to get feedback, as well as answer questions about the current and future force.

“Initial military training is in my purview, so I took advantage of the time and came down to do a couple of town hall meetings with some of the warrant officers here,” said the general. “Warrant officers are an incredibly important part of our Army. They’ve evolved over the last 100-plus years with responsibilities for the technical aspects for many of our branches.”

It’s because of their importance that Funkhouser spoke with many of the WOCC’s junior and senior warrant officers, and held an open discussion on topics they inquired about.

“It’s provides a great way to see the in-

sights of the Army at the senior level,” he said. “They asked some very insightful questions – from things that I’m responsible for in regards to health and fitness, as well as things happening across the Army in relation to manning and downsizing. I thought it was a good opportunity for them to hear from senior leaders on how our Army is evolving over time and how they will fit into that puzzle as we go forward.”

In that puzzle, Funkhouser said, warrant officers play an important role because they are the ones who understand the technical processes — the ones he dubbed the “solutioneers of our Army.”

“They understand that technical process and how things happen, and the sensitivity of those processes in order to advise us, so that we, as commanders, don’t create some irreversible problem by making a decision and not understanding the risk or the impacts of that risk,” said the general.

It’s that expertise that Funkhouser said he wants junior warrant officers and warrant officer candidates to understand is the type of responsibility that they will be undertaking as they progress throughout their careers.

“I hope that they understand that we have a great dependency on them and that they’re a critical member of the team, but we need them to suit up every day and help



PHOTO BY NATHAN PFAU

Maj. Gen. Anthony C. Funkhouser, Center for Initial Military Training commanding general, speaks to senior warrant officers at the Warrant Officer Career College at Fort Rucker during a visit July 14.

us develop solutions to this really complex world that we’re living in today,” he said. “As we look at the Army Operating Concept and the current world situation, it’s more complex than ever, so we need to be able to look at processing and develop innovative solutions that we didn’t have before within the constraints that we have as a military.”

Issues such as budget cuts, and how to be able to do more with less are the types of issues that require the innovative thinking and expertise that warrant officers can provide, said the general.

“How can we do things faster or cheaper with the resources we have?” he asked. “It’s these guys that can tell us this is the

way to do it, but to also understand the process that if we do it (in a certain way, what the outcome might be), and that allows us to look at it and ask, ‘can I assume some risk here?’”

Funkhouser isn’t shy about showing his appreciation for warrant officers, who he said have had a tremendous impact on his military career from the time he was a lieutenant working with maintenance and logistics warrant officers to where he is now.

“I’ve had great warrant officers who have had great prepotency across the regiment just doing tremendous things every day,” he said. “They are a critical part of the team and, from my perspective, indispensable.”



PHOTO BY NATHAN PFAU

Lt. Col. Edward D. Rouse, 1st Battalion, 11th Aviation Regiment commander, receives the unit colors from Col. Kelly E. Hines, 110th Aviation Brigade commander, as he assumes command from Lt. Col. John C. Tucker during a ceremony on Howze Field July 14.

1-11th Avn. Regt. welcomes new commander

By Nathan Pfau
Army Flier Staff Writer

As Soldiers stood in formation on Howze Field, the 1st Battalion, 11th Aviation Regiment, welcomed a new commander.

Lt. Col. Edward D. Rouse assumed command from Lt. Col. John C. Tucker during a ceremony July 14 as the unit colors changed hands from one commander to the next.

Col. Kelly E. Hines, 110th Aviation Brigade commander, presided over the ceremony, and bid farewell to the outgoing commander and his family while welcoming the new command team.

“What a great day to be a Soldier. Today marks the end of one chapter and the beginning of the next as we say farewell to the Tuckers and welcome the Rouses,” said the colonel during the ceremony. For those of you that don’t know, the formation before you is but a small representation of 1-11th’s manpower. This battalion never stops conducting its no-fail mission ... and their efforts are crucial to the (U.S. Army Aviation Center of Excellence) mission of creating the finest Aviation Soldiers in

SEE 1-11TH, PAGE A5

VOICE OF CHANGE

Survey helps leadership improve quality of life

Army Flier
Staff Report

Fort Rucker is running its second biennial Health Promotions Community Strengths and Themes Assessment now through July 29 aimed at collecting population data as it relates to the health and readiness of the community.

Data is collected through the Internet, which allows Soldiers, family members, civilians and military retirees to take the survey from their homes or offices, said Heather Gardner, Fort Rucker and U.S. Army Aviation Center of Excellence health promotion officer. The survey focuses on how the community feels on health, safety, quality of life and overall satisfaction with the installation.

“The CSTA gives Soldiers, fam-



ARMY GRAPHIC

ily members, civilians and retirees a voice for change on the installation,” said Col. Robert Ault, USAACE chief of staff. “The results from this survey will help Maj. Gen. William K. Gayler, USAACE and Fort Rucker commanding general, address the health needs of the community.

“We are encouraging maximum participation from the community, so that we can work to continue to improve the overall quality of life for everyone at Fort Rucker,” Ault

added.

Information is collected through the Fort Rucker Community Health Promotion Council Office, Gardner said. It will be used to help identify population health concerns for assessing health-related needs of the Fort Rucker community for program planning, policy development and program evaluation.

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

The assessment is available at <http://go.usa.gov/cJwAk>.

For more information, call 255-0529.

Customer focus helps commissary increase sales

By Nathan Pfau
Army Flier Staff Writer

Just over a year ago, Fort Rucker opened the doors to a new commissary to provide shoppers with a top-notch shopping experience and, after 365 days, sales and customer satisfaction is still as high as ever.

The Fort Rucker Commissary celebrated its one-year anniversary July 15, and although the opening had its hiccups, the issues have since been smoothed out and the facility was able to celebrate its first birthday with increased sales, according to Sharon Allen Thurston, store director.

“The commissary has been really well received,” she said. “I’ve done a couple of retiree council meetings, and attended the Army and Air Force Exchange Defense Commissary Agency quarterly meetings, and most of the pa-



PHOTO BY NATHAN PFAU

Commissary patrons browse the produce section at the commissary Tuesday.

trons that come to these meetings are very positive about the commissary.”

In addition to rave reviews, the commissary is up 4 percent in sales compared to this time last year, which Thurston said is quite a feat.

“That is really amazing because across our zone, we are leading the central zone in positive sales,” she said.

Thurston, who joined the Fort Rucker Commissary team in April, said a lot of that success is because of customer service, and the focus the staff puts on listening to customer feedback and requests.

“When people come here, we are here for you — the customer,” she said. “We pride ourselves on great service. When you walk into our doors, our people are pleasant and friendly, and they’re here to help you.

“The commissary is a place where the customers own the store,” continued the store director. “I get a stack of requests each week. Customers are always asking if we can bring in a certain product, and that’s what we do. When customers suggest items, we contact our category buyers at headquarters and they do what they can to bring the products into the commissary because it is our customers’ store.”

It’s that level of service that can create a great shopping experience for patrons on post, like Daisy Turner, military spouse, who said she chooses to shop at the commis-

SEE COMMISSARY, PAGE A5

PERSPECTIVE

REMAIN VIGILANT

Beware of common misfires with government travel charge card

By Sgt. 1st Class Daniel Foiles
For Army News Service

VICENZA, Italy — Department of Defense policy is that the Government Travel Charge Card will be used by all DOD personnel – military or civilian – to pay for all costs related official government travel. A major benefit of using the GTCC is limiting out-of-pocket expenses associated with official travel.

In order to avoid common mistakes and pitfalls when using the GTCC, it is important to stay abreast of current regulations and policies. An excellent way to stay current is by taking the “Program & Policies -- Travel Card 101” training just before traveling. The training is available at https://www.defensetravel.dod.mil/wbtraining/Travel_Card/launch.htm.

Travel Card 101 highlights the official position for GTCC usage and cardholder responsibilities. Another excellent resource is the organization Resource Manager and/or Government Travel Card Agency Program Coordinator. This person can answer most frequently asked questions and help cardholders determine what is or is not an allowable expense. Use of the GTCC is a valuable privilege a person can lose if he or she misuses the card.

What are some of the common pitfalls and misuses of the GTCC? The following is a list that serves as a good guide, but is not all-inclusive.

- Do not use the GTCC to exceed allowable daily meals and incidental expenses rate.
- Do not use the GTCC to make non-travel related purchases, e.g., books, magazines, gym fees, gifts, room service, movie tickets, registration fees or tuition and souvenirs or non-reimbursable items, such as tires



ARMY PHOTO ILLUSTRATION

or repairs to your private vehicle while on TDY status.

- Do not use the GTCC for personal expenses associated with leave in conjunction with official travel. If you are not on official travel, do not use the GTCC.
- Do not take cash advances from the ATM more than three working days before scheduled departure dates of any official travel, or for an amount that exceeds allowable M&IE expenses or after the TDY terminates. Travelers may use their travel card at ATMs to obtain cash needed to pay for out-of-pocket travel-related expenses. Valid out-of-pocket expenses are those that cannot be charged on the travel card. Prior to traveling, remember to contact the travel card vendor to establish a personal identification number to gain ATM access.

- Do not use the GTCC to pay for meals for spouses, family or friends who are not on the official travel orders.
- Do not use the GTCC after the time the TDY terminates – only when in a travel status.
- Do not claim mileage when driving a rental car or claim mileage reimbursement when you are a passenger.
- Do not use the GTCC at establishments or for purposes that are inconsistent with the official business of DOD or with applicable standards of conduct.
- Do not claim fuel expenses when driving a POV – you can claim mileage only.
- Do not claim the full meal rate when a portion or all meals are provided.
- Do not allow the monthly bill to become overdue – submit travel voucher within five days of travel.

Another area that may cause travelers some confusion is determining what is considered an incidental expense in regards to official travel. Automatic teller machine fees, baggage tips and transportation tips are part of daily incidental expenses and cannot be claimed under a separate expense. Incidental expenses do not include mission-related purchases or products or services purchased or used for personal hygiene, e.g., barbers, hairdressers, toothpaste, haircuts, manicurists or other similar items or services.

Before travel, a best practice is to review the “Incidental Expense Policy” in Appendix A of the Joint Travel Regulations. This will ensure that cardholders are up to date on what is and is not an allowed purchase with the GTCC.

Finally, remember that all claims have to be submitted

within five days of completion of your travel. Actions available when military personnel misuse the travel card include counseling, admonishment, reprimand, non-judicial punishment (Article 15, Uniform Code of Military Justice), court-martial and administrative separation.

Civilian personnel who misuse or abuse the travel card may be subject to appropriate administrative or disciplinary action, up to and including removal from federal service. Willful misuse of the travel card by DOD personnel – military or civilian – may constitute a crime punishable under federal or state law.

Remember, a host of resources is available to assist when someone is on official travel. Do not fall back to the “I did not know” excuse. Be a professional and use available resources.

Safe travels!

Rotor Wash



**2nd Lt. Jordan Allen,
D Co., 1st Bn.,
145th Avn. Regt.**

“Make sure to do your preparation on the job you’re looking for.”



**Daniel Scarborough,
retired military**

“Dress the part and make sure to research any companies that you’re potentially trying to get a job with.”



**2nd Lt. Tanya Oliver,
D Co., 1st Bn.,
145th Avn. Regt.**

“When talking to potential employers, always be respectful and well spoken. Good manners can make an impression.”



**Caden Barnes, military
family member**

“Always try to make an impression. Make it known what you can bring to the table.”



**Heather Johnson,
military family member**

“Make sure you wear appropriate clothes. Don’t wear jeans and a T-shirt to a job interview.”

“The 13th annual Fort Rucker Job Fair is being held today at Carroll High School from 10 a.m. to 2 p.m. What advice can you give people who are on the job hunt?”

COMMAND

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FORT RUCKER COMMANDING GENERAL

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FORT RUCKER GARRISON COMMANDER

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MEDAL OF HONOR

Vietnam-era Aviator honored for cheating death, saving dozens of lives

By David Vergun
Army News Service

WASHINGTON — President Barack Obama awarded retired Army Lt. Col. Charles Kettles the Medal of Honor during a White House Ceremony Monday.

“You couldn’t make this up. It’s like a bad Rambo movie,” Obama said, describing the harrowing exploits of then-Maj. Kettles on that fateful day, May 15, 1967, in “Chump Valley,” South Vietnam.

As commander of the 176th Aviation Company, Kettles’ mission was to fly in reinforcements and evacuate wounded Soldiers of the 101st Airborne Division, who were outgunned and outnumbered by the North Vietnamese in a rural riverbed near Duc Pho. “They needed support fast,” the president said.

Towering above Chump Valley was a 1,500-foot-high hill where the enemy was entrenched in an extensive series of tunnels and bunkers. It was “the ideal spot for an ambush,” Obama said.

Despite the dangers that they all were aware of, Kettles and his fellow company of Soldiers took off in their Hueys. As they approached the landing zone, they met a “solid wall of enemy tracers coming right at them,” Obama said. “None of them had ever seen fire that intense. Soldiers in the helos were hit and killed before they could even leap off.”

Despite the withering fire, Kettles landed his helicopter and kept it there exposed so the wounded could board.

2nd rescue mission

After flying the wounded to safety, Kettles returned to the valley a second time, the president recounted. He dropped off four Soldiers and supplies and picked up more wounded.

