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# ARMY FLIER

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

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## OUTPOURING OF SUPPORT



PHOTO BY DAVID AGAN

The Landing was packed to standing-room only capacity Monday evening as some 800 people were sent there as the overflow location after the post theater filled up. People at The Landing watched the happenings of the listening session in the theater on a screen in the facility.

### Wiregrass voices support for Aviation, Fort Rucker

By Jim Hughes  
Command Information Officer

The Army sent a team to Fort Rucker Monday to hear from the local communities on what the impact would be if the service implemented planned reorganization of its force structure to meet the requirements set by the Budget Control Act of 2011. The Wiregrass responded in force.

More than 1,600 political, business and civic leaders, along with citizens from the local communities flooded Fort Rucker to show their collective support for what many throughout the night deemed the “pulse” of the Wiregrass.

Before it makes a final decision on how it will meet the cuts required, the Army is sending a team to a total of 30 installations to get input from the various communities on how planned cuts might affect the ar-

eam. Team member Col. Karl Konzelman said, in a worst-case scenario, Fort Rucker could lose about 2,500 personnel — a mixture of military and civilian positions — and take a budget hit of \$600 million, which officials estimate would reduce the number of Aviators trained at the post from 900 to 600.

“The Pentagon is a long way from Fort Rucker. We’ve got the facts — we know how many buildings there are and how many ranges there are,” said Brig. Gen. Roger Cloutier, the Army’s team leader. “What we want is context — we want to get the story from the community.”

More than a hundred people stepped up to the microphones in the theater over the next three hours to tell the team what Fort Rucker means to the area, including local businessman Charles Nailen.



PHOTO BY JIM HUGHES

A speaker expresses her support for Fort Rucker and her opinion of the Army’s planned reorganization of its force structure to meet the requirements set by the Budget Control Act of 2011 during a listening session Monday in the post theater.

“I’m all in ... all in, in a lot of ways,” he said to the panel. “Fort Rucker touches my business ... but businesses are made up of people and it will be people that lose jobs. I would say to you as you take comments

back to your leadership, if you remember nothing else about Fort Rucker, remember it is unique ... unique in a lot of respects.

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PHOTO BY NATHA PFAM

UH-60 Black Hawks prepare to take off after dropping off students of the U.S. Army Ranger School at their designated locations during a training exercise at Eglin Air Force Base, Florida, Feb. 19.

## THE REAL THING

### Aviators train, support ground forces

By Nathan Pfau  
Army Flier Staff Writer

UH-60 Black Hawks swoop down kicking up dust and debris in all directions as Ranger candidates jump out to the ground to tackle their next mission in the woods of northern Florida.

That’s just one event in the training that the 1st Battalion, 212th Aviation Regiment’s Class 15-920 conducted Feb. 19 with the U.S. Army Ranger School in a full, student-led mission training exercise that involved more than 10 Black Hawks, dozens of Ranger candidates and multiple flight hours.

During the training exercise, Fort Rucker flight students had to conduct an air assault operation where they flew in formation to a designated pickup zone to transport Rangers to a desig-

nated drop-off point marked by smoke flares.

“We’ve been coordinating with the Rangers, and we’ve trained our students on not only how to fly, but how to tactically employ the Black Hawk,” said David Kober, E Company, 1st Bn., 212th Avn. Regt. tactical operations officer, operations officer and instructor pilot. “They’ve planned the mission, they’ve given mission briefings, given the update briefings, and now they have to go ahead and move down to Eglin Air Force Base (Florida) and move all the Rangers to allow them to conduct their mission. Our guys get to fly with personnel in the back of the Black Hawk and actually do a full-blown mission.”

This type of training is the epitome of what Aviation is about, and ce-

ments the bond between Aviation and the ground forces, said Capt. Kenneth Dougher, E Co., 1st Bn., 212th Avn. Regt., company commander.

“That bond between infantry and Aviation is important — it starts here,” he said. “We focus on the base tasks at flight school, but this allows the students an introduction into mission tasks and what they may see out in the units.

“The main purpose of this training is to support our brethren. The whole reason that Aviation exists is to support our ground forces,” Dougher continued. “We also want to expose and maximize the training we have here, so we want to expose the flight students to what its like to actually be a UH-60 driver and pick up those individuals in

SEE TRAIN, PAGE A5

## Campaign seeks to raise funds for AER

By Nathan Pfau  
Army Flier Staff Writer

After raising more than \$122,000 during last year’s campaign, the Army Emergency Relief fundraising campaign is gearing up to help Soldiers help Soldiers.

The 2015 AER fundraising campaign will run Sunday through May 15, with a kickoff celebration at the Army Aviation Museum March 4 at 2 p.m. as a way to reach the primary goal of 100 percent contact with all active-duty Soldiers, along with retirees and their family members, said Capt. Skylar Emery-Munn, AER campaign coordinator.

The mission of the program is to be able to help Soldiers who are in need, not just by providing funds, but by providing awareness of the program and showing what AER and Army Community Service have available to them, he said.

“By having Soldiers helping Soldiers, it allows AER to best utilize the funds that they raise,” said Emery-Munn. “It’s a good way for Soldiers to help the person to their left and right. A lot of the people who come in and use AER aren’t always necessarily the junior Soldiers, so a lot of (higher-ranking) Soldiers have used the program and know what it’s like to have to go through hard financial times.”

Throughout the campaign period, fundraising events will be held to not only raise money for the campaign, but promote awareness, said the campaign coordinator.

One of the most popular events held throughout the campaign season is the Army Aviation Center Credit Union Golf Tournament to benefit AER, which normally raises about \$15,000 for the campaign every year.

“Each year, Army Aviation Center Federal Credit Union helps out by providing the golf tournament for the campaign, and it’s always really appreciated,” said Emery-Munn. “They could easily be using that money to make themselves money,

SEE CAMPAIGN, PAGE A5

# PERSPECTIVE

## CID cyber tips: Protect your online identity

By Army Criminal Investigation Command  
Public Affairs

QUANTICO, Va. — Now more than ever, Soldiers, Army civilians, and Family members rely on the Internet to work, study, stay connected with Family and friends, pay their bills or simply unwind.

For criminals, the Internet provides an endless stream of potential targets to be victimized.

The U.S. Army Criminal Investigation Command continually receives various reports ranging from identity theft to Internet scams, perpetrated by cyber criminals operating throughout the world. Law enforcement's ability to identify these perpetrators is difficult and limited, so individuals must stay on the alert and be personally responsible for their online presence to protect both themselves and their loved ones.

As such, CID offers the following information to help the greater Army community protect themselves online and significantly reduce the chance of becoming a victim of cyber crime.

### Online

- Know the terms on social networking websites. Facebook, Twitter, LinkedIn and other social networking sites privacy settings default to everyone. This means anyone can view your profile, not just people you know. Users can and should change this by accessing the Privacy Settings/Profile Information usually found under the respective Account tab.
- Sample social networking safely. Never disclose private information when using social networking websites. Be very selective about who you invite or accept invitations from as cyber criminals use false profiles to gain access to personal and private information, such as birthdates, marital status and personal photographs. Posts containing personal identifying information, including pictures containing metadata, can be used against you and your Family.
- Click with caution. Always use caution when clicking on links in an email or a social networking post, even from someone you know. Reports of personal social networking accounts being hacked and taken over by criminals have increased in recent years. Clicking on a link that appears to be benign in nature may in fact contain embedded malware that can compromise your computer. Once compromised, the data on your computer can be exploited and even your computer can be remotely operated as a surrogate in online attacks against others.
- Hide your profile from search engines. This can be accomplished by going to the Account/Privacy Settings/ Search and unchecking the "Public Search Results" box. This will remove your public preview

from Google, Bing, and Yahoo search returns.

- Prevent people from "tagging" you in photos and videos. To do this, go to the Account/Privacy Settings/Profile Information/Photos and Videos of Me and deselect the everyone default.
- Keep your personal information safe. Don't provide personal or financial information, user names, or passwords in response to an email, because legitimate companies generally don't seek such information in this manner.
- Install/update your anti-virus/firewall software. Antivirus and firewall software is a must for anyone to safely navigate online. Always keep your security software up to date in order to provide the most complete protection from malicious programs as thousands of new viruses are detected every year. Also, ensure your antivirus software program updates automatically and scans your computer on a recurring schedule.
- Use free antivirus support from United States Army Computer Emergency Response Team. Current Department of Defense employees (excluding contractors, retirees, and family members) with an active AKO account can download antivirus software for free by logging in to the ACERT website at <https://www.acert.lsticcmd.army.mil/> and selecting the Antivirus link.

### Mobile devices

- Know your Apps. When signing up with an app store or downloading individual apps, you may be asked for permission to let them access information on your device. Some apps may be able to access your phone and email contacts, call logs, Internet data, calendar data, data about the device's location, the device's unique ID and information about how you use the app itself. If you're providing information when you're using the device, someone may be collecting it.
- Passwords protect all devices. The time to safeguard the information on your portable electronic device is not after it has been lost or stolen. Ensure all portable electronic devices are properly password protected, especially any device with personal communications account information – email, Facebook, Twitter, LinkedIn, etc.
- Brick a stolen device. In recent years, roughly 40 percent of all robberies now involve smart phones and tablets, thus endangering the security of the personal information on the stolen devices. If a person's smart phone is lost or stolen, they may now contact the carrier and ask to have that device remotely disabled. These bricked phones are of little or no use to thieves because they can't be reactivated after being sold on the black market.



ARMY GRAPHIC

### Where to go for help

If you are a victim of an online scam where the likeness of a U.S. Soldier was utilized – false social media or dating profiles, photographs, etc. – with no further Personally Identifiable Information disclosed, the following actions should be completed as soon as possible to assist law enforcement.

- Report the theft to the Internet Crime Complaint Center, which is an FBI-NW3C Partnership. It is available online at <http://www.ic3.gov/default.aspx>.

If you suspect you are a victim of identity theft, you should report the crime to the FBI IC3, as well as report the theft to the Federal Trade Commission. Your report helps law enforcement officials across the United States in their investigations.

It is available online at <http://www.ftc.gov/idtheft>.

You can also call them at 1 (877) ID-THEFT (438-4338) or TTY, 1 (866) 653-4261.

You can mail in a complaint at: Identity Theft Clearinghouse, Federal Trade Commission, Washington, DC 20580

CID strongly recommends that Soldiers, civilians and Family members who have information of any known crime committed by a Soldier or a crime that occurred on their respective post, camp or station to report the incident to their local CID office or email CID at Army.CID.Crime.Tips@mail.mil.

## Rotor Wash

“Fort Rucker’s spring outdoor yard sale and flea market is Saturday from 7-11 a.m. at the festival fields. What are the benefits of shopping local yard sales and flea markets?”



2nd Lt. John Kim,  
D Co., 1st Bn.,  
145th Avn. Regt.

“It’s more convenient to get items within the neighborhood and you don’t have to drive that far. Yard sales and things usually consist of household goods, so if you’re in need you can just travel that short distance and get what you need.”



1st Lt. John Woods,  
D Co., 1st Bn.,  
145th Avn. Regt.

“Prices are cheaper and you can get really unique, eclectic stuff.”



2nd Lt. McKenzie  
Hudgins, D Co., 1st Bn.,  
145th Avn. Regt.

“For somebody like me who is kind of new to the Army, it’s good because there can be lots of old gear and things and cheaper furniture that you can buy.”



W01 Mandi McClure,  
B Co., 1st Bn.,  
145th Avn. Regt.

“You’re not paying full price and you’re helping out your community and the families that live here.”



Angela Simms,  
military spouse

“I personally love seeing all the small businesses that are out. I have seen so many things like handmade scarves and wreaths that I know I would not be able to find anywhere else. It’s the perfect way to build up and support community.”

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# Program seeks to ease impact of deployments

By Jim Hughes  
Command Information Officer

The facts of life for military children include times when the nation calls, and their Soldier mom or dad must pack up their gear and head out on deployment many miles away.

The Fort Rucker Primary School staff realizes military children deal with special challenges and hosts a deployment club to help ease the burden the nation puts on military children and their parents, according to Dr. Debbie Deas, principle at the school.

Children identified as having a deployed parent are welcomed into the club that meets each week throughout the year to make arts and crafts and talk about issues with the two primary volunteers for the effort, Rene Hammond, guidance counselor at the school, and Yvette Esteves-Hurst, Spanish teacher at the school.

"We feel it is important to be a part of the community, and to support our parents and the students when they're experiencing a deployment. It also lets the Soldier who is deployed know that he has a connection with us," Deas said. "It just provides (the children) an additional layer of people, so that they know that they are loved and wanted, and they have someone to speak to if they need extra support."

But the program is for the parents, too, as evidenced by the club's culminating event, a deployment tea, which took place Friday at Corvias'Allen Heights Neighborhood Center — no children allowed.

"This is time for them," said Esteves-Hurst about the 10 parents invited to the deployment tea, including two Soldiers recently returned from deployment. "It's



Yvette Esteves-Hurst, Spanish teacher at Fort Rucker Primary School, shows the personalized crafts Staff Sgt. Mario Balanta-Cruz's child made him at the school's deployment tea Friday.

an honor and a privilege to work with military children. Fort Rucker Primary School is a great place for children to grow."

Throughout the year, Esteves-Hurst and Hammond send the arts and crafts the children make, along with care packages with food and other favorites, to the deployed Soldiers, along with an email newsletter updating the parent on what has been going on at the school and a photo of their

child.

"They love that part," Esteves-Hurst said. "It's voluntary for us. But it's a need — we are in a military community. Those children need it — extra time to feel special ... and they like it."

Hammond agreed.

"Everything we do at Fort Rucker Primary School, we do collaboratively," she said. "And so we work together to make it happen, not only for the children,

but the parents also."

One of those parents, Darlene Shannon, is thrilled with the program.

"I love it because the kids stay involved and learn things," she said. "They are able to send things, and I know my husband loves getting things. He actually stops production in the office when he gets an email (from the school) — everyone stops and comes over and sees what the email is about.

"They do such a good job at the primary school — always something," Shannon added. "They're always keeping you updated on what your kids are doing. And the kids are always excited about doing the projects and showing their parents what they're doing at school."

At the tea, the parents were treated to a slide presentation recapping all that went on with the club throughout the year — including Operation Celebration around Christmas when the entire school got together to make crafts and care packages for the entire units of the deployed Soldiers. The tea also included food and, of course, tea, along with care packages for the parents that included gifts from Military OneSource, Corvias, tickets to a circus in the area and personalized crafts made by their children.

"I really want to thank Lisa Patrick from Corvias — she does so much to help us with this," Esteves-Hurst said.

And, in turn, the parents thanked the volunteers from the school.

"I think it's a great program. My children enjoy being involved in it," Paula Olson said. "Their father loves getting emails and packages and things they send. It's nice to have more than just the connection that I'm trying to keep up with him, but having the school help with the connection with their dad while their dad is gone is very nice."

"It's a wonderful program and I'm very glad that they have it available to us," Shannon added. "Everybody involved with it at the school is wonderful."

And that's music to the ears of those who make it happen.

"We are thrilled to be able to have a part in their lives," Deas said.

## Event encourages students to think positive, shine during testing

By Jeremy Henderson  
Army Flier Staff Writer

"Change your attitude and your behavior will follow" were the words students and teachers repeated in unison during Fort Rucker Elementary School's Time to Shine rally Friday.

The event celebrated its third year of celebrating student achievement and bolstering spirits as FRES enters a week of standardized testing.

"This is the third year we've done the Time to Shine rally," Vicki Gilmer, FRES principal, said. "The kids have great attitudes. They are really high-performing students. We always score well above the national average. This is really our way of thanking them. They've worked hard all year and this is how we celebrate."

And celebration was definitely in order. The students were treated with a performance from The Encores from Enterprise High School for the third consecutive year and a special musical performance from a small group of their peers, which included a parody of the popular Meghan Trainor song "All About That Bass."

"It is designed to fire the kids up about standardized testing next week," Gilmer said. "Instead of building up to a stressful event, we help them think of it as a time

to show off — to show everyone how much they've learned. The kids love it, they really do. It sets a good tone for the week ahead."

George Scott, Enterprise State Community College professor and Fort Rucker Elementary School alumni, served as the event's guest speaker and encouraged students to adopt a positive attitude for all challenges.

"Think about that," Scott said. "If you have the right attitude, you can accomplish anything. But if you have the wrong attitude, there is nothing your teachers can do, your parents can do, or you can do to be successful. You must have the right attitude."

Scott opened his speech to the students with an inspirational quote from Thomas Jefferson, principal author of the Declaration of Independence and third president of the United States. "Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude," he said.

"Life is a series of options," Scott said. "We make choices every day that impact each day and the future. Attitude is a choice. We also have belief."

"In life, there are going to be obstacles," he added. "Your attitude determines how you respond to those obstacles. Your atti-



Fort Rucker Elementary School students perform a parody of Meghan Trainor's "All About That Bass" during Friday's Time to Shine rally.

tude and approach to life is the difference between just being and being successful."

After completing his education at FRES, Scott moved to Enterprise High School, Southern Mississippi and a stint as a professional basketball player overseas.

According to Gilmer, the rally is instrumental in encouraging students to adopt a positive attitude and shine during each

year's standardized testing.

Where did the idea originate?

"It was actually an idea from our counselor, Mr. [Dane] Pridgen," Gilmer said. "He wanted to do something new. It always seemed we would go into the testing week and the students would be stressed. We wanted to find something to help lift their spirits and help them relax."

## News Briefs

### AER kickoff

The Army Emergency Relief fundraising campaign kickoff event is scheduled Wednesday from 2-3 p.m. in the U.S. Army Aviation Museum. For more information, call 255-2341.

### Power outage

The Fort Rucker Directorate of Public Works reports there will be a post-wide power outage March 8 from midnight to 6 a.m. — a total of five hours, given the Daylight Saving Time time change. The outage is required to allow Alabama Power to make required maintenance and repairs on the electrical distribution system. The outage will affect the entire cantonment area, including the main post, Lowe Field, Hatch Field, Hanchey Field, Knox Field, Ech Field, the Lake Tholocco area and family housing. In the event of inclement weather preventing the maintenance, the outage will be rescheduled for March 21 from midnight to 6 a.m.

For more information, call 255-3784.

### Spring forward

It's that time of year again — people should set their clocks ahead one hour March 8 at 2

a.m. for Daylight Saving Time.

### Extravaganza at thrift shop

The Fort Rucker Thrift Shop will host a home-based business extravaganza March 6 from 10 a.m. to 2 p.m. The event offers spouses a venue to showcase items at no charge to them. The thrift shop will be open, as well, and offer a 50-percent discount on white-ticketed items.

The thrift shop has awarded more than \$150,000 in scholarships and more than \$250,000 in grants over the years. The shop will roll out a few new programs soon: a teachers grant program, and Honoring Wiregrass Warriors/Heroes. Grants have been awarded to schools, Scouts, organization days, Operation Santa, holiday food programs, Wounded Warrior Project, and Family and Morale, Welfare and Recreation programs.

### Supply support activity inventory

The Fort Rucker Logistics Readiness Center Supply Support Activity in Bldg. 1212 will conduct a wall-to-wall inventory March 23-27. During this period, the SSA will only accept emergency requisitions. Normal operations will discontinue at 4:15 p.m. March 20.

Officials expect to resume normal operations March 30. Customers will be notified by the accountable officer.

For more information, call 255-9504.

### AER scholarship applications

Army Emergency Relief is running its scholarship application period through May 1. AER supports both the Spouse Scholarship Program, as well as the Maj. Gen. James Ursano Scholarship Program for dependent children. In 2014, 47 children's scholarships totaling \$105,400 and 18 spouses' scholarships totaling \$25,250 were awarded in the Fort Rucker area. Scholarship specifics and applications are available on AER's website at [www.aerhq.org](http://www.aerhq.org).

For more information, call 255-2341.

### 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.

### ID card appointment system

Mondays, Wednesdays and Fridays from

7:45 a.m. to 3:45 p.m., the ID card service, located in Bldg. 5700, is available to people by appointment only to better serve the community and alleviate some of the long waits that people experience when getting their ID cards, according to military personnel division officials. If necessary, people will still be able to get their ID cards as a walk-in customer on Tuesdays and Thursdays from 7:45 a.m. to 3:45 p.m.

To make an appointment, people can visit <https://rapids-appointments.dmdc.osd.mil/appointment/building.aspx?BuildingId=876>.

When visiting the website, people can choose their desired appointment date by looking at the calendar that is available on the site. Days shown in green mean there are appointments available for the day, and days shown in grey mean there are no appointments available for the day.

People need only to select their desired appointment day, the time they wish for their appointment, and then fill out the necessary information on the screen. After their information has been submitted, a confirmation email should be sent to the address provided to confirm the appointment.

For more information, call 255-2182.

# Schools welcome military students

By Nathan Pfau  
Army Flier Staff Writer

With frequent moves and parents who often work non-traditional hours, military children experience their own stressors, and that's why local school officials are doing what they can to make sure students of military families feel welcome.

In a partnership between Fort Rucker and Enterprise City Schools, Kim Kozel, Fort Rucker Youth Education Support Services school liaison officer, and Christie Faulkner, military family support liaison for Enterprise City Schools, teamed up to make sure new students of military families come into a nurturing environment with a welcome celebration for students across Enterprise elementary schools.

One such welcome took place at Rucker Boulevard Elementary Friday where 35 new military students were treated to cookies, juice and a free book donated by Blue Star Families.