“Once more, machine-gun bullets and mortar rounds came screaming after them. Rounds pierced the arm and leg of Chuck’s



PHOTO BY CHUCK KENNEDY

President Barack Obama presents the Medal of Honor to retired Lt. Col. Charles Kettles in the East Room of the White House Monday.

door gunner, Roland Scheck,” Obama said.

His Huey was hit. Fuel was pouring out as he flew away. His helicopter was so badly damaged that he couldn’t make it to the field hospital so Kettles found another helicopter and took them to safety.

By now it was near evening. Back in the riverbed, 44 American Soldiers were still pinned down. “The air was thick with gunpowder, the smell of burning metal,” the president described. “Then they heard a faint sound. As the sun started to set, they saw something rise over the horizon -- six American helicopters. One of them said, ‘as beautiful as could be.’”

3rd rescue mission

For a third time, Chuck and his unit “headed into that hell on Earth,” Obama said.

“Death or injury was all but certain,” a fellow pilot had said. “And a lesser person would not return,” the president related.

Once again, the enemy unloaded everything they had on Kettles as he landed: small arms, automatic weapons, rocket-propelled grenades. Soldiers ran to the helicopters as they had before. When Kettles was told all were accounted for, he took off.

On the return flight, Kettles received a radio call informing him that eight men had not made it aboard.

“They’d been providing cover for the others,” the president said. They “could only watch as (the helicopters) floated away. ‘We all figured we were done for,’” one later said.

Kettles came to the same conclusion, the commander in chief said conveying his words: “If we’d left them for 10 minutes, they’d become POWs or dead.”

A Soldier who was there that day said “Major Kettles became our John Wayne,” Obama said, adding his own take: “With all due respect to John Wayne, he couldn’t



PHOTO BY BOB MITCHELL

The U.S. Army Aviation Museum at Fort Rucker is home to the body armor that then-Spc. 4 Roland Scheck was wearing May 15, 1967, when the rescue action took place. Scheck’s name and the date are in the top left corner, and Kettles signed it below the bullet impact point. The Soldiers he picked-up are listed in the upper right corner, according to museum officials.

do what Chuck Kettles did.”

4th rescue mission

Kettles couldn’t shake from his mind the idea of leaving the eight behind, so “he broke off from formation, took a steep, sharp descending turn back toward the valley, this time with no aerial or artillery support, a lone helicopter heading back in,” Obama said.

“Chuck’s Huey was the only target for the enemy to attack. And they did,” he continued. Tracers lit up the sky once more. “Chuck came in so hot his chopper bounced for several hundred feet before coming to a stop.”

As soon as he landed, a mortar round shattered his windshield. Another hit the main rotor blade. Shrapnel tore through the cockpit and Kettles’ chair. Yet, those eight Soldiers sprinted to the Huey through the firestorm.

The president described what happened next: “Chuck’s helo, now badly damaged, was carrying 13 souls and was 600 pounds over the (weight) limit. He said ‘it felt like flying a 2 1/2-ton truck.’ He couldn’t hover long enough to take

off, but the cool customer that he is, he saw his shattered windshield and thought, ‘that’s pretty good air conditioning.’”

“The cabin filled with black smoke as Chuck hopped and skipped the helo across the ground to pick up enough speed to take off, ‘like a jack rabbit bouncing across the riverbed.’”

The instant he got airborne, another mortar ripped into the tail and the Huey fishtailed violently. A Soldier was tossed from the helicopter, but managed to grab a skid, hanging on as Kettles flew them to safety,” Obama said.

Warrior Ethos

“The Army’s Warrior Ethos is based on a simple principle: A Soldier never leaves his comrades behind. Chuck Kettles honored that creed. Not with a single act of heroism, but over and over and over and over. And, because of that heroism, 44 American Soldiers made it out that day,” the commander in chief said.

The most gratifying part of this whole story, “is that Dewey’s name and Roland’s name and the names of 42 other Americans he saved are not etched in the solemn granite wall not far from here that memorializes the fallen in the Vietnam War,” the president remarked.

“To the dozens of American Soldiers that he saved in Vietnam, half a century ago, Chuck is the reason they lived and came home and had children and grandchildren. Entire family trees, made possible by the actions of this one man,” the president concluded.

White House ceremony

Kettles, 86, was joined at the ceremony by his wife, Anne. They will celebrate their 40th wedding anniversary next March, the president said.

With them were eight of their 10 children and three grandchildren. “It’s the Kettles family reunion in the White House,” the president noted.

Fort Rucker Exchange earns AAFES awards

By Susie Antonello
Maxwell-Gunter AFB/Fort Rucker
Army and Air Force Exchange Service

The Army and Air Force Exchange Service has named the Maxwell Air Force Base-Gunter Annex/Fort Rucker Exchange as the winner of its highest honor for operational excellence, the Director/CEO Award.

The Maxwell/Rucker Exchange was awarded the trophy recently during the worldwide Main Store Managers/General Managers Conference in Frisco, Texas. The award honors one Exchange in each size category -- small, medium and large -- each year for expert customer service, innovation, business results, community support and command validation for partnerships and engagement. The Maxwell/Rucker Exchange won in the medium category.

To win the award, the Maxwell/Rucker Exchange gained above-average customer satisfaction survey results, implemented innovative in-store marketing strategies, engaged in more than 100 installation leadership meetings, hosted several highly attended in-store events, and supported its community by participating in installation- and garrison-wide events, such as military retiree appreciation day, Maxwell wingman and safety day, and the Morale, Welfare and Recreation Children’s Spring Festival in 2015.

“We couldn’t be more proud to receive this award on behalf of all the associates who work to make Maxwell/Rucker a model exchange,” said Lorenzo Salgado, general manager. “Everything we do gets back to making the shopping experience easier, more comprehensive and more personal to the military shopper, and this award is just another assurance that we’re living up to the standards we’ve set for ourselves.”

Nominated stores are selected based on criteria including Expert Customer Service, Leadership, Business Results, Marketing Efforts and Community Support. Points are awarded based on how well the store meets a series of benchmarks adding up to a possible maximum of 125 points.

Top store for diversity, inclusion

AAFES also presented the Fort Rucker Exchange with its prestigious Global Connection Award, recognizing the store’s commitment to diversity and inclusion in the workplace.

“At the Fort Rucker Exchange, we look at diversity and inclusion not as programs or initiatives but as unwavering principles required of our associates,” said Salgado. “Senior leaders and managers help support this commitment through outreach programs and recruiting efforts, furthering our mission of tightening the community bond through diversity initiatives.”

The Fort Rucker Exchange was selected



COURTESY PHOTOS

Army and Air Force Exchange Service leadership awards the sixth-annual Global Connection Award for diversity and inclusion to the Fort Rucker Exchange at the organization’s Main Store Managers/General Managers Conference recently in Frisco, Texas. Pictured are Air Force Chief Master Sgt. Sean Applegate, exchange senior enlisted adviser; Mike Immler, deputy director; Michael Howard, chief operating officer, Lorenzo Salgado, general manager of the Fort Rucker Exchange; and Tom Shull, director/CEO.

from 123 main stores worldwide to win the award, which is in its sixth year. In 2015, the store supported more than 45 community events including Women’s Equality Day, men’s and women’s health fairs, Toys for Tots and the chaplain’s holiday angel tree event. The Reel Time Theater also held 19 extra showings for local community outreach groups. In April, the theater screened the film “Big Hero 6” for 70 students with cognitive and developmental disabilities from the Vivian B. Adams



AAFES leadership awards the Director/CEO Cup to the management team of the Maxwell-Gunter AFB/Fort Rucker Exchange at Main Store Managers/General Managers Conference. Pictured are Mike Immler, deputy director; Michael Howard, chief operating officer, Vanessa Saelens, Maxwell AFB Exchange main store manager; Tom Shull, director/CEO; and Lorenzo Salgado, General Manager of the Maxwell AFB Exchange.

School in Ozark.

In addition, the Fort Rucker food court is host to four annual diversity events -- African American, Asian Pacific, Hispanic and Native American heritage events -- drawing an average of 200 attendees each. The sixth-annual Native American Heritage event, held in November, featured the Mississippi Choctaw Tribal Drum Group, inter-tribal dancing, samples of traditional Native American dishes and more from several local Native American tribes, including Choctaw, Cherokee, Creek and Dakota.

News Briefs

Army Community of Excellence

Fort Rucker will host a recognition ceremony for earning silver in the 2016 Army Communities of Excellence program -- an annual assessment of garrisons across the Army that identifies organizations that are the epitome of excellence -- Aug. 2 at 9:30 a.m. at the U.S. Army Aviation Museum.

SAMA induction ceremony

The Fort Rucker Sergeant Audie Murphy Association will host an induction ceremony to honor new members Monday 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.

Change of responsibility

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.

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 sched-

ule 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: Wednesday, 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.

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.

Lyster activity classes

Lyster Army Health Clinic offers free yoga classes Mondays, Wednesdays and Thursdays from 11:45 a.m. to 12:45 p.m. in the Lyster Activity Center, Rm. J-100 in the clinic. Lyster officials encourage participants to bring their own mats.

Siren test

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

CULTURAL SHIFT

Army takes aim at moving data to the cloud

By David Vergun
Army News Service

WASHINGTON — The Army will begin a hybrid cloud pilot program at Redstone Arsenal in September once the request for proposal ends and an industry vendor is selected.

The pilot program is an early initiative aimed at securely moving data to the cloud within the Department of Defense, said Lt. Gen. Robert S. Ferrell, the Army's chief information officer, who spoke July 14 at the Network Readiness in a Complex World panel hosted by the Association of the United States Army.

Hybrid cloud environments can include a combination of on-premises DOD cloud environments such as a milCloud, which is housed in a DOD facility, commercial cloud service providers, and off-premises federal cloud environments, such as those operated by other federal agencies.

The Redstone Arsenal pilot will leverage an on-premises, commercially-owned, commercially-operated cloud model and will last about three years, during which time the Army will share lessons learned with DOD and the other armed services. Redstone is home to 11 Army data center facilities, which will be consolidated to host the pilot.

Although not all data can move to the cloud, future cloud environments will host a wide range of applications consistent with maintaining data security. The cloud is expected to enable a



PHOTO BY DAVID VERGUN

Ferrell

common operating environment and achieve cost savings through more efficient use of computing and data resources.

The cultural shift to the cloud should be smooth, Ferrell conjectured, as many Soldiers are already using cloud services and realize the benefits.

Ferrell added that cloud computing should relieve major commands of some of

the information technology burdens so they "can then focus on core competencies."

Collapsing data centers

Redstone is just one of many Army sites where data centers are located, according to Ferrell. The end goal for the Army is to reduce its hundreds of data centers by fiscal year 2025 to "four enduring sites in CONUS and

six abroad," he said. "We're on a glide path" to do that.

Removing legacy networks

In addition to collapsing data centers, the Army is collapsing networks at installations into Joint Regional Security Stacks, Ferrell said.

"There are too many separate networks, too many legacy networks, too many vulnerabilities and too many

inefficient ways to manage them," he said.

Going to JRSS is "a game changer," he said. The legacy systems provided adversaries too many back doors to get inside. JRSS will provide the necessary security to close those doors, in addition to providing cost savings.

Thus far, 13 installations have transitioned to JRSS, he said. By the end of this

year that number will climb to 19 and by the end of the next fiscal year, to 44.

Moreover, migrating behind JRSS is a key element of the Army's movement to the Joint Information Environment. The JIE is a framework that guides each of the services toward a single IT infrastructure, a single security standard and a single architecture, officials said.


Windows 10

The Army is part of a DOD-wide initiative to migrate many of its information technology systems and programs to the Windows 10 operating system. Moving to Windows 10 will offer a number of advantages, to include more security than previous versions, Ferrell said. The focus is on migrating Europe first, followed by forces in Southwest Asia and then the U.S. Early-adopter testing is currently underway in these places.

The DOD mandate is to migrate most systems to Windows 10 by early 2017. There is a waiver process in place for systems and programs that will take longer.

"There's still a lot of work left to do, but the Army is moving quickly to plan and execute the migration," Ferrell said.

"Moving the Army to Windows 10 is a good news story for the Army," Ferrell said, adding that the transition is being made in a way that limits its impact on operations.



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SecDef: U.S. troop level in Afghanistan bolsters global counterterrorism fight

By Terri Moon Cronk
Department of Defense News

WASHINGTON — Addressing U.S. troops at Bagram Airfield in Afghanistan July 12, Defense Secretary Ash Carter said President Barack Obama’s announcement that the United States would maintain 8,400 troops in that country into next year bolsters the fight against terrorists around the globe.

Carter said the president’s decision will ensure “that the Afghan forces have success next year based upon our experience in the last fighting season and up to this time in this fighting season.”

The secretary said the number of U.S. troops will aid in the “process of refreshing and retraining” Afghan security forces.

Calling the effort “sensible,” the secretary also said next year’s U.S. defense budget provides full funding to continue the mission. In Poland last week at NATO’s Warsaw Summit, the United States’ coalition allies agreed to provide the same support.

The U.S.’ and its allies’ efforts in Afghanistan aim to “make sure that Afghanistan can control its own territory



PHOTO BY LT. COL. DONALD A. KORFI

Secretary of Defense Ash Carter and Gen. John W. Nicholson, U.S. Forces Afghanistan commander, participate in a joint press conference following a troop town hall July 12 on Bagram Airfield, Afghanistan.