"We've been having military socials for our military students for quite some time, but this is the first year we've done a newcomers' social, which is just for our new military students who are new to the school and new to the community this year," said Faulkner. "We're doing this to help them transition into the school and feel welcome, because it's important to make these children feel welcome and happy."

The children ranged from first to sixth graders and each was allowed to choose a book appropriate to their age level. On top of that, they were each gifted a camouflage book bag filled with goodies, coupons and items associated with the military.

"We're excited that their family is here in Enterprise and that their family chose our city to live in, so we just want to make sure that all of their needs are being met," said Faulkner. "When a student feels good about themselves and they're happy where they are, they're going to be able to succeed."

That success is dependent on a partnership between Fort Rucker and the surrounding communities to work together to make sure these students and families are



PHOTOS BY NATHAN PFAU

Kim Kozel, Fort Rucker Fort Rucker Youth Education Support Services school liaison officer, passes out cookies to military students at Rucker Boulevard Elementary School during a welcome celebration Friday.

taken care of, said Kozel.

"Fort Rucker's support is important," she said. "When families first get here, it's a really chaotic time with getting the kids in school or the parents starting their new jobs and just getting everybody situated, but I know the support helps the families to get acclimated and helps them get situated."

"This allows the parents to focus on their job knowing that their children are taken care of," Kozel continued. "I think it's also important that the school systems know that Fort Rucker appreciates their efforts and are there to help."

That support wouldn't be available without the help of people like Faulkner, who takes a personal interest in each child that comes through the system, said Kozel.

"She meets with every elementary

school student upon arrival and checks in with them periodically to make sure they are doing OK," she said. "She also works with the families, which I think is an important part, especially upon arrival. That's a special perk that Christie is here to provide that kind of support and I think it helps tremendously with helping them get into the swing of things."

Faulkner said a personal connection like that is important for military children because they can be so used to moving from school to school that it can become overwhelming. She makes sure to build a relationship with that student, so if that child needs someone to lean on, she will be there.

"I just want to be there to say, 'Hey, I just want to introduce myself to you and let you

know if you need anything that you can come see me, just tell your teacher that you need me and if there's anything that I can do for you, I'll help you out.' If they're having a rough day or just want me to come eat lunch with them, I'll be there for them," she said. "Most of the time the kids are great, but every once in a while you have a child who is just having a bad day or is really homesick, so that's when you feel you've caught them at the right moment to help them out."

In addition to making the military students feel welcome at Rucker Boulevard Elementary, Kozel and Faulkner have welcomed students at Harrant Creek Elementary School, and plan to visit at least three other elementary schools in the coming weeks.

## Soldiers: Bystanders need to protect victims of sexual predators

By David Vergun  
Army News Service

WASHINGTON — Victims of sexual assault who reported what happened faced disbelief and retaliation from others, according to five Soldiers who spoke to dozens of general officers, including the Army chief of staff.

They spoke at the "Survivor and Bystander Experiences: Retaliation and the Break of Trust" panel the 2015 Army Sexual Harassment/Assault Response and Prevention Summit Feb. 18 in Washington.

Although more and more Soldiers are feeling confident to report sexual assault and harassment, and the number of assaults are going down, challenges still remain and "the predators need to become the pariah, not the victim," Army Chief of Staff Gen. Ray Odierno said during the summit before the panel.

There are NCOs and officers who still don't know what behavior is acceptable and what is not, Odierno said. The changing culture needs to begin with them and there needs to be conversations about it all the way down to the lowest levels.

The following are some of the stories of the victims, minus the graphic details.

### Overseas in harm's way

Upon arriving in Afghanistan, a married female specialist said her worst fears were getting shot at by insurgents. Little did she realize, she said, that she would be harassed day after day and then assaulted by her staff sergeant.

After this went on for a long time, she mustered the courage to tell her squad leader everything that happened, expecting him to elevate her concerns up the chain of command.

Instead, she said, he told her "let's squash this," so the perpetrator doesn't get in trouble. At that point, she said she lost faith in her leadership.

Eventually, another Soldier advised her to see the brigade SHARP representative, which she did. Word quickly spread throughout her company that she was a snitch, she said.

When she returned to a new unit stateside, she was approached by Soldiers she had never met who called her a snitch and a whining victim. The word had spread. The effects on her were devastating from emotional, mental and physical aspects, she said.

Her perpetrator, incidentally, was her own battalion SHARP representative.

### Social media assaults

A female senior NCO was repeatedly humiliated, and sexually harassed online in blogs and forums, by Soldiers she knew and some who remained anonymous.

She explained what it means to be assaulted online. It is not just comments, she said. Soldiers post memes, which are "poignant and powerful messages."

Memes are images or graphics of people, usually accompanied by a few words, she explained. Memes are usually positive, with inspirational messages. However, sexual predators can use memes to attack their victims.

She showed a number of slides where Soldiers had appropriated her photos and added words or graphics to them with sexual innuendos. There were comments sections where others commented on her in disturbing and negative ways. Also, private information was released about her.

When she took her concerns to the leaders of two Soldiers she had clearly identified as being perpetrators, she was told,

she said, to shut off her computer or just not look at the offending content.

What occurred, she said, was especially difficult, because she had to continue to lead a large number of Soldiers and remain strong for them.

"My leadership did not back me," she said. "As a leader, I want to change that for my Soldiers. I don't want this social media to control my life."

However, once content is on the Internet, it will always be there, or on another site for future employers and others to see, she said, adding that she hopes the Department of Defense will get a better handle on what to do about this.

### Males assaulted, too

A male specialist checked into a new unit not realizing the severity of his welcoming initiation.

A number of Soldiers, including sergeants, came into his room, ripped off his pants and sexually assaulted him, he said.

What happened left him feeling emasculated and ashamed, he said, adding that he had trouble sleeping and functioning. But the welcoming didn't stop there.

The hazings continued for him and others. For example, on his 22nd birthday, he was stripped and whipped with a thick leather belt until he was bleeding and could not sit for three days. All of this took place while his platoon sergeant, first sergeant and commander were watching. He said some of the Soldiers who did this were Rangers and snipers, who had medals for valor. In short, they were highly respected.

Eventually, he reported what took place and that is when the retaliation took place, going as far as having death threats, he said.

Yet, nothing happened, and he was forced to continue to live and work alongside his tormentors. He, too, said leader-

ship had failed him.

### West Point shunning

A second lieutenant, who graduated recently from the U.S. Military Academy at West Point, New York, told her story.

Her company's tactical NCO secretly filmed her and other cadets in the shower for at least her freshman year, she said, explaining that tactical NCOs are charged with looking after the welfare of around 100 to 120 cadets.

The videos came to light by chance, she said. Someone had left a disc in a computer, and a cadet had found it and brought it to her attention.

After discovering what happened, she asked for an investigation. Two investigations went unfounded, meaning nothing happened, she said.

While the investigations were ongoing, she requested to change companies. "This is where the retaliation piece comes in," she related. "It's shocking to see your whole company, except for a handful of people, turn against you, not talk to you, physically turn their backs to you."

Her leadership failed her, as well, she said. Her tactical NCO, a sergeant first class, had many awards and was beloved. "I was just a cadet with no credentials," she said.

"I don't blame any of my classmates or my company mates for turning their backs on me," she said. "I blame the leadership, which failed me on so many levels."

The second lieutenant said she hopes to use her experiences to help change Army culture, emphasizing that character is just as important as competence and commitment. People fail when it comes to judging character.

It is hard to disbelieve a Soldier with a stellar record and reputation. Leaders need to do a better job following through when an assault or harassment is reported, she added.

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# Support: Community shows appreciation for military

Continued from Page A1

"We have a unique workforce that would be difficult, no, probably impossible to replicate anywhere else," he continued. "Many jobs are highly skilled jobs and those jobs migrate to where the work is. If this unique workforce is laid off, in whole or part, they'll go somewhere else, making it difficult to find this special labor later. We have unique airspace. You've been here since last week, you've gotten the tour of the airspace, associated ground space, all of the stage fields

would be difficult to replicate. We've got unique political leaders. We've got unique congressional delegations," Nailen added.

"But more than anything else, Fort Rucker has a unique community support. Folks in southeast Alabama are patriots. They love Fort Rucker and Army Aviation all the time," he said.

Nailen's sentiments were continued throughout the three-plus hour event by speaker after speaker.

Some speakers were elderly, some were in their 20s, two were junior ROTC at Carroll

High School (both recently accepted to the U.S. Military Academy at West Point, New York, which led to standing ovations for both) and one was a pre-teen.

Some spoke emotionally, some spoke in a businesslike manner, some were nervous, one person rhymed and a couple sounded like they were preaching from the pulpit.

But one common theme among almost all of the comments was passion — passion for the Wiregrass, and passion for having Fort Rucker and Soldiers as a part of the community.

Most also expressed their appreciation to the Army for listening to their concerns, and implored the panel to be their voice in Washington, D.C.

The team will continue on to visit 12 more installations, and then compile all they heard and send it up the chain of command. The Army expects to have its final recommendation completed this summer, officials said.

**NOTE:** If you missed the listening session, you can see it in its entirety on the Fort Rucker website, just click on the listening session button.

# Train: Exercise provides unique opportunity for Soldiers

Continued from Page A1

the back, as well as have the in-depth planning that takes place. While they won't be experts when they leave here, they'll be exposed to and have an idea when they will be getting into."

Each of the flight students have only had about eight hours of total flight time leading up to this training, so the students are still in the early stages of their training. It's a good way for them to be able to take the things they've learned up to this point and put them together, said Kober.

"Leading up to this event, they've flown pieces of everything — they've done multi-ship formations, where they've flown in formation, they've done planning for routes where they have to tactically navigate the Blackhawk utilizing the GPS and fly to some of the smaller fields around Fort Rucker. They've done tactical navigation, they've done formation flights, they've done small plans,



Students of the U.S. Army Ranger School sit and wait for UH-60 Black Hawks to transport them to their next destination during an exercise Feb. 19.

PHOTO BY NATHA PFAU

and this exercise culminates into a large plan that encompasses all of that," he said.

For 1st Lt. Victor Tersigni D Co., 1st Bn., 145th Avn. Regt., and 2nd Lt. Matthew Barringer, D Co., 1st Bn., 145th Avn. Regt., the experience proved invaluable.

"This training was kind of a rush. We got to talk all the fundamentals that we've learned and finally apply it to something that was realistic to what we'll be doing in the

Army," said Tersigni.

"It was cool to actually get to do it with real-life Rangers in the back and do it in support of their mission — that was a unique opportunity," added Barringer. "This training is irreplaceable. You can't simulate that or model that in any other way but by doing it."

Tersigni said that simulator training is great, but there are only so much that the simulators can accomplish. When training in a

real-life event, variables shift and change in a way that is unpredictable that simulators can't deliver.