(and) give its own people a better life ... (and) never again become a platform from which attacks can be launched on our country, and our people and our society,” Carter emphasized.

And, the U.S. is committed to “stick with” that effort “so it succeeds,” the defense secretary said.

“But right now, they need our help,” Carter said of Afghanistan’s government, adding, “And we’re going to continue to provide that help.”

The U.S. wants Afghanistan as a long-term friend and security partner, the secretary said.

“Look at a map of this region. (It’s) not a bad place to have good friends. So we’re in this for the long run,” Carter said, adding that providing support to Afghanistan and its security forces demonstrates America’s commitment.

“It’s buying a little extra insurance next year for us to make sure that we continue to be able to do what we’re doing now,” the secretary said of helping the Afghans defeat various terrorist groups that are trying to tyrannize a country that was “busted up for decades,” and use it to mount attacks on the United States.

“This is a really important part of the world. And it’s a really important moment to be here,” Carter told the troops. “And here you are, doing what you’re doing with this part of your lives. You should feel very good about it. I’m very proud of what you’ve done.”

1-11th

Continued from Page A1

the world.

“The flying executed everyday here at Mother Rucker wouldn’t be possible without the Soldiers standing before you,” he continued. “The dispersed nature of this battalion is simply mind boggling and it takes a special breed of leader to carry off its 100-percent mission success rate.”

Hines put his full confidence in Rouse’s ability to lead the “Squared Away” battalion to continue the legacy that Tucker has

built during his time in command.

“I can already tell that the Rouses will build upon the incredible track record of the 1-11th, and you are more than ready to get started,” he said. “The Soldiers of the Squared Away battalion are in good hands and I look forward to serving alongside you.”

Rouse began his military career serving in the Georgia National Guard, attending basic training at Fort Jackson, South Carolina, before commissioning in 1995 through the North Georgia Collage Reserve Officers Training Corps.

Throughout his career, he’s served in multiple leadership positions across different continents, including as a flight platoon leader and battalion assistant S-1 for the 2-25th Aviation Regiment at Wheeler Army Airfield, Hawaii; battalion S-3 and company commander for the 78th Aviation Detachment at Camp Zama, Japan; battalion S-3, executive officer and battalion commander for the 4th Battalion (Airfield Operations), 58th Aviation Regiment in Camp Humphreys, South Korea; as well as the contingency com-

mand post chief for the U.S. Army Africa in Vicenza, Italy.

With his wealth of experience, Rouse said he is humbled and thankful for the opportunity to serve the 1-11th.

“To the Soldiers here, you look great, and to the entire Squared Away family, I look forward to serving with you,” he said.

Tucker also put in his vote of confidence for the new command team and said that Rouse is up to the challenge to continue to commanding the battalion to its full potential.

“The collective mission of the 1-11th is to provide air traffic service to the United States Army Aviation Center of Excellence flight-training mission and for the National Airspace System,” said the outgoing commander. “It has taken that one team with each and every individual contributing in order to ensure that we provide safe and efficient air traffic control services and support. You are inheriting a battalion that is ready and already well on its way to achieving unmatched excellence.”

Commissary

Continued from Page A1

sary because of the convenience and prices, which she said can’t be beat.

“I really love coming here,” said Turner. “I honestly don’t know why anyone who can shop here would choose to shop at any other store. You can get everything you need right here on post and it’s basically supporting your own community. Why would you shop somewhere else for your groceries?”

“I absolutely love the staff, too,” she said.

“They’re always so helpful and friendly. It just makes it a pleasure when I have to do my grocery shopping.”

Thurston, who has worked in five different commissaries in multiple countries, said that cost savings is the main benefit for people who shop at the commissary.

“When people shop at the commissary, our pricing model is cost-plus,” said the store director. “What that means is we buy that product at cost and the plus is the 5-percent surcharge, which Congress has legislated that we collect for upkeep and

building of new commissaries.”

In addition to the savings of cost-plus, every two weeks new items go on sale throughout the store, so people are encouraged to come back and see which items they can get at further discounts.

The commissary shares the same layout and construction with all new facilities across all installations because they’re all built to a specific design, said Thurston, but Fort Rucker’s location does have some unique aspects, such as a closed-in organic food section and some

of the chilled items, which aren’t typical in commissaries.

In addition to a bit of uniqueness, the commissary gets involved in community projects, such as Feds Feeds Families, the Fisher House Foundation Scholarships for military children, the Health Lifestyle Festival and biannual case lot sales, and it’s all for the customers, said Thurston.

“I’ve had nothing but the greatest experience with the greatest staff and customers here,” she said. “I love what I do and I’m here to serve them.”

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STORMY WEATHER



ARMY PHOTO

Soldiers conduct search and rescue training during Hanuman Guardian with partners in the Royal Thai Army on Fort Adisorn, Thailand, July 6.

U.S., Thai Soldiers mount massive training exercise

By Capt. Derek Wamsley
2nd Stryker Brigade Combat Team

FORT ADISORN, Thailand — Soldiers from the U.S. and Royal Thai armies learned a lot from each other during the Hanuman Guardian exercise.

Together they tackled mountain rescue operations, casualty care and security operations scenarios that were tailored to prepare the Royal Thai Army to respond to natural disasters — all while they contended with the driving rain of Thailand’s monsoon season.

“As I look out at the audience I see a group of professionals who have gained

great insight and experience over these last few weeks,” said Brig. Gen. Wallace Turner, assistant adjutant general and commander of the Washington Army National Guard, in his address to the assembled Soldiers. “The long days and the hard work you have put in has paid off.”

In this, the fifth iteration of the exercise, Hanuman Guardian built on the training and lessons learned from previous iterations.

“With each successive year we, with our RTA partners, have made Hanuman Guardian a better and better exercise,”

SEE WEATHER, PAGE B4



PHOTOS BY CAPT. JAYMON BELL

First Lt. Nick Schaefer and CW2 Shawn Farias, from 3rd Battalion, 501st Aviation Regiment, 1st Armored Division Combat Aviation Brigade, “Task Force Apocalypse” from Fort Bliss, Texas, help offload baggage after their arrival at Albrecht Dürer Airport, Nuremberg, Germany, July 4.

EUROPEAN VOCATION

1st Armored Division Aviation unit arrives in Germany

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

NUREMBERG, Germany — The first flight of Soldiers from the 1st Armored Division Combat Aviation Brigade from Fort Bliss, Texas, arrived July 4 at Albrecht Dürer Airport.

Around 450 Soldiers from 3rd Battalion, 501st Aviation Regiment, 1AD CAB, “Task Force Apocalypse,” will operate in U.S. Army Europe as the regionally allocated force intended to augment the 12th Combat Aviation Brigade, based in Ansbach.

The task force will replace 3rd Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, Fort Hood, Texas, who are the current rotational Aviation force assigned to USAREUR.

This rotation is consistent with the Army’s Regionally Allocated Forces concept, aligning units to support theater requirements. Regional alignment is also synchronized with the Army’s new operational concept of winning in a complex world.

The unit will initially operate out of Storck Barracks in Illesheim. However, the majority of the Soldiers and their helicopters will then deploy to participate in Operation Atlantic Resolve training exercises taking place in several NATO countries in eastern Europe.

The Soldiers and around 30 UH-60 Black Hawks are in Germany on a rotational basis and are part of the U.S. Army’s commitment to the European theater to ensure USAREUR has the right capability to meet training and operational requirements. The rotation for these Soldiers is expected to last about nine months.

The 127th Aviation Support Battalion, key personnel from the 1AD CAB brigade and 10 UH-60M Black Hawks from C Company, 3rd Bn., 501st Avn. Regt., deployed early to Germany for 90 days to participate in Anakonda 16.

USAREUR conducts continuous, enhanced multinational training and security cooperation activities with allies and partners in Europe.



Soldiers of 3-501st Avn. Regt. arrive in Germany.



WATCH THAT 1ST STEP

ARMY PHOTO

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

Medic saves youth in Roatán

By Air Force Staff Sgt. Siuta B. Ika
Joint Task Force-Bravo Public Affairs



PHOTO BY AIR FORCE STAFF SGT. SIUTA B. IKA

Spc. Tyler Holman, a combat medic with the 1st Battalion, 228th Aviation Regiment, poses for a photo in front of two UH-60 Black Hawks at Soto Cano Air Base, Honduras, July 12.

SOTO CANO AIR BASE, Honduras — What started as a quiet afternoon spent enjoying off-duty time and celebrating the Fourth of July weekend in Roatán, Honduras took a sudden turn for one member of Joint Task Force-Bravo on July 2.

Spc. Tyler Holman, a combat medic assigned to the 1st Battalion, 228th Aviation Regiment, was at a local scuba shop packing up his equipment after returning from a dive when he heard yells for help.

“I didn’t know what was going on, but the individual was yelling for a doctor or anybody who knew CPR,” Holman said. “So I took off and about 50 to 60 meters down the beach four or five people were gathered around

SEE MEDIC, PAGE B4

British parachute team jumps from 1st ACB Black Hawks

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

ILLESHEIM, Germany — Soldiers from The Tigers Freefall Parachute Display Team, 1st Battalion, The Princess of Wales’s Royal Regiment, conducted free fall parachute training with 3rd Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, “Task Force Spearhead,” July 8 in preparation for their upcoming performance at the Sunderland International Airshow.

The Army Tigers Freefall Parachute Team jump as frequently as possible in order to maintain proficiency and train junior members of the team. The junior members need over 200 jumps before they can perform the complicated and advanced aerobatic maneuvers during demonstrations.

The Army Tigers Freefall Parachute Team is currently based in Paderborn with 1st Battalion, The Princess of Wales’s Royal Regiment. The team jump weekly from the airfield at Bad Lipspringe and have been jumping around the world at major events since 1986.



PHOTO BY CAPT. JAYMON BELL

Soldiers from The Tigers Freefall Parachute Display Team, 1st Battalion, The Princess of Wales’s Royal Regiment, exit a UH-60 Black Hawk from 3rd Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade July 8 near Illesheim, Germany.

“Practice is paramount as a parachute display team since our maneuvers are so complex,” said Cpl. Frank Millerick, team leader and infantry section commander with the Tigers. “It is also a morale boost for the team, since this is our first jump from a UH-60 Black Hawk.”

The Tigers attempt to jump from as many aircraft as is possible since they never know what will be available at an air show, said Millerick.

The freefall parachute team also provided 3rd Bn., 227th Avn. Regt., an opportunity to train its Black Hawk crew chiefs on the safe execution of freefall operations from flight levels as great as 10,000 feet.

The Army Tigers Freefall Parachute Team will perform next at the Sunderland International Airshow Friday-Sunday at Roker and Seaburn Seafront, City of Sunderland, England.

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Weather

Continued from Page B1

said Lt. Col. Ian Palmer, commander of the 8th Squadron, 1st Cavalry Regiment. “We are committed to making HG 2017 even better than this year.”

In addition to providing valuable training to the Soldiers of the 2nd Stryker Brigade Combat Team, the exercise presented leaders with the challenge of coordinating and conducting training with many different units.

Soldiers provided high-angle rappel and helicopter hoist training; Aviators from the 2nd Battalion, 25th Aviation Regiment flew hundreds of flight hours with their Thai counterparts; medics and Soldiers from 18th Medical Command shared health care practices with RTA doctors and civilian medical personnel; and the 593rd Expeditionary Sustainment Brigade provided the logistical support that made it all possible.

“It’s really amazing to see the number of parties involved with putting Hanuman Guardian together,” Palmer said. “We have U.S. units from both the active and reserve component, from CONUS and Hawaii, combat arms units, doctors and veterinarians all working together to strengthen our partnership with the RTA.”

Hanuman Guardian is the first of four training exercises conducted as part of Pacific Pathways. In addition to training in Thailand, the Lancer Brigade is preparing to train with allies in the Philippines, Malaysia and Indonesia – each iteration has the aim of improving interoperability with Soldiers and leaders in the Indo-Pacific region.



PHOTO BY CAPT. DEREK WAMSLEY

Soldiers from the U.S. Army and Royal Thai army gather for the closing ceremony.

Medic

Continued from Page B1

a young Honduran lady laying on the ground. She was probably around 13 years old. I kind of put two and two together when I saw her soaked, unresponsive, and looking like she was just pulled out of the water.”

Immediately, Holman took control of the situation and positioned the girl to administer CPR. Two minutes later, the girl started breathing again and she was moved to a park ranger’s truck to be transported to the hospital.

“She and I were in the backseat and she was breathing a little bit, but crashed on the way up there, so I did CPR again,” Holman said. “The hospital’s on the other side of the island – usually about a 25-minute drive, but the park rangers made it in seven minutes. It was pretty difficult trying to keep her breathing and keep myself in the truck.”

The moment the truck arrived at the hospital Holman carried the girl to a stretcher. He then watched as the girl became responsive the moment the stretcher’s front wheels hit the ER ramp. After talking to a couple doctors to let them know what happened, he was relieved to learn she would most likely make a full recovery.

“The whole ordeal took probably around 15 minutes, but time really didn’t exist because my adrenaline was pumping and I was just focused on keeping her alive,” Holman said.

Because he was so focused on keeping the girl alive, Holman didn’t realize that he didn’t have any shoes on, his shirt was partially buttoned and his wallet was still with his scuba equipment.

Not seeking recognition, Holman only informed his leadership of what transpired because he noticed some of the locals were taking pictures and videos of him and he wanted them to be aware in case he showed up on the local news.

“I’m glad Specialist Holman was in the right place at the right time to take swift action,” said Capt. Michael Haynes, 1-228th Avn. Headquarters and Headquarters Company commander. “He’s one of our many great Phantoms who apply instinct and training in times of need. In this situation particularly, he embodied not only the Army values but the vision of what the 1-228th Aviation strives for every day. I’m honored to have him on the Phantom team.”

Holman was awarded the Joint Service Commendation Medal from Navy Adm. Kurt Tidd, the commander of U.S. Southern Command, but he insists he only did what comes natural to him as a combat medic.

“I didn’t do this for an award,” Holman said. “As cliché as it sounds, my passion in life is helping people. Any medic in the Army worth their salt would do the exact same thing every time because that’s just what we do.”

Although Holman is reaching the end of an Army enlistment that’s taken him to nine different countries in four years, he will be getting out to resume his pre-med

studies and work in the emergency medical services field – a field he worked in prior to joining the Army.

“Medics and Soldiers have a lot in common,” Hol-

man said. “Sometimes people get confused about what a hero is. We’re not heroes. We just care about people and that’s what we want to do – help.”

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JULY 21, 2016



Game show helps contestants buzz way to prizes

By Nathan Pfau
Army Flier Staff Writer

Buzzers in hand, nearly 100 participants battled it out with their minds as they tested their knowledge against each other during a first-time trivia event on the installation.

The Armed Forces Trivia Quest came to Fort Rucker Sunday at the post theater and pitted contestants against each other for prizes and a chance to compete in a nationwide, season-ending tournament in San Antonio, Texas, in October, according to Aida Stallings, Directorate of Family, Morale, Welfare and Recreation community recreation division business manager.

Although there was only one winner – Staff Sgt. James Crawford, B Company, 1st Battalion, 11th Aviation Regiment – the purpose of the event was to provide quality entertainment for those on the installation – and mission accomplished, she added.

“We thought the event went really well, especially since it was a new concept and we were one of the test-pilot installations,” said the business manager. “We had 98 participants who all seemed to enjoy themselves and we also had people just come in to watch. All of the feedback was positive – they enjoyed the event, it was entertaining and fun, and the prizes were amazing.”

The game show-like experience was created in collaboration with the Department of Defense and Army Entertainment as a means to salute, entertain and celebrate the men, women and families of the armed forces, and people were playing for all sorts of prizes that ranged from gift cards and tablets, to tool boxes and coffee machines.

Throughout the night there were five preliminary elimination rounds where the entire audience participated with wireless keypads that they used to answer multiple-choice questions through each round.

Although the 98 participants were competing against each other throughout the first half of the show, they



PHOTOS BY NATHAN PFAU

Contestants compete on stage as they answer trivia questions during the final rounds of the Armed Forces Trivia Quest at the post theater Sunday.



Staff Sgt. James Crawford, B Company, 1st Battalion, 11th Aviation Regiment, accepts the grand prize after winning the game show. He will also move on to compete in a nation-wide, season-ending tournament in San Antonio, Texas, in October.

were all part of one of four teams. At the end of the initial rounds, the highest scoring participants from each team met on stage to duke it out in the final rounds, but only one would come out on top.

Crawford managed to dominate the competition with his superior trivia knowledge, outshining all other contestants and earning the chance to compete on the national-level in San Antonio.

“This was really cool. I didn’t think I would even make it up onto the stage,” he said. “Coming here, I just thought it was going to be a fun time, but I won!”



Heather Brown, veteran, celebrates on stage after winning a prize during the Armed Forces Trivia Quest.

Crawford said he attributes his trivia knowledge to watching a lot of game shows and his trivia apps on his phone, which he plays regularly.

“Tonight they asked a question earlier about South Africa and the Cape of Good Hope, and I’d actually just seen it early today on the app that I use, so it helped me out,” he said, adding that in order to prepare for the competition in Texas, he’ll just “keep doing what I’m doing.”

Although thousands of dollars in prizes were given out, for most people it was the experience that they took away that was the real reward.

“I had a really good time tonight,” said Maggie Teitgens, military spouse. “I came out tonight without very high expectations, but I was really surprised. The host was great, the crowd was great and it was all just a really fun time. It’s something I’d definitely come to again.”

GAINING AN EDGE

Workshop dissects federal hiring process

By Jeremy Henderson
Army Flier Staff Writer

Job seekers interested in federal government employment have the opportunity to gain an edge in the hiring process by attending an upcoming Army Community Service workshop.

How can a workshop better equip job seekers?

“The answer lies in the ‘Ten Step’ method popularized by Kathryn Troutman, renowned expert on the federal hiring process,” Mike Kozlowski, ACS employment readiness manager, said. “Troutman and her team teach this method to staff representing a wide variety of federal agencies, and her tips and techniques have the support of (Civilian Personnel Advisory Center) staffing specialists worldwide.

According to Kozlowski, by following her method job seekers will:

1. Be better able to understand the process by which hiring officials and staffing specialists go through to list and fill federal positions;
2. Be able to hunt jobs based on their specific experiences and qualifications;
3. Know the importance of including accomplishment statements on their federal résumés ... and why doing so is critically important;
4. Be able to craft impactful USAJOBS.gov outline-based federal résumés, which bring out their KSAs – knowledge, skills and abilities – in a more effective way than before; and
5. Understand the import of the follow-up when tracking the progress of their application packets.

The workshop, open to active duty Soldiers, their spouses and family members, retirees, and current civil service and non-appropriated fund employees, takes place Wednesday from 8:30-11:30 a.m. at the



COURTESY GRAPHIC

Soldier Service Center, Bldg. 5700, Rm. 284.

Kozlowski said attendees need only bring a thirst for knowledge.

“There is nothing that workshop attendees need to bring to this workshop,” he said. “All materials will be provided to them at the start of the workshop including pad folios, pens and a free copy of Kathryn Troutman’s book ‘Ten Steps to a Federal Job.’

“As a matter of fact, I encourage all participants not to bring their résumés,” he added. “The information I’ll be presenting will possibly be a ‘paradigm shift’ for them, i.e., the way they thought a federal résumé should look will, in many instances not be in a winning federal résumé format.”

The workshop will help job seekers understand how the federal process compares to seeking employment in the private sector.

“The federal hiring process has several similarities to those found in the private sector,” he said. “For example, one still must be able to conduct targeted job hunts in fields in which they have career suitability, based on work experiences, quali-

fications and credentialing.

“Both processes require the creation of résumés which effectively capture an individual’s work experiences, qualifications and credentialing,” he added. “Both processes require follow-up with their targeted employers.

However, Kozlowski continued, the federal job hunt has several distinctions from the traditional. “For example, you should not limit your search to positions found in the (Department of Defense),” he said. “There are several federal agencies and programs whose missions may be a better fit for your qualifications and credentials, many of which are not located at Fort Rucker.

The workshop will also give attendees tips on building a résumé for federal employment applications, which Kozlowski said differs from résumés for the private sector.

“The federal résumé is a different kind of cat,” he said. “The format is more along the lines of a hybrid style, combining the traditional reverse chronological style with a functional format. It’s also quite a bit longer than its private sector counterpart.

“Some federal résumés can be as long as 19 pages, although the optimum length should be limited to five to six pages,” he added. “There are a host of other key differences I could cite and I plan to bring them out during the course of the workshop proper.”

At the conclusion of the workshop, according to Kozlowski, participants should be able to better understand the federal hiring process.

“Following the ‘Ten Step’ method provides a framework for this understanding,” he said. “Attendees at the last workshop have commented to me that they now understand the process as being more than routinely applying for a job on USAJOBS.gov; that there are so many items they have previously overlooked that they now incorporate into their federal job hunts.”

Pre-registration is required due to space and materials limitations. The workshop is limited to the first 60 registrants. Deadline for registration is close of business Monday.

For more information or to register, call 255-2594 or email Mike Kozlowski at michael.d.kozlowski2.civ@mail.mil.

ON POST

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

Job fair

The 13th annual Fort Rucker Area Job Fair is scheduled for today from 10 a.m. to 2 p.m. at Carroll High School in Ozark. The event is hosted by the Fort Rucker Transition Assistance Program, Army Community Service, the City of Ozark and the Ozark Chamber of Commerce. The fair is open to the public and free to all job seekers. Representatives from government contractors, employment agencies and local companies will be on hand. Workshops will be conducted prior to the job fair, including: resume writing, interviewing skills and personal branding. Attendees should bring their resumes, be prepared to be interviewed and be dressed for success, according to organizers. For more information, call 255-2558 or 255-1117.

Girls Night Out

The Landing will host an 80s-themed Girls Night Out Friday 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 Wednesday 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.

Tot Time

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

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

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.

For more information, call 255-0768.

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.

River float tube trip

MWR Central will offer a river float tube



PHOTO BY NATHAN PFAU

Color run

A scene from last year’s color run. The Fort Rucker Physical Fitness Center will host a 2-mile color run Aug. 20 at 8 a.m. The run will not be a timed event and all participants will receive a medal. There will be no separate fun run and children under age 12 may register for free and complete all or any part of the 2-mile course. Participants should wear white. The cost is \$15 for individual entry, no shirt included, or \$20 through Aug. 14 with a T-shirt included. Aug. 15 through race day, race entry with shirt is \$25, while supplies last. Participants are encouraged to pre-register. Forms are available at either PFC. Race day registration will be 7-7:45 a.m. on the Fort Rucker Festival Fields. Refreshments will be provided. The event is open to the public. For more information, call 255-2296.

trip to Milton, Florida, at Adventures Unlimited Aug. 20. The trip will include four hours of tubing along Coldwater Creek, past secluded sugar white sandbars and through Blackwater River State Forest. Cost is \$35 per person for regular tubes and \$40 per person for deluxe tubes. Trip includes transportation and a tube to ride the river. Registration deadline is Aug. 5.

People can sign up at MWR Central. For more information, call 255-2997 or 255-9517.

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.

Thrift Savings Plan 101

Army Community Service will host its Thrift Savings Plan 101 class Aug. 10 from 9-10 a.m. at the Soldier Service Center, Bldg. 5700, Rm. 282. Topics will include: why invest with the Thrift Savings Plan, how to start a contribution, discussion of risk tolerance, traditional or Roth account, discussion of the five core funds and lifecycle funds, and diversification. Pre-registration is required by Aug. 9. Free childcare is available with registration.

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

Family resilience training

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

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

SAC open house, ice box party

The Fort Rucker Youth Center will host an open house and ice box party Aug. 12 from 5-7 p.m. The event will feature frozen yogurt, popsicles, ice cream, sundaes, smoothies and root beer floats, along with activities designed to show what the facility offers. Youth art projects will also be on display.

For more information, call 255-2260.

Baby sign language class

The new parent support program and the Alabama Institute for the Deaf and Blind will host a baby sign language class Aug. 16 from 9-11 a.m. at the Munson Heights Community Center. The free class teaches expectant parents and those with young

DFMWR Spotlight

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Fort Rucker MWR

U.S. Army Child, Youth & School Services

Football & Cheerleading Registration

Now–July 27

Football: Cost is \$65 per child Ages 9–10 and 11–12	Cheerleading: Cost is \$40 per child Ages 8–9 and 10–11
-------------------------------------------------------------------	----------------------------------------------------------------------

Mascot:
Cost is \$20 per child
Ages 4–5 (for ages 8–9 cheerleading)
and ages 6–7 (for ages 10–11 cheerleading)
Limited to the first two youth to sign up for each age group.

Soccer Registration

Now–July 29

Soccer:
Cost is \$20 per child ages 4–5
and \$40 per child ages 6–13
Age Groups: 4–5, 6–7, 8–9, 10–11 and 12–13

Prospective Coaches Are Needed!
If interested and for more details call, (334)255-0950/2254/2257.

**For more information and to register call
Youth Sports Department, (334)255-2257/2254
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A current sports physical and valid CYSS registration are required for participation.

children how to communicate with their child and avoid frustrations associated with language development. Registration deadline is Aug. 10.

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

Purple Extravaganza Skate Night

The Fort Rucker School Age Center will host its Purple Extravaganza Skate

Night Aug. 19. The event will feature giveaways to see who can wear the most purple. Safety skate will take place 6:15-7:15 p.m. for \$2 – parents must accompany children at all times. Regular skate is 7:30-9:30 p.m. and costs \$5. Attendees must be registered members of child, youth and school services, and are asked to bring exact change.

For more information, call 255-9108.

FORT RUCKER MOVIE SCHEDULE FOR JULY 21-24

Thursday, July 21

Me Before You (PG-13)7 p.m.

Friday, July 22

Star Trek Beyond (PG-13)4 & 7 p.m.

Saturday, July 23

Star Trek Beyond (PG-13)4 & 7 p.m.

Sunday, July 24

Star Trek Beyond (PG-13)4 & 7 p.m.