One such unpredictability that the pilots weren't prepared for was the fact that the landing zone wasn't where they thought it was going to be, so the student pilots had to look for the signal smoke to figure out where they had to drop off their passengers.

"Everything always works in the simulator and everything stays pretty consistent, but in real life, weather changes and there are so many other variables that you have to compensate for," said Tersigni.

One of the most challenging things for the flight school students weren't the changing variables, but the actual flying, said Barringer.

"At the hour-level that we're flying at, the actual flying together in formation was the hardest part for us," he said. "The formation flying — we've never done anything like that before — it's something very unusual from everything we've done before. There are

so many other variables to think about, not just what you're doing. When you're flying in formation you have to think about everyone else that's in the formation. Aviate, communicate and navigate now becomes coordinating with everything that's going on."

After the training exercise, the students went into a formal after-action review, which allowed the instructors, as well as the students, to see what they did right, what they did wrong and what can be improved upon.

"For us, as instructors, we do this mission every class, so every time we do it we see something that we can adjust," said Kober. "That way, we can say this worked really well for a particular task, so that we can put it in doctrine and put it on a piece of paper so that every unit will do it that way. Then the next set of students that comes through get a better product and they have a better chance to do a better mission, so the training gets better."

# Campaign: Funds deliver relief to Soldiers, families in need

Continued from Page A1

but they're using it to help Soldiers in need, and that's the kind of awareness we need."

The golf tournament will be held April 17 at Silver Wings Golf Course during which people will compete in teams for prizes.

If Soldiers wish to donate, the best way is to find their unit or director-

ate representative. People can elect to make a one-time donation or have an allotment out of their pay donated to the cause.

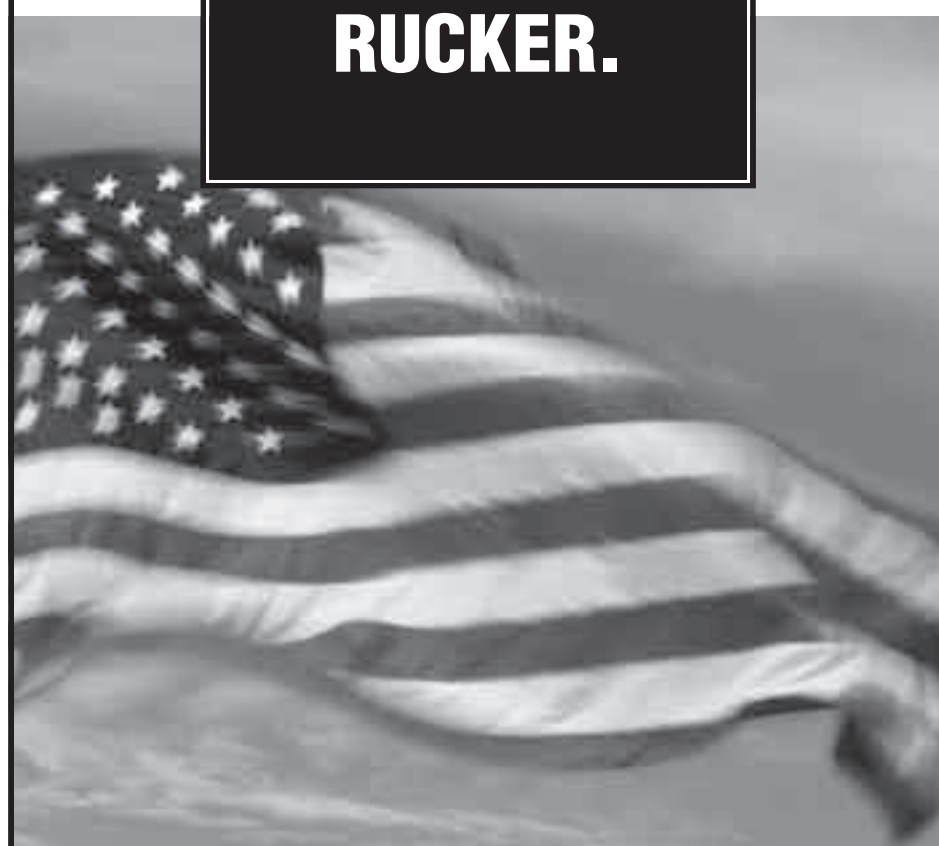
AER has provided \$1.7 billion in interest-free loans and grants to more than 3.6 million active-duty, National Guard and Reserve Soldiers since its inception after World War II, said Beth Gunter, Army Community Service. In 2014, nearly 200 Soldiers received assistance

of over \$270,000 from the Fort Rucker AER Office in the form of food, rent, utilities, vehicle expenses and repairs, emergency travel, funeral expenses, and certain medical expenses.

Soldiers needing AER financial assistance can contact their unit chain of command or go directly to Fort Rucker's AER office in Bldg. 5700.

For more information, call 255-2341.

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FEBRUARY 26, 2015



## PRACTICE MAKES PERFECT

PHOTO BY CPL. TODD F. MICHALEK

Navy Seaman Patrick McCrimmon communicates with pilots from an Army UH-60 Black Hawk as it airlifts simulated casualties during medical evacuation training at Udairi Range, Kuwait, Feb. 5. McCrimmon is a hospital corpsman assigned to Bravo Company, Battalion Landing Team 3rd Battalion, 6th Marine Regiment, 24th Marine Expeditionary Unit.



PHOTO BY SGT. JON HEINRICH

Army mariners from 45th Sustainment Brigade, 8th Theater Sustainment Command, used their Logistical Support Vessel-4, Lt. Gen. William B. Bunker, to assist Soldiers with waterborne air assault training Feb. 11 in the Pacific Ocean.

## VERSATILITY

*Waterborne, air assault, Aviation Soldiers work, train together*

By Spc. Alex Skripnichuk  
7th Mobile Public Affairs Detachment

JOINT BASE PEARL HARBOR-HICK-AM, Hawaii — Operating in the Pacific Theater requires teamwork, interoperability and a dedication to maximizing unique capabilities like the ones demonstrated during maritime rappel and sling load training Feb. 11.

During the at-sea exercise, U.S. Army Pacific waterborne Soldiers aboard the 8th Theater Sustainment Command's U.S. Army Vessel Lt. Gen. William B. Bunker, Logistic Support Vessel-4, and air assault and Aviation Soldiers from the 25th Infantry Division joined forces to conduct operations that increase readiness and support across the region.

The air assault Soldiers, from 25th Infantry Division's Lightning Academy Air Assault School, using CH-47 Chinook helicopters from 25th Combat Aviation Brigade, traveled to and then air assaulted down onto the deck of the vessel while it was under way miles from its home station at Pearl Harbor.

"Our day to day is working with all kinds of organizations across services, across branches of government and across nations," said CW4 Francis Lloyd, the vessel master for LSV-4.

The vessel and other Army watercraft assets play a key role in the U.S. Pacific Command when it comes to transporting vehicles, equipment and personnel to any location across the theater, in addition to providing platforms for forward projection, and support operations in support of humanitarian assistance, disaster relief and other contingency operations in the region.

This training demonstrated that versatility and its goal was to conduct maritime sling load operations to hook up cargo to be aerially transported from the deck of the boat.

"It goes to demonstrate the humanitarian aid capabilities and close support capabilities that we can provide, and shows how adaptive our leaders are with their ability to work together and overcome any situation," Lloyd said.

SEE VERSATILITY, PAGE B4

## FROM ONE CAV TO ANOTHER

*2-6th CAV takes over for 6-17th CAV in Korea*

By Sgt. Jesse Smith  
2nd Combat Aviation Brigade  
Public Affairs

CAMP HUMPHREYS, South Korea — The 6th Squadron, 17th Cavalry Regiment, 2nd Combat Aviation Brigade, 2nd Infantry Division cased its colors while the 2nd Squadron, 6th Cavalry Regiment uncased its own Feb. 9 inside a hangar on Camp Humphreys.

Lt. Col. Matt Ketchum, the 6-17th CAV commander, reflected on the unit's time here in Korea and said he believes the unit completed what it came here to do.

"Nine months ago, the squadron was tasked with joining the 2nd Infantry Division team, increasing the readiness and deterring aggression while maintaining peace on the peninsula," Ketchum said. "Mission accomplished."

Ketchum said his Soldiers received amazing training while deployed here and he wanted to welcome the 2-6th CAV to Korea.

"It is an honor to have served on the Korean Peninsula alongside our host-nation partners," Ketchum said. "While we leave here



PHOTO BY SGT. JESSE SMITH

The 6th Squadron, 17th Cavalry Regiment and the 2nd Squadron, 6th Cavalry Regiment held a transfer of authority ceremony Feb. 9 at a hangar on Camp Humphreys, South Korea.

today, you are in good hands with the Lightning Horse Squadron. The Korean Peninsula provides a wealth of training opportunities, as well as time for your Soldiers to explore the Korean culture."

Lt. Col. Aaron Martin, the 2-6th CAV commander, welcomed the new mission his Soldiers will be taking on, and thanked the 6-17th CAV for the smooth transition and

the hard work it put in over its deployment.

"Thank you for all of your efforts to welcome and prepare us for this mission," Martin said. "The saber squadron has performed superbly for the past nine months, and we hope to live up to the high standard the 4-6th Cavalry Regiment and the 6-17th Cavalry Regiment have set for rotational Kiowa warrior squadrons."

Martin said he is ready to move forward from the transition phase and start completing the missions his unit was sent here to do.

"To the troopers of the 2-6th Cavalry Regiment, well done," Martin said. "Now we can focus on what we do, and that is to fly for the troops. The cavalry troopers standing before

SEE CAV, PAGE B4

## NCO uses best friend to comfort fellow Soldiers

By Sgt. Jesse Smith  
2nd Combat Aviation Brigade  
Public Affairs

CAMP HUMPHREYS, South Korea — Who is a Soldier's best friend? Some would say their battle buddies, roommates or maybe the other Soldiers in their squad.

Sgt. 1st Class Duane Harrison, an aeromedical platoon sergeant with the C Company, 3rd General Support Aviation Battalion, 2nd Combat Aviation Brigade, would say his German Sheppard, Lucy, and he believes that other Soldiers feel the same way about their dogs, too.

Harrison brought Lucy into work Feb. 10 to visit with Soldiers and civilians in the Super Hangar at Camp Humphreys.

Harrison is a volunteer with a Red Cross community program on Camp Humphreys that is just starting out and wants to use dogs to help comfort Soldiers' minds while at work.

"It's good for them to just take two minutes away from their desks to see the dogs," Harrison said. "It makes them more comfortable in the workplace."

Harrison came with a group of three other volunteers and their dogs that day. Ebony Bradley, the Red



PHOTO BY SGT. JESSE SMITH

Sgt. 1st Class Duane Harrison, an aeromedical platoon sergeant with the 3rd General Support Aviation Brigade, and his dog, Lucy, show their affection for each other Feb. 10 in the Super Hangar on Camp Humphreys, South Korea. The duo likes to visit Soldiers' at work and give them a little bit of comfort.

Cross station manager, was also there for a little while to see how everyone was doing. She explained how the program is a Red Cross volunteer program for both Soldiers and civilians, and she is helping to get the

program started. Liz Joffrion, Pam Frandrich and Sgt. Teka Brown, a flight medic with C Co., 3-2nd GSAB, were the other volunteers in the group.

Joffrion is a Red Cross volunteer

and is also the primary trainer for an obedience course the dogs have to go through to become certified to be a part of the program. All of the dogs in the program are privately owned and go through the certification pro-

cess.

All of the volunteers said they think that having the dogs around the Soldiers just makes the environment more inviting and friendly.

"It's just nice to be able to bend down and pet a little furry friend," Joffrion said.

Harrison said that he has experienced the power dogs can have on Soldiers when he brought Lucy in one day and a Soldier who hadn't wanted to talk about his problems, immediately started talking when he saw Lucy.

"This is what we want to see," Harrison said. "We want to see Soldiers react to the dogs and be more comfortable around them."

Although the program is just starting out, Harrison said they have great plans for the future of the volunteer program and look forward to seeing any new volunteers.

A lot of the Soldiers said that seeing Lucy made them remember their own dogs back home. Harrison said he loves to bring Lucy around them and remind them about their furry friends they have waiting back home because he knows how much their dogs mean to them.

He knows that a dog can be a Soldier's best friend.

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**14 ft. River Boat**, 30hp Mariner motor, stick steering, brand new trailer, brand new foot control trolling motor. \$2500. 850-579-9978.

**2013 Bennington 225FX Pontoon Boat** 115hp Yamaha outboard motor; motor only has 24 hours on it! Dual axle galvanized trailer. Boat is in "like new" condition, has been covered and kept under a barn since purchased new! Asking only payoff of around \$27,000 more or less. Serious inquiries ONLY! Call 334-379-0880, leave message.

**Out Board Motor**  
 Honda, 4 cy cle, 5 HP, like new 2005 model, \$950. 334-797-4070.

**Procraft 2007** 16ft. fiberglass boat, 90hp, Optimax Mercury motor, garage kept, like new. Exc. Cond. \$10,999. 334-792-7394.

**Pro-Line 20.4 Walk, 150 Mercury 2 stroke (300 Hrs), Performance 2 axle Aluminum trailer, all 2001, Cockpit enclosure with Bimini, Cuddy Cabin, Radar w/folding arch, Garmin 545s plus additional electronics, Marine Radio, Satellite Weather System, stored inside, Clean rig, lots of extras. Ready for Offshore, Nearshore, Bay or Lake \$12,500. Dothan 334-714-0902**

### CAMPERS & TRAVEL TRAILERS

**Coachman 2008 Blast - Toy Hauler 18ft.** AC/Heat, hot water, refrigerator, microwave, full self contained, comes with stabilizer hitch, NADA \$7315. Sell for \$6500. OBO 334-795-6654.

**Jyco 2014 Swift SLX**, 16 ft., LIKE NEW, USED 1 TIME. Stored under pole barn \$9500. 850-526-2975 OR 850-557-0230.

### MOTOR HOMES & RVS

**2011 Georgetown** By Forest River, 30ft., 2800 miles, like new w/satellite dish and many extras, \$65,000 OBO **334-232-4194**

**37 Ft. Class A 1999 Dolphin Motor home** with low mileage and in great condition. Has 2 slide outs. **REDUCED PRICE \$22,995.** Call 334-655-8462 or 334-655-8461 MUST GO !!! Senior owned.

**Winnebago 1995 Vectra** 33 ft. C/H&A, auto leveling, Q-bed, new tires, batteries, frig, 7.5 Onan generator, lg. awning, lots of storage in & outside, micr-convection oven combo, gas stove, hot water heater, 30 or 50 amp power, all original paper work. \$14,000. OBO 334-585-6689

### RVS & CAMPERS WANTED

**Winnebago 2014 Vista** 26HE, V10 gas, 1-slide, hyd-jacks, 19 ft. electric awning, rear camera, HD TV, leather, many extras. 5900 miles, MSRP \$87,914. Will sell for \$64,300 334-797-0324

## TRANSPORTATION

### ANTIQUE & CLASSIC VEHICLES

**Chevrolet 1987 Silverado**, 95k original miles, AC, loaded, new 350 GM fuel injector engine, all original and very clean. \$12,500. Call 828-421-0998

**GMC 1957 Pickup 100**, Bright Red, restored, 350 chevy engine, automatic, vintage air. \$16,500 Call 334-805-7769

**VW 1971 Super Beetle:** Orange w/black interior. Auto-Stick Transmission. Runs great. New tires. New battery. Nice Bug! Marianna FL. \$3,300. 850-260-2106

### AUTOS FOR SALE

**BMW 2007 328i**, 109k miles, \$9900 Call Jerry at CSI Auto 334-200-4257

**Buick 2001 LaSabre**, cold AC, good tires, clean car, 149k miles, \$3995 Call 334-792-8018

**Cadillac 1992 Coupe Deville:** Nice auto that looks and drives great. No accidents, low mileage. White with white leather, cold AC. All power. Owner in Dothan. \$3,500 cash. 334-671-3059

**Chevrolet 2004 Avalanche**, fully loaded, good condition, royal blue, \$9,500 Call 334-347-1208 or 334-498-1160

**Ford 2003 Taurus** extremely nice, low mile, new tires & brakes, dealership maintained, will consider trading for nice truck. \$4400. FIRM 334-774-3582.

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**Mercedes 2013 C250 Sport Sedan:** Premium 1 package. Palladium silver. 9,700 miles. IMMACULATE condition! Strong turbo power, great gas mileage. 23 months left on full warranty. Smooth and quiet ride. Beautiful car! \$27,900 334-618-3684

**Kia 2013 Optima EX:** Only 32,000 miles, white/tan, panoramic roof, back-up camera, heated & cooled seats, back seats heated as well, also has the infinity sound along with Satellite and HD radio. \$20,500. 334-596-0066

**Chevrolet 2001 Tahoe:** 198,600 mileage. Good condition. Pwr locks, windows, steering. AM/FM stereo cassette w/CD. Towing capability. \$5000.00 334-475-3180

**Chevrolet 2008 Corvette Convertible** C-6 with the 3LT package. Silver w/Cashmere leather, it has the heads-up display, power seats with heat, power top, and lots of extras. 38,000 miles. Book value at \$36,000 but health forces sale. Will consider all offers. Call 334-791-5452.

**Ford 2007 Taurus SEL**, loaded, leather, sunroof, new tires, like new, 90,000 miles. \$6395. 334-790-7959.

**Mazda 2008 Grand Touring** convertible Miata, black in color, 6-speed 43K miles, \$14,000. 334-723-5312.

**Mini Cooper S 2006** 111K miles exc. cond. inside & out. \$7500. firm. 850-573-1695.

**Porsche 1999 Boxster**, 93k miles, \$9950 Call Jerry at CSI Auto 334-200-4257

**Toyota 2011 Prius** 1- owner, 30,000 miles, silver in color, 48 mpg, exc. cond. \$15,500. 334-774-2216.

**Volkswagen 2003 Beetle**, 5-speed, very clean, low miles, green in color, \$5000. 334-618-1670

**VW 2009 Wolfsburg Jetta**, 200 Hp. 6-sp. auto sunroof, silver, 4-dr. heated seats, new tires, 30 mpg, exc. wifes car, 75K miles, \$12,500. Shown Sat. 334-790-9178 Headland, AL

### MOTORCYCLES

**2002 Harley Davidson** Ultra Classic Electra Glide Garaged. Purple/black. Loaded. Chromed out. 14,750 mi. Excellent condition. \$11,500. 334-714-4548

**2005 Honda Goldwing GL1800 - Touring Edition**, 65,962 miles, Excellent cosmetic condition. In mint mechanical cond. Specially badged, 30th Anniversary edition, No dents or dings, garaged kept, No road rash, 85% tire tread, \$12,000 OBO. Call 334-790-3692

**2011 Harley Davidson** Superglide Custom, factory custom paint/laced wheels, 96 C.I. big twin, 12k miles, fog lights/windshield/backrest, garage kept, factory original, showroom quality. → \$12,500 Call 334-598-0061 ←

**Can Am 2014 Spyder RT Limited Motorcycle**, fully loaded, heated grips and seats, 1125 miles, automatic, congac black, GPS, XM, hand & foot brake, excellent condition \$28,000. Call 334-685-0380

**Honda 2004 Goldwing Trike**, corvette red in color, 24,500 miles, very good condition, \$20,000 OBO 334-793-2907. Leave Message

## MOTORCYCLES

**Harley Davidson 1984 FLHTC Electraglide:** 80 ci. High compression Evolution engine, S&S carb, 5 speed transmission. Runs great, looks good. Dothan, AL. Call Bill \$5500 OBO 334-685-4807

**Harley Davidson Sporster 2006 XL1200R** racing orange, Vance & Hines - short shots, Mustang saddle. 15K miles, mint condition \$6200. 334-790-4781.

**Honda 1998 Valkyrie**, 34K miles, very good condition, new tires, J&M audio with head sets, black & chrome, new battery, 2-helmets, windshield, sadler bags, back rest & luggage rack, bike cover, & extra chrome, asking \$6500. 334-790-5768.

### SCOOTERS & MOPEDS

**New Sunny 300CC Motor Scooter**, red, only 12 miles, trunk, helmet included, this beauty is a must see! \$4,500. OBO . Call 334-598-8030

### SPORT UTILITY

**Chevy Blazer 2004 \$895. Down** 0% interest \$300. monthly Daylight Auto Financing 850-215-1769.

**Ford 2000 Expedition** Cold AC, very clean, well maintained. 150K miles, \$3,995. For more information call 334-792-8018.

**Honda 2013 Ridgeline RTS**. Less than 5,500 miles, one-owner Complete Bumper-to-Bumper Warranty. Selling due to health. KBB Price \$29,470.00 OBO. 334-379-8733

**Jeep 2004 Grand Cherokee**, like new, auto, sun roof, 4.0, new tires, low miles, \$4,900. Call 850-482-7998

**Toyota 2011 Highlander:** 82,500 miles, one owner, leather heated seats, 3rd row, Bluetooth and DVD player, fully loaded in great condition \$21,000. 334-791-7945

### TRUCKS, BUSES, TRACTORS, TRAILERS

**1974 Ford 3,000 Tractor**, PS, desk, boxblade, liftbar, bushhog, \$5,000 OBO. 334-687-3422 or 334-695-3976

**Ford F150 1988**, new tires, very clean, runs great, red in color \$2500. 334-792-5822.

### VANS

**Kia 2005 Sedona EX**, loaded, leather, sunroof, rear entertainment, clean, 97,000 miles. \$4995. 334-790-7959.

### WANTED AUTOS

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# CAV: Soldiers receive praise from 2nd CAB leadership

Continued from Page B1

you are ready to mount their steeds, draw their sabers and stand shoulder to shoulder with our ROK allies to deter and if necessary, defeat any threats to the Republic of Korea.”