Deployed Soldiers build partnerships

By Staff Sgt. Thomas Duval
For Army News Service

CAMP BONDSTEEL, Kosovo — As U.S. Army Spc. John Burnett picks up his 9 mm pistol, looks at his target and waits for the signal to begin.

Standing behind Burnett, a member of the Italian led Multinational Specialized Unit starts the timer and gives him the OK to move forward.

Burnett rushes forward, steadies his aim and takes three shots. As his slide locks to the rear, signaling he is out of rounds, Burnett quickly drops the magazine and rushes to the next station where more ammo and a new enemy awaits.

Three more shots and Burnett repeats the process, navigating his way through a total of six shooting obstacles as the Italian Carabinieri officer shouts the movement instructions.

As Burnett, an explosive ordnance disposal team member deployed with the 763rd Explosive Ordnance Disposal Company, expends his last rounds into the final target, his score from the lane is calculated and his face, intense in concentration, breaks with a smile.

“It was fun,” said Burnett, afterward. “The training taught me that it is better to be accurate than fast. Slow is smooth; smooth is fast. It does not matter if you blow through that course in 30 seconds if you do not hit the targets, or worse, the civilians, then you fail.”

For Burnett and the multinational Soldiers deployed to Kosovo in support of



PHOTO BY STAFF SGT. THOMAS DUVAL

Maj. Damyan Graves, an operations officer for NATO KFOR, fires at a simulated enemy while taking cover during a practical shooting exercise on Camp Bondsteel, Kosovo, July 1.

NATO’s Kosovo Force, the obstacles and simulated enemies are part of an ongoing effort to build readiness and enable the alliance that brought Soldiers from the Italian Carabinieri and U.S. and German armed forces together at Camp Bondsteel July 1.

The aim of the multinational practical shooting exercise was to test the service member’s ability to shoot, move and communicate under pressure and against the clock.

“The range conducted today was designed to take the basic marksmanship skills learned by our Soldiers and integrate those skills in a practical, realistic training environment,” said Sgt. Maj. Christopher Clark, operations sergeant major and

event coordinator. “We want to build on those basic skills by stressing ourselves and training as we would fight, should the need arise.”

Clark said it is always better to prepare for the worst and hope for the best.

“As Soldiers and leaders we always train and plan for the worst possible case scenario,” said Clark. “The time to find out how we should train is not after the gunfight is over.”

Realistic joint training opportunities don’t just prepare the Soldiers for the worst case scenario, they also play an important role in fostering interoperability between the multinational partners and allies to reach and achieve unity of effort in their day-to-day missions.

Additionally, the training helped Soldiers build trust in themselves, as well as in their counterparts while building valuable relationships.

“The fact that multiple Soldiers from the battle group and MSU were involved in planning, resourcing, constructing and executing this training event is proof of how well we can operate with our multinational partners in KFOR,” said Clark.

“We are building a ready and resilient force by increasing their level of proficiency in our assigned tasks through the challenges provided by this training event, while we continue to build and strengthen the multinational relationships with our partners in Kosovo.”

Clark said relationships aren’t the only things being strengthened and developed.

“We are also developing leaders as we put them in positions to make decisions consistent with the constraints of the environment and time limitations, while encouraging them to ‘think outside of the box,’” he added.

Burnett was one of the many junior leaders to benefit from the training.

“Training alongside our multinational partners provides a unique experience, as well as different ways of going about the same problem,” he added. “Learning from and teaching other nations is a big part in how we can grow as humans, as well as Soldiers and leaders.”

Clark and Burnett both agreed the training was a success and hope to take advantage of future opportunities for joint-multinational training.

Soldiers build bonds, improve combat skills

By Sgt. 1st Class
Whitney Hughes
For Army News Service

YAVORIV, Ukraine — At most U.S. combat training centers, observer controller trainers are as much of the landscape as the trees – they simply come with the territory.

However, for Ukrainian soldiers at the International Peacekeeping and Security Center, working with these seasoned trainers is a new experience. By the end of their time training together, whether it is for a two-week exercise like Rapid Trident 16 or a three-month rotation with the Joint Multinational Training Group - Ukraine, both the U.S. and Ukrainian Soldiers leave with a better understanding of each other.

“They’re just like us, just wearing a different uniform, fighting for their country,” said 1st Lt. Martin Mudd, a sapper platoon leader for 3rd Battalion, 15th Infantry Regiment, 3rd Infantry Division. He has been in charge of an OCT team in the Ukraine for the past six months.

This group of OCTs with the 3-15th is here for a six-month rotation in support of JMTG-U. The Soldiers’ mission is to shadow the unit’s training and evaluate their performance. They do this by highlighting their successes and explaining how to improve their shortcomings in after action reviews.

“They are very professional, and they explained everything so that it is very easy for us and it’s very understandable,” said Ihor Andryucha, Ukrainian squad leader, who has been training with the 3-15th OCTs for the last two months.

Andryucha added that, at first, when they began their rotation they thought that the training would be simple, and they already knew it all. But they realized later when they moved from individual and squad tactics to battalion level that the OCTs were moving step by step through the training, which he said was very helpful.

Improving the Ukrainian soldiers’ combat skills was the OCTs main focus; however they had



U.S. Soldiers, acting as observer controller trainers, watch as Ukrainian soldiers react to enemy fire at an entry control point.

a second: to empower the NCOs. This was a goal not just for their Ukrainian counterparts, but also for their own junior NCOs.

“Our junior NCOs have really been leading the way, and empowering them to get up in front of foreign soldiers and teach has really built up their confidence,” said Sgt. 1st Class Joseph Bastanzi, a platoon leader with the 3-15th training team. “Some of the (Ukrainian) units have been very receptive to the way we empower our junior leaders, and we’ve seen them step up and do the same thing.”

Another technique they put to use was the competitive nature of the Soldiers. Bastanzi explained that the Ukrainian soldiers

would want to know who did the best at the end of each day’s training, so they used this to help intensify the training.

“It’s a short-term reward right then and there. They get bragging rights for that day and then the next day somebody else gets a shot,” said Bastanzi.

In addition to the 3rd ID trainers that are working directly with the Soldiers one-on-one there are also other U.S. OCTs that are working at the next level to train the trainer. This means that instead of working directly with the Ukrainian soldiers or leadership, they are working with the Ukrainian OCTs to help them become better trainers.

But no matter what



PHOTO BY SGT. 1ST CLASS WHITNEY HUGHES

A U.S. Soldier hands simulated explosives to a Ukrainian soldier to use during training during exercise Rapid Trident 16 July 5 at the International Peacekeeping and Security Center in Yavoriv, Ukraine.

level they are training at the goal of improving tactics and relationships among the nations does not change.

“We’ve built a bond

with the platoons we are training with and alongside, and hearing them say ‘I’ll never forget what you taught me,’ gives a sense of pride,” said Bastanzi.

Andryucha echoed this sentiment, saying that when they are replaced in a few days with the next rotation, “It will leave a gap that cannot be filled.”

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Fun, history merge at Landmark Park

Landmark Park Press Release

Landmark Park will host the annual Heritage Forum series each Sunday afternoon during the month of July.

The series will feature guest speakers presenting programs on state and local history in the Interpretive Center Auditorium at 3 p.m. Each program is free with paid gate admission.

Admission is \$4 adults, \$3 for children and free for park members and children ages 2 and under.

July 24: Dale Cox, “Fort Scott, Fort Gaines and the deadliest cannon shot in American history.”

On July 27, 1816, the deadliest cannon shot in American history was fired on the Apalachicola River. The explosion of the fort at Prospect Bluff killed 270 men, women and children and destroyed the only military settlement for free African Americans of the Antebellum era. U.S. troops involved in the attack advanced from Fort Mitchell, Alabama, constructing Fort Gaines on the Chattahoochee and Fort Scott on the lower Flint

as they advanced. Cox is an historian, author of 15 books on Southern and North Florida history, and resident and foremost booster of Two Egg, Florida. He is a former TV news director in Georgia and Arkansas.

July 31: Robert Saunders, “A Study in Contract: Love and War As Revealed in the Elodie Todd Nathaniel Dawson Civil War Letters”

This presentation will focus on the engagement letters of Nathaniel Henry Rhodes Dawson, and Elodie Breck Todd. Dawson was

a Selma, Alabama, attorney and a captain in the 4th Alabama Volunteers during the Civil War. In 1861 Elodie was a young women visiting Selma at the outbreak of the war who was the half-sister of Mary Todd Lincoln. Saunders is an LMP board member and history professor at Troy Dothan. This is his current line of research.

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.

The park is located on U.S. Hwy 431 North, three miles north of Dothan’s Ross Clark Circle. For more info, call 794-3452 or visit www.landmarkparkdothan.com.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

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

DALEVILLE

JULY 26 — Families of wounded warriors and junior enlisted military personnel may register now to receive free backpacks and back-to-school supplies from the Operation Homefront Back-to-School Brigade. Registration is online at www.operationhomefront.net/event/list. Hundreds of backpacks and school supplies will be distributed – registrants will learn the details when they sign up online.

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.

DOTHAN

JULY 29 — A ROK 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.

AUG. 11-12 — A two-day World Class Leadership Training Simulcast led by leading influencers, including John Maxwell (leadership expert), Patrick Lencioni (The Table Group), Horst Schulze (Capella Hotel Group), Erin Meyer (Professor at INSEAD), Bishop T.D. Jakes (senior pastor, The Potter’s House), Melinda Gates (Bill and Melinda Gates Foundation) and more. Dothan Community Church, 4390 Westgate Parkway, will hosting the live simulcast that is being broadcast from Willow Creek Community Church outside of Chicago from 8:30 a.m. to 4:30 p.m. The cost is \$89 for active military or Reserve. For more information and to

register, visit www.dccgsls16.com or call 334-794-9464.

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.

the event will benefit Montgomery Ballet.

To make a reservation, call 334.409-0522. For more information, visit www.eventbrite.com/e/picnic-on-the-green-at-blount-cultural-park-tickets-26102875403.

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/.

Beyond Briefs

Watermelon Express train ride

Georgia State Parks will host its Watermelon Express train ride Aug. 6 from 9:30 a.m. to 3:05 p.m. on the Shortline train in Cordele, Georgia. The ride runs from Cordele to historic Plains, the small Georgia town made famous by President Jimmy Carter. For ticket information, call 229-276-0755.

A Walk to the Stars

A.H. Stephens State Park in Crawfordville, Georgia, will host its Walk to the Stars – a sensory hike, where participants will use all of their senses to help make the night come alive, according to a Georgia State Parks press release. The hike will end at Lake Buncombe, where participants will see and learn about star constellations and view the Perseid meteor shower. The hike, which will run Aug. 13 from 8:30-11 p.m., will start at the parking lot at Shelter 3 – also known as the barbecue pit. Cost is \$4, plus \$5 for parking.

For more information, call 706-456-2602.

Twilight Night Paddle

High Falls State Park in Jackson, Georgia, will host its Twilight Night Paddle

three times in August: Aug. 13 and 19, 7:30-9 p.m.; and Aug. 26, 7-8:30 p.m. The ranger-led 3-mile canoe trip offers people the chance to observe wading birds and the sun setting, according to a Georgia State Parks press release. The program is open to adults and children 8 years or older who are accompanied by an adult. Reservations are required. The cost is \$15, and includes boat and gear – there will also be a \$5 parking fee.

For more information, call 478-993-3053.

Performance on the Green

Performance on the Green is Montgomery Ballet’s annual gift to the city, its citizens and the Capitol City’s visitors during the month of July. Montgomery Ballet will offer a free evening of dance, entertainment and culture put on by the professional ballet company and school July 29 from 7-10 p.m. at the Alabama Shakespeare Festival. In addition to the free performance, Montgomery Ballet will host its fundraising event, Picnic on the Green. Picnic on the Green is a gourmet picnic supper that starts at 7 p.m. Dinners include VIP seating in the festival tent with a view of the stage and lake. RSVPs are required. Dinners cost \$30 a person, and people may reserve a table for eight for \$240. The funds raised at



PHOTO BY SGT. STEVEN D. CLARK

Major urban areas like Atlanta are not just physical hubs, but also serve as virtual hubs in cyberspace known as “cyber cities,” where increased interconnectivity in daily life has amplified the threats of potential cyber attacks.

Cyber experts examine threats to ‘cyber cities’

By Lt. Col. Gregory Majewski
For Army News Service

MONTEREY, Calif. – More than 100 cyber experts and leaders gathered recently for Cyber Endeavour, an annual symposium designed to call attention to the ever-changing challenges of securing military and civilian networks from cyber attacks.

The three-day conference focused on emerging threats to “cyber cities” and how a potential attack could impact national security should the worst occur: the crippling of key infrastructure, said Dr. John Arquilla of the Naval Postgraduate School.

“Cyber cities represent the highest level of advancement in a civilization,” Arquilla said. “We have to develop our own resilience against cyber attacks for today and tomorrow.”

The latest population statistics show about 54 percent of the world’s population is concentrated around urban areas, with that number projected to grow closer to 70 percent by 2050.

Cyber experts point out that much of the infrastructure for cities across the globe, such as power grids and water treatment plants, predates the Internet, which poses a different set of challenges for those trying to protect it from cyber attacks.

“We are taking advanced technology and connecting it to old infrastructure,”

said Arquilla. “This opens up the possibility for cities becoming vulnerable to strategic attack.”