The 6-17th CAV received praise from many key leaders in the 2nd CAB, including Col. Hank Taylor, 2nd CAB commander.

“I am confident saying the 6-17th Cavalry Regiment demonstrated to all the effectiveness of regionally aligned rotational units,” Taylor said. “The Talon Warriors look forward to continue to improve our alliance and deter enemy aggression as part of the 2nd Infantry Division. Second to none!”



PHOTO BY SGT. JESSE SMITH

Lt. Col. Aaron Martin and Command Sgt. Maj. Gerardo Gonzalez, the 2nd Squadron, 6th Cavalry Regiment command team, uncase the squadron colors Feb. 9 inside a hangar on Camp Humphreys, South Korea.



PHOTO BY SPC. DAVID INNES

Army mariners from 45th Sustainment Brigade, 8th Theater Sustainment Command, used their Logistical Support Vessel-4, Lt. Gen. William B. Bunker, to assist Soldiers with waterborne air assault training Feb. 11 in the Pacific Ocean.

## Versatility: Training operations reinforce rescue capabilities

Continued from Page B1

versatile we are.”

LSV-4's orange rescue boat sailed alongside the boat during the training to ensure safety and exercise readiness in rescue operations if necessary.

“For us to do this is right up our alley,” Lloyd said. “It just reinforces again how

The Soldiers from the academy were also given the opportunity to watch the vessel crew conduct man-overboard and other under way drills and training, and the 8th TSC and 25th ID troops also interacted and shared experiences throughout the event.



**DON'T TEXT OR TALK AND DRIVE**

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- Have a Family disaster plan and supply kit.
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- Purchase and use a NOAA weather radio with a tone alert feature. This will alert you to warnings issued by your local National Weather Service office.

**KNOWLEDGE**

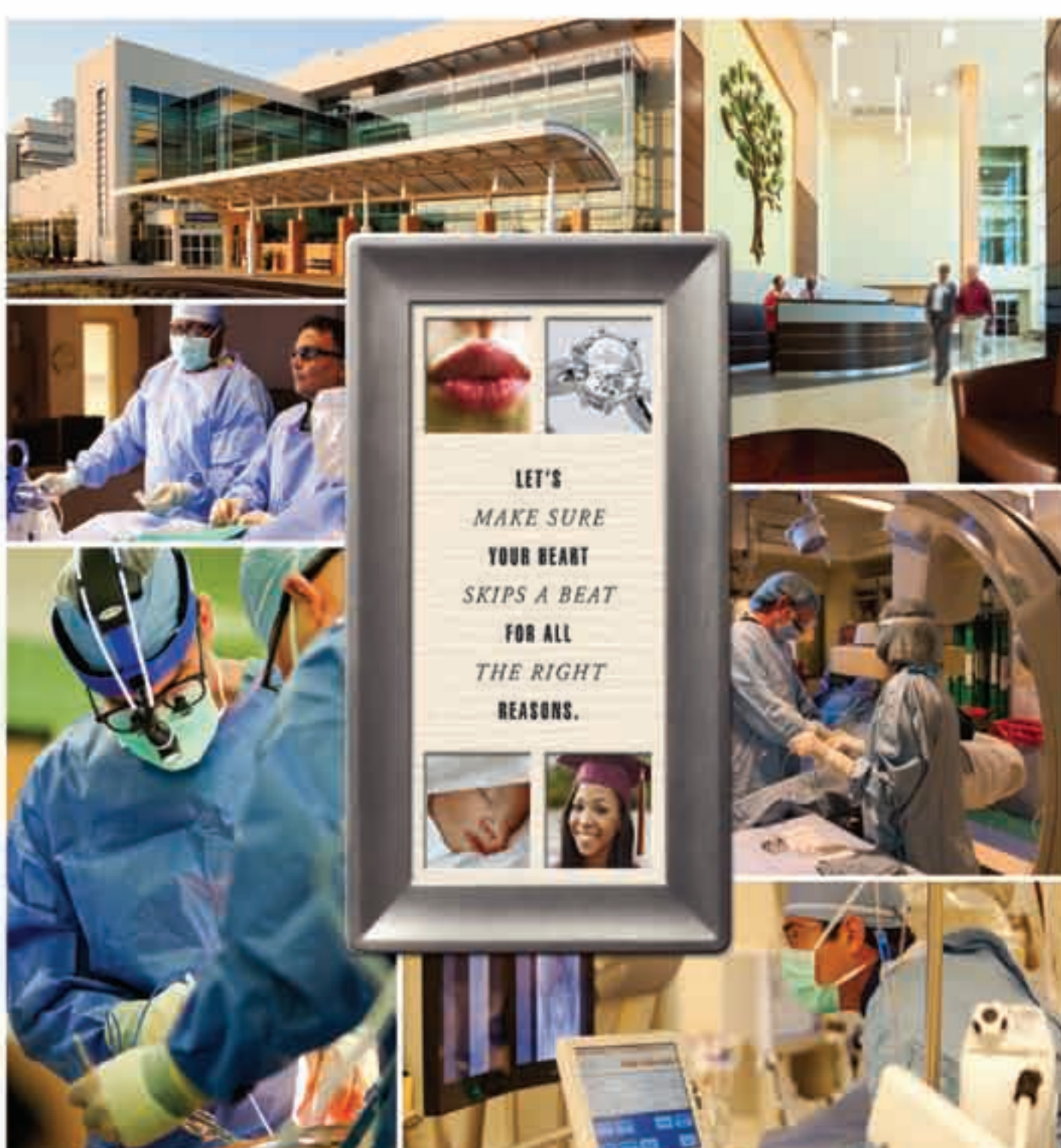
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FEBRUARY 26, 2015

# MAP OUT A GREAT VACATION

## Travel Extravaganza offers more vendors, prizes, savings

By Jeremy Henderson  
Army Flier Staff Writer

Despite recent cold snaps, warmer weather is just around the corner and the Fort Rucker MWR Central staff hopes the 27th Travel Extravaganza will provide plenty of ideas for much-needed spring and summer getaways.

The Travel Extravaganza is 11 a.m. to 1 p.m. Wednesday at The Landing. The event is free and open to the public.

"Soldiers, family members, retirees, and the public can expect the Travel Extravaganza to offer the most vendors ever," Heather Linnell, MWR Central travel clerk, said. "[Patrons will find] vacation and staycation ideas, and over 60 door prizes to include our three grand prizes — one week Armed Forces Vacation Club stay, three nights at either Punta Cana or Sandpiper Club Med all-inclusive resorts, and four admissions with lunch with an astronaut from Kennedy Space Center.

"Prizes will begin being awarded at 11:15 a.m. and continue throughout the event," she added. "Registration is only available by attending the event between 11 a.m. and 1 p.m."

According to Michelle Harris, MWR Central program manager, year-to-year attendance jumped from 400 to 1,100 and she hopes the wealth of vendors will help boost attendance again this year.

"The vendors make this event successful," Harris said. "Their respect for our



Then Sgt. 1st Class Michael Holmes, NCO Academy, and wife, Megan, and daughter, Hazel, enjoy speaking with a representative from Universal Studios during last year's Travel Extravaganza. This year's event is Wednesday from 11 a.m. to 1 p.m. at The Landing.

military community is what fuels their participation and generosity at the Travel Extravaganza and throughout the entire year. The discounted pricing available through MWR Central and over 60 door prizes that will be awarded during these two hours

are only because of our vendors.

"This event offers Soldiers, family members, retirees, civil service (employees), and surrounding communities an opportunity to speak directly with the experts in one location," she added. "Our No. 1

question is, 'What is there to do around Fort Rucker?' The Travel Extravaganza offers endless answers for all interests and ages."

Aside from the savings offered through various vendors, Harris said she feels the event provides incentive for families to plan a vacation and create precious memories.

"Memories last a lifetime," she said. "We, here at MWR Central, specialize and take great joy in serving our patrons looking to make memories. Opportunities for our military families can be minimal; however, the vast majority of military have large amounts of leave from previous deployment years when they arrive at Fort Rucker.

"For most, this is the perfect opportunity to use it," she added. "Whether visiting the beaches of (Panama City Beach) or Destin, New Orleans, Orlando only six hours away, Atlanta, or the Caribbean on a cruise or all-inclusive vacation, this duty assignment is where the service member or new retiree and those they care about can create those memories."

Harris said the event would not be possible without the hard work of the MWR Central travel clerks Alyssa Watson, Karen Key and Linnell.

"It takes the entire team to prepare for and execute this event," she said. "Thanks to each of the team members for their willingness to serve our patrons well."

For more information about the Travel Extravaganza, call 255-2997 or 255-9517.

## VOLUNTEER OPPORTUNITIES

Fort Rucker's Army Volunteer Corps is looking for people interested in volunteering for one of the many programs or activities on post. Units and organizations are online with the Army Volunteer Management Information System located on the My Army One Source website. People can search for volunteer opportunities, log volunteer hours, and document training and awards all on one site.

### Wanted

**FRG Secretary/Recorder – Warrant Officer Career College Family Readiness Group**

**Position Description:** Volunteer will attend all company FRG meetings and steering committee meetings, and take detailed notes, record attendance at meetings, write and type meeting minutes and forward to the FRG leader for approval, ensure that meeting minutes are prepared and copies are available at the next FRG meeting and steering committee meetings. Volunteer must have good grammar skills and be able to take accurate, detailed notes – computer knowledge is required. For more information, call 255-1429.

**FRG Key Caller Committee Chairperson – Lyster Army Health Clinic**

**Position Description:** Volunteer will prepare the unit phone tree and email list from the unit alert roster and information from first sergeant, the FRGDA and FRG questionnaires, recruit and assign key callers, at least one per platoon or alternately, enough to assign five to eight families each, coordinate regularly with FRG leader and welcome committee chairperson and update rosters with new families, report any significant incidents to FRG leader or commander, prepare monthly reports and submits to FRG leader and keep an accurate log of calls received, made and their results. For more information, call 255-7400.

**Skate Room Assistant – School Age Services**

**Position Description:** Volunteer will assist with maintenance of equipment, assist with incoming clients, assist with facility clean up and assist with safety procedures. For more information, call 255-9108.

**4-H Assistant – School Age Services**

**Position Description:** Volunteer will assist in setting up activities, provide support and guidance to the youth participants as they work in their projects, encourage participants to be activity involved, assist youth in clean up and work with the youth leader as they perform their duties as officers. Assist on field trips every Tuesday from 4–6 p.m. For more information, call 255-9108.

**Homework Lab Assistant – School Age Services**

**Position Description:** Volunteer will provide assistance to youth in strengthening their academic and learning skills in the areas of math, science and English – after school from 3-5 p.m. For more information, call 255-9108.

For more volunteer opportunities please visit [www.Myarmy-onesource.com](http://www.Myarmy-onesource.com).



Gloria Edwards, Mechelle Smith and Vickii Johnson, civilians, get ready to take on the photo booth during DFMWR's Girls Night Out at The Landing last year.

## GIRLS NIGHT OUT

### Popular event returns to The Landing

By Nathan Pfau  
Army Flier Staff Writer

A popular event is returning to The Landing for its ninth iteration, and Directorate of Family, Morale, Welfare and Recreation officials promise a night out to remember.

The ever-popular Girls Night Out comes back to the ballroom at The Landing March 6 from 6-9 p.m., and for \$10 a ticket people can enjoy a live DJ, numerous vendors and organizations that cater to women, and prizes and giveaways for those who attend, according to Kristi Fink, DFMWR special events coordinator.

"There will be 100 gift bags given out during the event, as well as giveaways from the other organizations, and at the end of the evening, there will be a grand prize of a (designer bag) filled with numerous items," she added.

A host of local businesses and organizations donate different prizes, such as gift certificates and gift baskets to be given out throughout the night. Last year's event in September saw nearly 300 women in attendance from the surrounding communities, and Fink said there will be no shortage of vendors for people to visit. There will be more than 40 organizations that will set up tables to showcase their services and goods, including spas, medical services, clothing, jewelry, cosmetics and

much more.

The event is open to the public for ages 18 and older, and tickets are currently available at The Landing or can be purchased at the door on the night of the event.

"This is a great event for the ladies to have a good time and shop the latest trends in the area," said the special events coordinator, adding that the event takes weeks of preparation to provide a night of pampering, fun and excitement for ladies of the local area.

"I absolutely love when Fort Rucker hosts these nights because it's a great way for me to get out with my friends, enjoy a little bit of shopping and dancing, and get some free stuff while we're doing it – there's not too many places you can really do that," said Shanna Draper, civilian who attended last year's event. "It's just a great way to be able to wind down from a normal day and be able to do something a little different."

The event has been put on since 2011, and is not just an opportunity to promote local businesses, but also serves as a way to boost morale and give ladies a chance to "let their hair down," said Fink.

"It's a great way for women to grab their friends and just have fun," she said. "It's nice to have a night out that caters directly to the women with shopping and dancing all in one place."

For more information, call 255-1749.

# ON POST

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

## Right Arm Night

The Landing Zone will host Right Arm Night today from 4-6 p.m. 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 598-8025.

## Relocation readiness workshop

Army Community Service will host a relocation readiness workshop Friday from 9-10 a.m. in Bldg. 5700, Rm. 371D. Soldiers and spouses will receive information from the military pay office on benefits and entitlements, advance pay, the government travel card and more. ACS will also provide information on Army Emergency Relief, budgeting, preparing for employment before moving, compiling the necessary documents and forms for exceptional family members moving overseas, and relocation checklists and websites to help prepare for a move. Space is limited, so people should RSVP by calling 255-3161 or 255-3735.

## Youth Black History Month celebration

The Fort Rucker School Age Center will host a Black History Month celebration Friday from 4:15-5:15 p.m. The Fort Rucker 98th Army Band will perform, and there will be food samples and giveaways.

For more information, call 255-9108.

## Military Saves Week

As part of Military Saves Week now through Friday, Army Community Service will spread the savings message and urge community members to take the military saves pledge. The ACS financial readiness program will partner with Army Aviation Center Federal Credit Union and Armed Forces Bank to host an information table located in the atrium of Soldier Service Center, Bldg. 5700, Friday.

For more information, call 255-9631 or 255-2594.

## Pokémon Battle

The Fort Rucker School Age Center will host a Pokémon battle Saturday from 1:30-3:30 p.m. Youth must bring their own Pokémon cards and have permission from their parents to trade. Youth must be registered with child, youth and school services, and be 6-10 years of age in first-fifth grades. Parent volunteers are needed to help out with the event.

For more information, call 255-9108.

## Mom & Me: Dad too!

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

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

## Dr. Seuss's birthday

The Center Library will celebrate Dr. Seuss' birthday Monday from 10:15-11 a.m. The event will feature a guest



PHOTO BY NATHAN PFAU

## Outdoor yard sale

The Directorate of Family, Morale, Welfare and Recreation will host the Fort Rucker Spring Outdoor Yard Sale and Flea Market Saturday from 7-11 a.m. on the festival fields. The event is open to the public. For more information, call 255-1749.

reader, Dr. Seuss activities and light refreshments. The event is open to authorized patrons. Space is limited to the first 65 people to register.

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

## Travel Extravaganza

The 27th annual Fort Rucker Travel Extravaganza will take place Wednesday from 11 a.m. to 1 p.m. at The Landing. More than 50 vendors will be present to discuss information and answer questions. Admission is free, and the event is open to the public and exceptional family member friendly. Door prizes, such as attraction tickets, hotel stays, memorabilia, clothing and grand prizes will be given away during the event. People will not need to be present to win.

For more information, call 255-2997 or 255-9517, or visit [www.ftruckerfmr.com/mwr-central/](http://www.ftruckerfmr.com/mwr-central/).

## 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 March 5. People who attend will meet in Rm. 350 at 8:45 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about 10:45 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.

## Girls Night Out

The Landing will host Girls Night Out March 6 from 6-9 p.m. The evening will feature fashion, fun and prizes, including a DJ providing entertainment. Organizations from throughout the community that cater to women will host booths and prize drawings will be held throughout the evening, with a grand prize drawing at 9 p.m. People must be present to win prizes. The

event is open to the public for ages 18 and older. Tickets are on sale for \$10, which includes a drink stub. Tickets are available at MWR Central, The Landing Zone, The Landing Catering Office, and the Coffee Zones at Lyster and The Landing Zone.

For more information, call 598-2426 or 255-1749.

## Financial readiness training

Army Community Service will host its financial readiness training March 6 from 7:20 a.m. to 4:15 p.m. at the Soldier Service Center, Bldg. 5700, Rm. 284. The training provides a practical approach to help Soldiers manage their money more effectively. The training is required for all first-term junior enlisted Soldiers - E-1 through E-4. Spouses are also encouraged to attend.

For more information, call 255-9631 or 255-2594.

## Lifeguard Courses

The Fort Rucker Physical Fitness Center will host lifeguarding courses March 6-8 at the Fort Rucker PFC on Andrews Avenue. The class meets 4-7 p.m. March 6 and 8 a.m. to 5 p.m. March 7-8. Each class, once completed, includes American Red Cross certifications in Lifeguarding, Waterfront Lifeguarding, Waterpark Lifeguarding, First Aid, and Cardiopulmonary Resuscitation and automatic external defibrillator administration. Each certification is valid for two years from the course completion date. Courses are available to ages 15 and up. The cost is \$125 for Department of Defense ID card holders and \$150 to the public. A prerequisite test must be passed on the first day to enter the course. Prerequisite requirements include: non-stop swim of 550 meters, two-minute tread using only legs, dive ring retrieval, and a timed 20-meter retrieval swim. People interested should register at the front desk of the Fort Rucker Physical Fitness Center. The cut-off for registration is three days prior to course start date. The courses may be canceled if minimum enrollment is not met. For more information, call 255-2296.

# DFMWR Spotlight

Upcoming Family & MWR Events and Activities



Right Arm Night

Feb. 26  
4 pm-6 pm

The Landing Zone  
Hosted by 1-212th



Join us for a night of camaraderie & esprit de corps. Featuring special complimentary appetizers! (Quantities limited)

For details call The Landing Zone, (334) 598-8025

OUTDOOR YARD SALE & FLEA MARKET FEB 28 7 am-11 am Fort Rucker Festival Fields

For details call Special Events, (334) 255-1749.

[www.ftruckerfmr.com](http://www.ftruckerfmr.com)

## FORT RUCKER MOVIE SCHEDULE FOR FEB. 26 - MARCH 1

Thursday, Feb. 26

McFarland (PG)

Friday, Feb. 27

The Wedding Ringer (R)

Saturday, Feb. 28

Selma (PG-13)

Sunday, March 1

Paddington (PG)

7 p.m.

9:30 p.m.

7 p.m.

1 p.m.

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# Tomb Guard recalls 'walking the mat'

By Jacqueline M. Hames  
Soldiers Magazine

WASHINGTON — Arlington National Cemetery rests on an expanse of rolling hills in northern Virginia. One of the busiest tourist spots in the cemetery is the Tomb of the Unknown Soldier, which sits at one of the highest points in the cemetery.

Though there is a spectacular view of Washington, D.C., visitors don't pay much attention to the scenery. They are focused on the white marble sarcophagus and the lone soldier who guards it, 21 steps at a time.

While there has been a 24-hours-a-day, seven days a week military guard at the tomb since July of 1937, the 4th Battalion, 3d U.S. Infantry Regiment (The Old Guard) didn't assume its watch until 1948. And it wasn't until 1960 that the Tomb Guard selected its first African-American Soldier to "walk the mat."

## Drafting and recruitment

Spc. 4th Class Fred Moore, the first African American posted to the Tomb Guard, was drafted Aug. 13, 1959, and left his home in Cleveland, Ohio, for basic training shortly after.

"When I got my letter from the government telling me that I had been selected, I was upset because I was working, and a lot of the guys, the friends that I knew they weren't working," Moore said. "And I had a job, and then when I went into the service, they were still doing what they were doing and it just kind of rubbed me the wrong way."

One night, Moore's platoon sergeant lined up the new recruits and asked how many of them had been drafted. He sympathized, acknowledging that the draftees might have a few complaints about being in the service. And then he reminded everyone, "The Army can do more to you than you can do to it."

"So, I just said, 'OK, I'm going to straighten up, I'm going to do the best I can, and make the best of it,' and it worked out real well for me," Moore said.

Moore was sent to the reception center at Fort Knox, Kentucky, during training. He and the other recruits were subjected to a series of tests over three days before they were given any assignments. An officer called Moore into his office and noted that Moore had scored exceptionally well on the tests. He went on to emphasize Moore's physical build: 185 pounds, 6 feet 1 inch, and asked Moore if he'd like to be in Honor Guard Company.

"Well, I didn't have a clue as to what he was talking about, I didn't know what Honor Guard Company was," Moore said.

The officer explained it was a spit-and-polish outfit, so Moore agreed to the assignment. When he received his orders after training, he was a little disappointed because his fellow Soldiers were all going to exciting places, like South Korea and Germany, and Moore had to say he was going to Fort Myer, Virginia.

Honor Guard Company is the nickname for The Old Guard's E Company, 4th Battalion. The company also comprises an escort platoon, a casket platoon, a firing party and a continental color guard. When Moore arrived in late 1960, he was assigned to the firing party.