Virtual cyber ranges are becoming an increasingly important training tool for cyber warriors to train, test and implement cyber security. One of the best training locations is the National Cyber Range in Orlando, Florida.

Range director Peter Christensen said his venue provides the most realistic interpretation of cyberspace, where operators can test the effectiveness of cyber defenses and cyber weapons.

“Cyber cities will be fertile ground to be exploited,” said Christensen. “Vulnerabilities must be identified in development and not during deployment. This is why cyber ranges are so important.”

A panel discussion during Cyber Endeavour focused on defining a cyber city.

“I think what we are talking about is the use of automation to support the population density that we now have in an urban environment,” said Cmdr. Pablo Breuer of the Naval Postgraduate School.

Cyber warriors must rely on variety of skills to successfully support and defend cyber cities, including the abilities to anticipate, predict and assess threats in a team environment.

The Army Reserve’s 335th Signal Command (Theater), based in East Point, Geor-

gia, is responsible for organizing, training, equipping and manning all USAR cyber units.

With the rapid growth in the demand for cyber skills, recruiting and retaining the next generation of cyber warriors has become a key objective for the command.

“In positioning our units in recruiting, a key aspect to our objectives is drawing from a variety of civilian populations so as to bring their unique skill sets into our military capabilities,” said Col. James Chatfield, the 335th’s chief of operations.

Representatives from the private sector

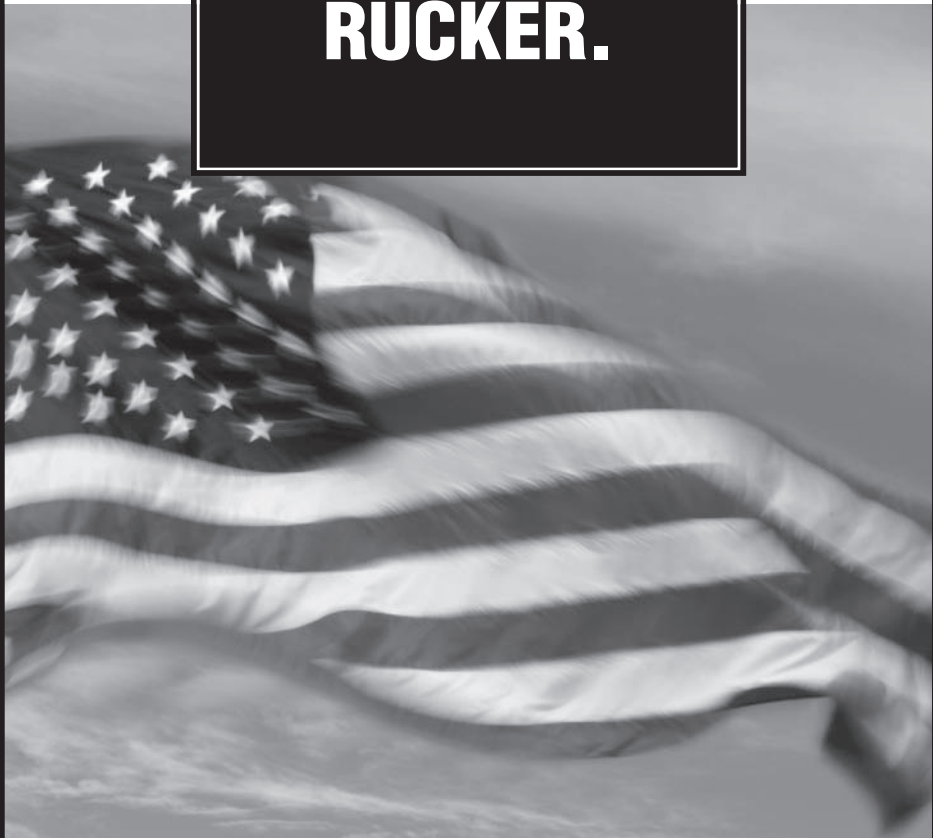
also participated in Cyber Endeavour, illustrating the important role industry plays in defending cyber cities, for both the military and civilian sectors.

Partnerships with government entities in the cybersecurity realm will be critical in the effort to reduce the likelihood of a breach happening, said Jim Patterson of the American International Group.

Cyber Endeavour is sponsored jointly by the 335th, the Department of Defense Information Operations Center for Research, and the Defense Innovation Unit Experimental.

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GOING TO THE DOGS

Deployed life not as ‘ruff’ with help of therapy dog

By Spc. Angela Lorden

CAMP ARIFJAN, Kuwait — The phone rang. A woman, Grace MacGregor, answered.

“Grace, I have your dog.”
The phone call was from her friend, who was also a coordinator for a rescue organization in the United States. The rescue had shut down a puppy mill in 2010. Among the dogs rescued was a small, black Scottish terrier. He lived in a cage at the unlicensed-breeding facility for five years.

According to the dog’s American Kennel Club paperwork, his registered name was MacGregor.

“We found it to be an omen,” Grace said. “A MacGregor dog, 5 years old then, and MacGregor me. He became MacGregor MacGregor.”

The small dog then traveled to Camp Arifjan, Kuwait, to live out a larger purpose.

MacGregor MacGregor, the Scottish terrier, and Grace MacGregor, the dog’s handler, volunteer at the resiliency center and the combat support hospital to promote the welfare and resiliency of service members and civilians stationed at Camp Arifjan.

“I think MacGregor is another way for the military to care for people,” Grace said. “The more people can relax and the more their life while deployed is normalized, the more they are likely to perform at their best.”

MacGregor’s transition from a rescue dog to a volunteer animal began with Grace’s participation in a club at Camp Arifjan.

“I was coming out here for Toastmasters,” she said. “I was talking to the Red Cross staff and I mentioned I had a dog. They said, ‘Oh, we need one out here so badly.’ You can’t really have a dog living here. People began encouraging me to try and work my way through the paperwork. So I did.”

New memorandums of understanding and exceptions to policy had to be written in order for MacGregor to become a human-animal bond dog. He then had to pass a temperament test by the Army.

“The Army does excellent temperament tests for any animals that are going to be in contact with Soldiers,” she said. “When he passed, we were able to get the rest of the paperwork wrapped up. A lot of people were involved.”

MacGregor became part of the Army’s Human-Animal Bond Program. The program, sponsored by the American Red Cross, facilitates animal companionship for service members, patients, families and visitors. MacGregor also serves as a resiliency mascot for Soldiers.

Master Sgt. Marvin Curtis, the resiliency center director and master resilience training program coordinator with the 1st Theater Sustainment Command, said he asked the Red Cross for permission to have MacGregor be the mascot for the resiliency team after seeing firsthand how important the docile dog was to service members.

“The interesting part was how soothing he is to people,” Curtis said. “That goes from privates I saw to (colonels). There’s a lot of people, whether they’re in the fight or



PHOTO BY SPC. ANGELA LORDEN
Sgt. 1st Class Melissa Kass, a chemical, biological, radiological and nuclear specialist with the 126th Military Police Company, holds MacGregor MacGregor, a Scottish terrier human-animal bond dog, for the first time on July 1.

in the rear areas, that go through a lot and need support. That’s what we try to offer at the resiliency center with the Red Cross.”

Grace and MacGregor began providing Soldiers and civilians the opportunity to interact with the furry companion on a weekly basis.

“Early in his life, he was not a loved dog,” Grace said. “Now he’s a loved-by-everybody dog.”

Sgt. 1st Class Melissa Kass, a chemical,

biological, radiological and nuclear specialist with the 126th Military Police Company visited MacGregor for the first time July 1.

“I think there’s something really comforting for Soldiers when they get to pet a dog,” Kass said. “There’s something about the unconditional love of a dog that eases the soul. All the stresses that go with a deployment, everything melts away. The dog doesn’t judge me for anything.”

They also began visiting patients and staff at the hospital here.

“With the patient’s permission, we put him up on the bed and he just snuggles down so they can scratch him, cuddle him and talk to him,” Grace said. “So many people have said when we leave, ‘Thank you. I really needed this today.’ It does make a difference.”

Her husband, William Ostertag, was part of her inspiration to make a difference in Soldier’s lives, she said. He passed away in 1999. He rests at the Arlington National Cemetery, Virginia.

“Sometimes I get a little misty about it,” she said. “My husband was an Army colonel. He served his country for 28 years. He was very much a commander who looked after his troops. It was one of the things I loved about him. I feel like I’m still carrying on part of his legacy.”

Soldiers at Camp Arifjan are still part of her family, she said.

“When I look around at these Soldiers, I see the best of America,” said Grace. “I see the Army values internalized in the Soldiers. I can come out here and I am unfailingly treated with courtesy and respect.”

Fort Rucker 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 eMass (Tuesday - Friday)

4 p.m. Catholic Confessions
Saturday
5 p.m. Catholic Mass Saturday

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

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

BIBLE STUDIES

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

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

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

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

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

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

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

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

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

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

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

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

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

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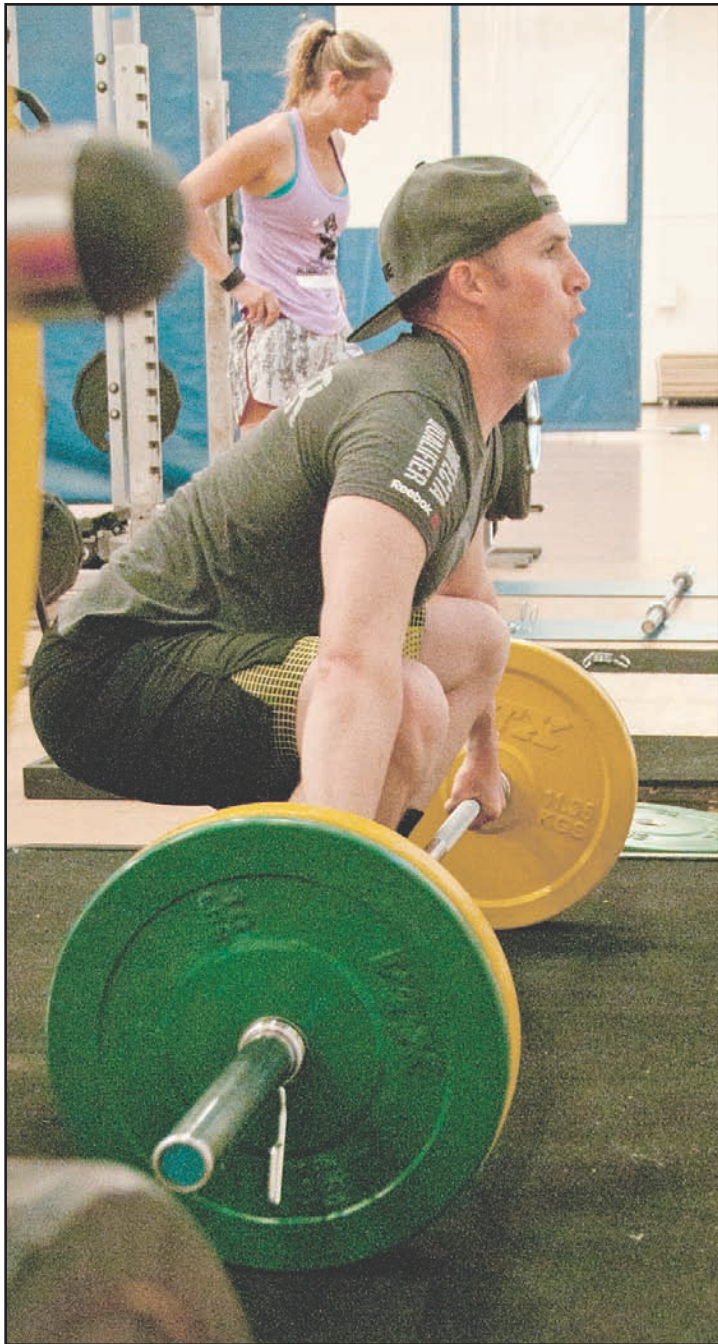


PHOTO BY JEREMY HENDERSON

Then-WOC Cody Elzey performs a functional fitness power clean lift using bumper plates.

By **Jeremy Henderson**
Army Flier Staff Writer

Equipment availability continues to grow for functional fitness enthusiasts and new training options are available for anyone interested in utilizing the dedicated space inside the Fort Rucker Physical Fitness Center.

According to Zea Urbitzondo, fitness program specialist, the functional fitness area allows patrons to perform exercises and movements that are multi-planar and multi-joint, mirroring movements that are performed in everyday life.

“You are not restricted to a machine that forces you to perform isolated movements,” she said.

The functional fitness area opened with a few pieces of equipment in December, but has since grown to accommodate a wide range of exercises.

“Right now, there is a 20-yard (area with) artificial turf with six lanes for sprints, tire flips and sled use,” Urbitzondo said. “We have a 14-foot rig that houses three adjustable squat racks, multiple height pull-up bars and rings. There are two lifting platforms, two power racks, weighted bars, kettle bells, medicine balls, slam balls, eight rowers, four assault bikes, four spin bikes, sandbags, two 20-foot climbing ropes and two free-standing heavy bags.

“In addition, workouts are posted Monday through Friday, designed to improve speed, power, agility, strength, mobility and aerobic endurance,” she added.

Equipment availability grew rapidly, according to Urbitzondo.

“We added eight lifting platforms, two more power racks, TRX units and more Olympic barbells,” she said.

Functional fitness may be a new concept for some, but Urbitzondo said its purpose is straightforward and beneficial to Soldiers.

“Do not be hesitant to step out of your comfort zone because everyone can benefit from functional fitness.”

— ZEA URBITZONDO
FITNESS PROGRAM SPECIALIST

“Functional fitness involves exercises designed to improve an individual’s performance of daily tasks and/or activities by training muscles to work together in simulated common, repetitive movement patterns,” she said. “It is beneficial because it trains muscles to work simultaneously, safely and efficiently. It also focuses on core stability and injury prevention, preparing the body to perform well in a variety of situations, and improvement of quality of life. When paired with tactical training, functional fitness can vastly improve performance as a Soldier.”

Urbitzondo is available Mondays-Fridays from 5 a.m. until 1:30 p.m. for any assistance or questions that patrons may have. If there is a piece of equipment or exercise that a patron is interested in, she is available to assist the person in learning about how to use the equipment.

“The biggest thing that a lot of people lose sight of is the quality of their movements,” she said. “It is not about how heavy you lift or how fast you move if your form is poor. Too often, people rush to

get through their sets and reps and compromise good form in the process.

“Because functional fitness focuses on mirroring every day movements outside the gym, you want to make sure that the quality of your movement inside the gym counts,” she added. “By utilizing good solid form when performing exercises with weights, you are training your body to perform the same quality movement in any situation.”

For those patrons interested in trying functional fitness training for the first time, Urbitzondo urges them to step outside their comfort zone.

“There is nothing frightening or scary about functional fitness,” she said. “You are simply taking things you doing on a normal basis and adding an element of strength and power to it. Do not be hesitant to step out of your comfort zone because everyone can benefit from functional fitness, regardless of their fitness level.”

2 more Soldiers earn Olympic berths

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

EUGENE, Ore. — Two more Army distance runners earned berths in the Rio Olympic Games during the final weekend of the 2016 U.S. Olympic Track and Field Trials at Hayward Field.

Sgt. Hillary Bor of Fort Carson, Colorado, finished runner-up to Evan Jager in the men’s 3,000-meter steeplechase July 8 with a time of 8 minutes, 24.10 seconds.

Spc. Paul Chelimo, a distance runner in the Army World Class Athlete Program, finished third in the men’s 5,000-meter run with a time of 13:35.92 seconds July 9.

Five-time Olympian Bernard Lagat, 41, passed Chelimo in the final 80 meters to win with a time of 13:35.50, followed by Hassan Mead in 13:35.70. Chelimo (13:35.92) held off Eric Jenkins (13:35.98) and Ben True (13:36.40) to punch his ticket to Rio de Janeiro.

Chelimo and Kipchirchir were two of several runners, including meet record-holder Galen Rupp, who set the pace for much of the 5,000-meter chase.

“I knew that it might go like that,” Chelimo said. “Fighting for one spot, you don’t want to take any risks. I just tried to stay relaxed, but when I got to the last lap, I was like, ‘You know what, let it be what it can be.’ I just decided to go all the way out and push the last 400 and see where I’m going to get.”

Chelimo appeared to have the victory in hand coming off the final curve, but Lagat blew past him in the home-stretch, with Mead in tow.

“When I got to like 50 meters to go, the bear grabbed on my back,” Chelimo said. “I tried pushing but my legs gave up. I didn’t have enough to finish strong, but I made the team and that was the big goal.”

“It was an entertaining race, wasn’t it?” said Dan Browne, WCAP distance running coach. “From a mile to go until the last 800, I was like, ‘Relax, Chelimo, you’ve got to relax.’ I was just concerned that he had done a lot of work – leading the charge – to try and break it up.

“I knew how bad he wanted it because all his other teammates had made the Olympic team,” Browne said. “I could see it in his eyes.”

Spes. Shadrack Kipchirchir and Leonard Korir earned their spots on the Olympic team by finishing second and third, respectively, in the 10,000-meter run July 1.

Army World Class Athlete Program Staff Sgt. John Nunn earned his spot on the U.S. Olympic Team by winning the 50 kilometer Race Walk Trials in January. He won the 20-kilometer race walk at the Olympic Trials as well.

Chelimo, a native of Iten, Kenya, who ran for the University of North Carolina at Greensboro before joining the Army, was just glad to have met his goal.

“It’s always tough for the guy who is trying to cover all the moves,” Chelimo said. “I think that wore me out a bit, but, all in all, my goal was to qualify and call myself an Olympian. Actually, my main goal was to represent the United States, and being an Olympian is the best way



PHOTOS BY TIM HIPPS

Spc. Hillary Bor rejoices with five-time Olympian Bernard Lagat after both qualified for Rio by finishing third and first respectively in the men’s 5,000 meter final July 9.

to represent the United States.”

Bor helped the All-Army Team win the 2016 Armed Forces Cross Country Championship at Bend.

“I was not running when I joined the military, and then I started running for fun just to represent the Army at the Army 10-miler and in cross country,” said Bor, who became a naturalized American citizen in 2013 after graduating from Iowa State University as a four-time NCAA all-American steeplechaser. “Last year is when I thought I had a chance (at making the U.S. Olympic Team).”

In Eugene, Bor waited until the final 800 meters to make his move.

“I didn’t want to follow close to the leader, but I wanted to make sure I had enough space that, when I made a move, that I was able to close,” he said. “The last 200 meters I realized that three of the guys in front of me weren’t moving that fast, so I just tried to push the last 200 meters.”

Bor was not mentioned in most media projections of pre-Olympic Trials favorites to earn berths on Team USA, but he refused to stop Olympic dreaming.

“You always expect, but I wasn’t trusting that I was going to make the team,” he said. “I worked very hard training from 6 to 9:30 a.m., and then I go to work from 9:30 a.m. to 5 p.m. I’ve done that for the last seven weeks when my unit told me to just relax and train for the trials.”

Bor’s resilience paid dividends in Eugene.

“It’s a long process,” he said. “I train with Coach Simmons in Colorado Springs and we started doing long tempo runs and a lot of running. In 2014, I ran 8:38. It wasn’t a good year. Last year, I ran 8:45 – it wasn’t a

SEE OLYMPIC, PAGE D4

Combat medic wins Pat Tillman ESPY award

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

LOS ANGELES — Sgt. Elizabeth Marks does not swim to win medals, reap accolades, or even earn a spot on the U.S. Paralympic Team.

“I don’t chase medals,” Marks said. “I chase experiences. I don’t believe in stepping on a block or training and thinking about an object. I train thinking about friends that I’ve impacted along the way and strangers that I’ve gotten to impact along the way. That’s the real prize. That’s what it’s all about for me.”

Marks recently won four gold medals at the 2016 Invictus Games and has earned a berth in the 2016 Rio Paralympic Games. July 13, she was honored at the 2016 ESPY awards before a national television audience with a Pat Tillman Award for Service.

Marks sustained bilateral hip injuries in 2010 while serving as a combat medic in Iraq, and struggles with vision and hearing difficulties immediately after swimming races. She swims, she said, to help others realize that they too can overcome adversity.

“I wanted to stay active duty because I wanted other people to know, when they got injured, that they had options,” Marks said. “I think I’ve been given a unique perspective in most things in life. I just feel lucky every day. I feel like I wake up and I’m glad I have that day, and no matter what happens, if I swim the world’s slowest time, I would have been grateful to be in the pool.”

Marks realizes what a difference one day can make.

“Last night was a whirlwind,” she said of her ESPY Awards experience. “It was beautiful and humbling. My favorite part was getting to meet Marie (Tillman) and learn more about the Pat Tillman Foundation.

The announcement that Marks had made the 2016 U.S. Paralympic Team came on the four-year anniversary



PHOTO BY TIM HIPPS

Paralympic swimmer Sgt. Elizabeth Marks of the U.S. Army World Class Athlete Program displays her Pat Tillman Award for Service trophy after returning to her seat at the ESPY Awards July 13 at the Microsoft Theater in Los Angeles.

SEE ESPY, PAGE D4

DOWN TIME



Super Crossword WHERE DID IT GO?

- ACROSS**
- 1 Cover again, as a gift
7 Slyly spiteful
12 The "E" of NEA: Abbr.
16 "Hulk" director — Lee
19 R&B singer Keys
20 Degrade
21 Bite-size Nabisco treat
23 Actress Swank comes next?
25 "That's been canceled"
26 Large truck
27 Singer — James
28 Sign of good or ill
29 Disobeys established rules on how to make and serve meat sauce?
37 Shaped like a bagel
38 "What —!" ("How dull!")
39 Ship locale
40 Donkey serving morning meals?
- 45 Biblical land with a queen
50 "Say it — so, Joe!"
51 Cuts into small cubes
52 Chi preceder
55 Landfill woe
56 Classic autos
57 Made in the manner of
58 Hairdo for folks going after prey?
62 Detroit-to-Nashville dir.
63 "Mr. —" (1983 hit for Styx)
66 Ropy
67 Sun blockers worn while on vacation?
72 Ireland's longest river
75 Events for bulldoggers
76 Cut grass
79 Business that makes flag holders?
81 Join together
84 Lion growth
85 "— further review ..."
86 Grassy area
87 In harmony
89 Met solo
90 Must-haves
- 92 Positively charged atom moving very quickly?
97 One may shout "Out!"
100 Brutish types
101 Is defined as
102 Groups with no university teachers as members?
110 Sector
111 Hipsters' talk
112 Roman poet
113 Shrink
115 Thing influencing the decision to use whitewash?
- 123 Aardvark lookalike
124 Bring to mind
125 Bit of ado
126 Part of UCLA
127 Ship's left
128 Keyed in
129 Biting writing
- DOWN**
- 1 Rally cheer
2 — Lilly
3 Wheaton of TV and film
4 Blu-ray player brand
5 Ill from flying
6 Check endorser
7 "Pipe down!"
8 Crunchable muscles
9 Upsilon preceder
10 Mao — -tung
11 "It's true!"
12 Gives forth
13 Quaint paper copies
14 Hazardous
15 Org. in "Homeland"
16 Eatery lure
17 Israeli desert
18 Stupid or thuggish
22 — about (circa)
24 Mime duo?
27 Fancy jug
29 Fishing rowboats
30 Before this time, to bards
31 Royal decrees
32 Abhorrence
33 Fades away
34 Coach Holtz
35 Part of ETA: Abbr.
36 Sedan liquid
37 Some ski lifts
41 Rx org.
42 Bring pain to
43 Neck cover
44 Make a pick
46 Neighbors of Navajos
47 Ideal garden
48 Tennis' Björn
49 Military force
53 Cat sound
54 Really liking
58 "Hiya"
59 — Reader (alternative magazine)
60 De — (anew)
61 Cur's sound
64 Other, to Tomás
65 Great asset
67 Sideways up
68 Dad's bro
69 Wrench, e.g.
70 "This one's —" ("I'll buy")
71 "The battle —"
72 Rotated
73 Expect
74 Emollient plant
76 "Maid" of Robin Hood
77 Kin of leeks
78 Gets off the bottle
80 Faux follower
82 H.S. class
83 Winter mo.
84 San — (Bay Area city)
87 Yemen city
88 "Of course, Señor!"
91 Spanish for "south"
93 Skin feature
94 Grade A item
95 Slice of history
96 "Star Wars" queen
98 Rum cocktail
99 Xanax maker
102 Tennis' Rafael
103 Maine university city
104 Pond creatures
105 Window part
106 Open to view
107 Divided into districts
108 Batting stat
109 Slight fights
114 Enervate
115 "— me go!"
116 It climbs walls
117 Do a floor job
118 "I Like —" ('50s slogan)
119 Abridge
120 Angle lead-in
121 Bobby of the rink
122 Dark deli loaf

TRIVIA

- GEOGRAPHY: Where are the Atlas Mountains located?
- LITERATURE: Who wrote an 1841 essay called "Self-Reliance"?
- AD SLOGANS: Which fast-food company urged customers to "think outside the bun"?
- MUSIC: Which band performed the gender-bending hit "Lola"?
- PSYCHOLOGY: What is the fear represented in panophobia?
- MOVIES: Which movie contains the line, "The problems of three little people don't amount to a hill o' beans in this crazy world"?
- FIRSTS: Who was the first recorded person to swim the English Channel?
- ART: Who painted the 1665 work titled "Girl with a Pearl Earring"?
- U.S. PRESIDENTS: Who were the two presidents whose first names were Andrew?
- FOOD & DRINK: The hybrid Ugli fruit is a cross between which three fruits?

See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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.

See Page D3 for this week's answers.

KID's CORNER

MIX AND MATCH!

Can you spot the two keys that are exactly alike?

Answer: Keys 2 and 8.

ODD WORD OUT!

To the right is a list of five words. Can you figure out which word doesn't belong on the list?

Answer: Rainier. The other words all contain the name of a cereal grain: (1) Corn, (2) Oats, (3) Rye, (4) Wheat.

FIND THE SEVEN WORDS PUZZLE!

In the word square at the right, we've removed six of the letters to spell out the word "STIFLE." See if you can replace these letters in the squares so that you will have four three-letter words across and three four-letter words down. The time limit is 60 seconds.

Answers: (Across) Foo, (Down) Fast, Olio, eery.

Junior Whirl

by Charles Barry Townsend

Illustrated by David Coulson

THE GREAT PUZZLE PYRAMID

Here's a problem that should keep you busy for hours. On our puzzle board, place 14 coins on all of the circles except No. 6. Now, jumping one coin over another along the lines, as you would in checkers, and removing the jumped-over coin, try to remove every coin from the board except one. As an extra challenge, try to leave the last coin in circle No. 6.

Wishing Well®

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

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

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HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

RESILIENCY

‘Whys’ propel DOD Warrior Games athletes through competition, life

By Becky Farmer
For Army News Service

WEST POINT, N.Y. — Watching the wounded, ill and injured service members compete in the eight events at the 2016 Department of Defense Warrior Games, their resilience — their capacity to bounce back and grow from adversity — was evident.

Tantamount to being resilient is the ability to set and achieve goals: for their recovery, in their adaptive sports, and in life. Drawing on one’s personal motivation is a primary tenet of goal setting: a performance skill that includes a seven-step process and is taught by Master Resilience Trainer-Performance Experts with Comprehensive Soldier and Family Fitness, an Army program that builds resilience and enhances the performance of Soldiers, Army civilians and their families.

To make it all the way from injury to competing in the DOD Warrior Games, athletes must set and achieve myriad goals, and it’s easy for anyone to lose motivation along the way. That’s why A.J. Pacheco, an MRT-PE and mental skills coach for the Army’s Warrior Games swimming team, asked each of his athletes to identify their “why” — their individual, personal reason for continuing their journeys of recovery, as well as competing in the DOD Warrior Games.

“I found pictures that summed up the athletes’ ‘why’ statements, or rephrased them in a positive

way,” Pacheco explained. He then put the phrases and pictures together in a format similar to that of a meme, laminated them on hand-held cards, and gave them to his athletes so they could keep their whys close at hand.

“My why is to prove my self-worth. A lot of people didn’t think that I could make it here. Swimming is not my strong sport,” said Army veteran Brandi Evans of Fort Bliss, Texas, who also competes in cycling, sitting volleyball, track and wheelchair basketball.

“People tell me I have good technique, but personally I’m not comfortable in the water. (Pacheco) helped me with some breathing skills and just trying to refocus, and I just chose self-worth to prove that I could do it.”

Childhood left Army veteran Eric Pardo with the mindset that he was a loser, and that he wasn’t “good enough” in general.

“Around age 8, I was told I was dumb, but it turned out I just needed glasses,” explained Pardo. Subsequently, he started getting good grades. “There was a lot of respect and love I didn’t get as a kid, but I didn’t know any different.”

Despite his success in the classroom, his mindset of being a failure continued into high school. As a freshman, Pardo was recruited by the high school cross country coach, which began his sports career. He went on to compete in baseball and volleyball, as well.

“My whole high school career, I didn’t get higher than a bronze. I was slow compared to the elite



PHOTO PFC. TIANNA S. WILSON

Army Veteran Eric Pardo of North Bergen, New Jersey, competes in the individual compound open category of the 2016 Department of Defense Warrior Games, in Gillis Field House at the United States Military Academy at West Point, New York, June 17.

guys. Even though I was faster than most of the competitors, I didn’t see myself as a winner, I was still a failure. I just thought that I was not good enough,” Pardo admitted.

After high school, Pardo joined the Army, where his 12-minute 2-mile run time put him a full minute faster than the Army’s physical fitness test requirement. He became a decorated combat medic with airborne, air assault, and earned three expert combat medic badges. Still, when he joined a light infantry battalion, his felt like his three badges paled in comparison to the five that other Soldiers had received, like the Ranger tab and expert infantryman badge.

Eventually, the injuries he sus-

tained while deployed, including injuries to his ankle, left knee and bulging disc, compounded with traumatic brain injury and post-traumatic stress, resulted in Pardo being medically retired from the Army. Among his limitations, he could never run again.

Upon entry in his Warrior Transition Unit, Pardo learned about adaptive sports, including the opportunity to compete in the DOD Warrior Games. During the Army Trials at Fort Bliss earlier this year, Pardo was one of the athletes asked by Pacheco what his why is.

“I didn’t expect (Pacheco) to take what I said, feel what I felt and come up with this mantra. It was life-changing,” said Pardo, as he described the moment when

Pacheco returned toward the end of the Army Trials with a photo of a lion and the caption.

“I’m coming for everything they said I couldn’t have,” Pardo continued, “I was completely broke. I had no words to express my awe. I sat down. I kept looking at it — he went above and beyond to understand me. I’m forever changed because of his thought process.”

After receiving his card, Pardo thought, “How am I going to incorporate this into my life?” He decided to help out his fellow archers, one of whom, 1st Lt. Michael Matthews, earned the gold medal in the individual compound category of archery at the DOD Warrior Games. Overall, the compound team, including Pardo, earned second place at the games.

Pardo has used his mantra in and out of competition. At the Army Trials in March, he took home three gold medals, two silver medals, and one bronze medal overall. At the DOD Warrior Games he earned a silver medal. The lion is on his smart phone, so Pardo has it with him at all times.

“I see it every day. I’m a better archer. I am more calm when stuff goes wrong in my life. I meditate on that mantra,” Pardo concluded.

CSF2 has Training Centers across the Army, staffed with personnel who can help you or your organization find your motivation so you can perform better in whatever your mission is. Visit <http://csf2.army.mil/training-centers.html> for more information.

Soldier uses brains, brawn to win bodybuilding competitions

By Maj. Karen Roxberry
For Army News Service

SCHOFIELD BARRACKS, Hawaii — If you’re thinking about competing in bodybuilding, you’re going to need more than barbells and your favorite bench at the gym.

“Working out is the fun part,” said CW2 Sean Aikman, a native of Schertz, Texas. “But you have to have nutrition discipline, planning and a pure love for the sport.”

Also, if you think bodybuilders aren’t academics, think again.

“Bodybuilding has led me to pursue my bachelor’s degree in exercise science,” said Aikman, who is assigned to 2nd Battalion, 11th Field Artillery Regiment, 25th Infantry Division Artillery as a target officer. “Now I am a graduate student working on my degree in human performance because of my passion for the sport.”

A certified personal trainer, Aikman has competed in four bodybuilding competi-

tions. He placed first in the novice category for the World Natural Bodybuilding Federation during the International Natural Bodybuilding Federation Polynesian Muscle Mayhem at the Hawaii Fit Expo in Oahu, Hawaii in June.

Aikman lifted weights in the offseason to keep up with larger physique football players while he was in high school.

Aikman said that he starts identifying competitions six months ahead and really begins his training plan 10 to 12 weeks out.

“I like a slower progression than others who start their training plan four to six weeks prior,” he said. “I take it slow and don’t degrade myself.”

Armed with research and a plan, Aikman’s weekly workouts to prepare for the Hawaii Fit Expo were grueling and consisted of combinations of lightweight with high repetition exercises and heavy weight with low repetitions.

“I concentrated on both the concentric and

eccentric movements of each exercise and I isolate muscle groups throughout the week,” said Aikman.

He had a work out plan for everyday of the week. Aikman says even Sundays were not spared and he would often do extra cardio on that day.

Although bodybuilding is an individual sport, Aikman did not train alone. Staff Sgt. Russell Barker, a targeting NCO also attached to 2nd IBCT, trained with Aikman consistently and said he now plans to compete next year.

“I have always had an interest in weightlifting, trying to get bigger and stronger,” said Barker, a native of St. Petersburg, Florida. “But after meeting chief, he showed me the educational perspective on bodybuilding.”

Similar to his approach to working out, Aikman uses planning and research for his nutrition. Aikman’s meals are evenly portioned and weighed. He also drinks at least a gallon of water a day.

“My nutrition plan is much more detailed but may not be suitable for most,” said Aikman. “It generally consists of lean meats such as chicken breast, fish and ground turkey with sweet potato, brown rice or oats and, of course, all green vegetables with fruits.”

Prior to getting on the competition stage, Aikman experiences a whirlwind of emotions. Backstage is buzzing with other competitors trying to get more vascular and finalizing their last minute preparations.

“As soon as you get on stage, time just stops,” said Aikman. “It’s the longest 90 seconds of my life.”

For Aikman, posing on stage is actually one of the hardest workouts.

“You are flexing every muscle in your body, trying to look calm with a smile on your face,” he said. “Every muscle in your body is shaking because at that point your body is so tired already from all the training you have done.”

FORT RUCKER SPORTS BRIEFS

Youth football, cheerleading registration

Fort Rucker Child, Youth and Schools Services Youth Sports football and cheerleading registration runs now through Wednesday. 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 255-2997.

Super Crossword

Answers

REWRAP	CATTY	EDUC	ANG
ALICIA	ABASE	MINIO	OREO
HILARY	ENSUES	ITSAN	OGOG
SEMI	ETTA	OMEN	
DEFIEST	THELAWS	OFGRAVY	
TORIC	ABORE	SEA	
BREAKFAST	BURRO	SHEBA	
AINT	DICES	PHI	ODOR
REOS	ALA	HUNTING	PERM
SSW	ROBOTO	STRINGY	
OUTOFTOWN	VISORS		
SHANNON	RODEOS	SMOW	
POLECOMPANY	WED	MANE	
UPON	LEA	ASONE	ARIA
NEEDS	SPEEDING	GCATION	
UMP	OGRES	MEANS	
NONPROFORG	ANIZATIONS		
AREA	JIVE	OVID	
DOWNSIZE	LJMING	FACTOR	
ANTEATER	EVOKE	FLURRY	
LOS	PORT	TYPED	SATIRE

Weekly SUDOKU

Answer

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

Answers

- Northwest Africa
- Ralph Waldo Emerson
- Taco Bell
- The Kinks
- Fear of everything
- “Casablanca”
- Capt. Matthew Webb
- Johannes Vermeer
- Andrew Jackson and Andrew Johnson
- Tangerine, orange and grapefruit

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Olympic

Continued from Page D1

good year. And, coming in this year, I was actually scheduled to deploy with my unit, but my (Army) brothers deployed instead of me.

“That changed my mindset, that I needed to work

out, because you don’t take anything for granted,” Bor added. “I started training hard and I realized that I had a chance.”

Bor said he would not have been competing in Eugene if wasn’t a Soldier in the Army.

“It’s a privilege,” he said. “I can’t believe I’m going to

the Olympics. My body is still trembling. It’s exciting.”

Bor has time to improve before toeing the line in Rio de Janeiro.

“We still have one month now to get ready,” he said. “I don’t think I’m in as good shape as I wanted to be, so hopefully things are going to be better.”

ESPY

Continued from Page D1

sary of her being named fit for active duty by a medical review board.

“I had to fight very hard to be found fit for duty to stay in the Army,” Marks said when she was officially named to Team USA. “I fought very, very hard for it.”

All of her achievements – the paralympics announcement, the fitness active duty anniversary, her Invictus Games victories and her Pat Tillman award – are the culmination of four years of hard work. Nevertheless, Marks is eager to direct the attention away from herself.

“My credit goes to my love for the Army, as well as my brothers and sisters that stand beside me and behind me the whole way,” Marks said. “They have supported me wholeheartedly through the entire process from day one when I did

my first competition and learned that I loved swimming until I competed in the Paralympic Trials.”

At the ESPY Awards, Marks’ message was received loudly and clearly.

“I want to say ‘thank you’ to the men and women that are serving, to the families that serve alongside them,” she said. “Mostly, I want to say ‘thank you’ to my wounded, ill, sick and injured service men and women all over the world. When I came off life support, you sent me messages of encouragement and love and you didn’t even know me. I want to say ‘thank you,’ and I hold you dear to my heart.

“I will do everything I can to bring home the gold from Rio and it will be because of you. We did this, and anything else from here on forward I will consider a testament to your craze, your love and your affection. And I will leave you with

this: if you’re struggling, if you’re hurting – whether it’s mental or emotional – if ever you think you’re alone, you’re not. And if ever you think no one cares, I do. Please come join me behind the blocks.”

Marks received a standing ovation after her speech, but just prior to receiving the award, she had expressed doubts that she was worthy of it.

“I was in shock when I received the news, and I called my dad because I couldn’t really process it,” she recalled before actually receiving the trophy. “I said, ‘Dad, I won an ESPY and it’s the Pat Tillman Award. He started ranting and raving and said, ‘Do you know what that is, baby?’ I knew who Pat Tillman was, but I didn’t know what ESPYS were.”

Her father, James Marks, who turned 66 on the eve of the 2016 ESPY Awards show, served in the Marine Corps during

the Vietnam War.

“He said to me, ‘I’m always proud of you, baby girl, and I always will be,’” Elizabeth said. “He said, ‘Good job.’ My dad is the kind of man who I could make him a snowman out of mud and bring it to him and he would be just as excited as me winning a gold medal.”

Marks admitted beforehand that she had little idea what to expect during one of the most exciting nights of her life.

“I don’t know anything about other athletes,” she said. “I know almost nothing about sports. I think that it helps that people are people – we’re all human beings – and I think having genuine encounters is very important.”

At the Microsoft Theater in Los Angeles, Marks found that she felt right at home with hundreds of the greatest athletes in America.

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