"You were busy all the time. You were busy just about every day. When I first got there, once I got my training and settled into the company, I was on the military firing party. We did military funerals in Arlington National Cemetery," Moore recalled. "We fired the rifles over the graves and we did that five days out of the week. Sometimes,



COURTESY PHOTO

Tomb Sentinel Spc. Fred Moore, 3rd U.S. Infantry Regiment "The Old Guard," walks his tour more than 50 years ago in humble reverence at the Tomb of the Unknowns, Arlington National Cemetery, Va.

we would have burials every half-hour on the hour."

When the weather was good, the company would participate in parades and ceremonies, sometimes functioning as a ceremonial guard for visiting dignitaries.

"I was in the inaugural parade for John F. Kennedy. Kennedy was just coming in and Eisenhower was going out, and also ... I was part of his inaugural ball. I was part of the outfit that performed," Moore added.

## Tomb Guard

Retired Col. Neale Cosby, who served as a platoon leader and was the Honor Guard Company's basketball coach, had first choice of the Soldiers qualified to stand watch of the tomb. He selected Moore for duty under the Headquarters and Headquarters Company, 4th Battalion and assigned him to Quarters No. 1, in preparation for Tomb Guard duty.

"I got to know him on the basketball court, and like him and respect him. Not only was he a good Soldier, but he was a good guy, he was a very steady guy, an all-American Soldier," Cosby said.

He added that Soldiers on the Tomb Guard should be able to present themselves well at attention, have straight posture, be coordinated at handling a rifle and be able to possess the 21-count well. Moore seemed to possess all those qualities.

"Plus the fact that ... you don't want just good Soldiers. You want good citizens, good Americans, good people, and he was all that," Cosby said. "I could tell that. It did not skip my mind that he was black and none had ever served there. I thought it was the right thing to do, and I looked around and I thought, 'This guy's got everything. Why don't I do it?'"

In January of 1961, President Kennedy brought the president of Ghana, Kwame Nkrumah, to the tomb for a wreath-laying ceremony. Nkrumah asked Kennedy why he didn't see any people of color on the Tomb Guard, Moore explained. Nkrumah's concern became Kennedy's, and orders traveled down the chain of command in The Old Guard. Moore, already in line for tomb duty, was moved quickly into a sentinel position.

"The next thing I know, the word came back to the company that they told me to get my stuff, I was moving out of the 3rd Platoon, I was going down to the Tomb Guard platoon, I was going into training, and that was in January. So I went into training in January and in March I became a guard at the Tomb of the Unknown Soldier," he said.

Then-Spc. 4th Class John Ranum was

on the relief (a relief is the shift a guard is assigned) that Moore joined, and described Moore as a "straight trooper."

"He had to be good. Well, we all had to be pretty good, but ... he was exceptional," Ranum said of Moore.

Moore wasn't nervous for his first shift of sentinel duty because the training had prepared him well. However, he remembered it being a little overwhelming. That first crowd felt like the largest crowd of the day to Moore. He added that stepping onto the mat for the first time was a "great feeling."

He was unaware he was the first black soldier on a Tomb Guard relief until an article came out in "Ebony" magazine in September 1961.

Ranum and Moore served on the same relief for about six months and grew very close. One day, during the height of summer, Moore recalled relieving Ranum from his post. It had been raining off and on all day, so Moore had gone on duty with a rain jacket. The moment he stepped on the mat, it stopped raining. When he came off the mat after his half-hour walk, he took the jacket off.

On his next walk, he went out without the rain jacket and sure enough it started raining. Things went on this way over the course of the day: Whenever Moore was prepared for rain, it was sunny; when he dressed for clear skies, it drizzled.

Ranum spent the whole shift laughing at him, like any good friend would.

Moore remembers Soldiers talking about being uncomfortable while on duty at night in a cemetery, but he's not sure why it made some people nervous. When the moon was out, the white marble of the amphitheater reflected the light, making the area extremely bright.

"You could see a chipmunk," Moore remembered.

## Proud to serve

Moore was drafted into the Army during a tumultuous period for civil rights, when racial discrimination was rampant. How-

ever, he said he didn't experience that in the Army and he got along well with his fellow Soldiers.

"To tell you the truth, I considered myself blessed because I didn't have any problems whatsoever. No problems ... no problems at all," he said.

He credits that blessing to being around other good people.

After Moore's duty as a tomb sentinel was over, he went on to the NCO Academy and graduated with honors. He went home to Cleveland after his two-year service requirement ended. He lost touch with Ranum, Cosby and other members of his relief until 1998, when he went to a reunion of the Society of the Honor Guard, Tomb of the Unknown Soldier.

The society, which is a 501(3)(c) organization with the goal of protecting and enhancing the image of the tomb and the Soldiers who stand guard, was founded by Cosby and four former sentinels.

Moore hadn't seen anyone from his Army days in 37 years, and had to reschedule another family function to attend the society's reunion. When his wife, Joyce, found out about the reunion, she was insistent that they attend, Moore said.

"So we went down and we just had a fantastic time, you know. It was strange, and then younger guys that had been guards down there, as soon as they heard my name, they knew who I was, and I was kind of baffled," he said.

So many people wanted to take pictures with him and knew his name that he had to ask what was going on. He discovered he was part of the Tomb Guard test - Soldiers had to know who the first African-American sentinel was in order to become sentinels themselves.

Moore has been to as many bi-annual reunions with the society as possible, and when he goes, new sentinels tell him that he "paved the way," but Moore said he is more proud of them than they are of him.

"They've just elevated (the position) and that's what makes me proud," he said.

# Church Directory

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1 Corinthians 11:1

**First United Methodist Church**  
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8:30AM & 11:00AM  
Contemporary Worship - New Connection  
8:45AM & 11:00AM  
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# St. George Island hosts charity chili cook-off

Franklin County Tourist Development Council  
Press Release

The St. George Island Regional Chili Cook Off will take place March 7 beginning at 10 a.m. in the center of St. George Island, Fla.

The auction art preview is 5-7 p.m. March 6 at the island's firehouse, located at 324 E. Pine Ave.

Saturday's activities begin with the 5K Red Pepper Run at 8 a.m. and a crock pot judging at 10-11 a.m.

The auction begins at 11 a.m. Professional chili competition booths start preparing chili at 10 a.m., the Miss Chili Pepper and Mr. Hot Sauce judging begins at 12:15 p.m., professional chili judging starts at 2 p.m. and the awards ceremony begins at 3:30 p.m.

There is a \$5 entry fee for the competition. Proceeds benefit the St. George Island Volunteer Fire Department and First Responders.

For more information, call (850) 927-2753.



## WIREFRASS COMMUNITY CALENDAR

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

### ANDALUSIA

**ONGOING** — The American Legion Post 80 has regular meetings the second Monday of the month, starting at 6:30 p.m., at the Legion Hall. For more information, call 222-7131 or visit [www.andalusialegion-post80.org](http://www.andalusialegion-post80.org).

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

### DALEVILLE

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

**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 TV's 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

**FEB. 28** — The Men of Phi Beta Sigma Fraternity, Inc., presents a Black History Month musical titled "Wiregrass Men's Fest" at 6 p.m. at Parks Chapel A.M.E. Church on 1053 Selma Street.

**FEB. 28** — The Men of Phi Beta Sigma Fraternity, Inc., presents a Black History Month summit titled "Am I My Brother's Keeper" from 9 a.m. to noon at Parks Chapel A.M.E. Church on 1053 Selma Street.

**MARCH 7** — Veterans of Foreign Wars Post 3073 Wiregrass Post will sponsor a benefit for the daughter of a local law enforcement officer with Boston butts, ribs and plates. People should pre-order. For more

information, call 793-7912.

**ONGOING** — The Wiregrass Museum of Art hosts First Saturday Family Day the first Saturday of every month at 10:30 a.m. The event is recommended for elementary-aged children. For more information, visit [wiregrassmuseum.com](http://wiregrassmuseum.com) or call 794-3871.

### ENTERPRISE:

**FEB. 28** — The Friends of the Enterprise Public Library will host its Read Your Heart Out sale at the Enterprise Public Library from 9 a.m. to 2 p.m. in the upstairs meeting room. All items selected for the sale will be available for 25 cents.

**ONGOING** — The National Active and Retired Federal Employees Association Wiregrass-Enterprise Chapter 1807 regularly meets every fourth Wednesday of the month at Ryan's Steakhouse Restaurant. Lunch begins at 11 a.m. followed by the program, speaker, and a question and answer period. All federal employees, active or retired, are invited to attend the luncheon meetings. NARFE members discuss important information that relates to federal employees and the programs and benefits available to them. NARFE is a nonprofit association dedicated to improve the benefits of federal employees. For more information, call 393-0492.

**MARCH 1-8** — St. Luke United Methodist Church will take signups for its July 6-10 Winshape Camps Ultimate Day Camp Experience. The first 150 people to sign up will receive a discount on the camp. For more information, call 347-9023 or visit the event's Facebook page at Winshape Camps Enterprise.

### 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

**FEB. 26** — Disabled American Veterans

Chapter 99 will meet at 6 p.m. in the New Brockton Senior Center, located one block behind the police station. Food and drinks will be served, followed by regular chapter business. The chapter extends an invitation to veterans throughout the Wiregrass to join as new members of both DAV and DAV Auxiliary. For more information, call 718-5707.

**ONGOING** — Tuesdays and Wednesdays, from 10 a.m. to noon, 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 helps 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.

### OZARK

**ONGOING** — Every Monday through Friday, aerobic classes are open to the public at the Autrey Recreation Center from 8-10 a.m. Call 774-2042 for more information.

**ONGOING** — AL-ANON will hold weekly meetings on Mondays at noon at the Lutheran Prince of Peace. For more information, call 618-513-1258.

**ONGOING** — The Carroll High School class of 1965 (Ozark) reunion committee is planning its 50th reunion June 12-13. The program will include recognition of the class' Vietnam veterans and teachers. Classmate Joe Kelley will be the keynote speaker, followed by a tour of the new Carroll High School building. Organizers need some classmates' current information. Those who have not received a recent email should send an email to Judy Miller McLaughlin at [judybobmcl@hotmail.com](mailto:judybobmcl@hotmail.com), or call 774-2752.

### PINCKARD

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

### SAMSON

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

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

### TROY

**ONGOING** — The Pioneer Museum of Alabama invites people to learn to cook like a pioneer. The museum's Hearthside Meals offers the opportunity to learn to cook in a Dutch oven and on a wood stove, and then participants get to enjoy the meal. Cost is \$15 per person, and includes the cooking class and the three-course meal. Pre-registration is required and is limited to 15 people. For more information or to book a spot, call 334-566-3597.

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

### WIREFRASS AREA

**ONGOING** — The U.S. Army Officer Candidate School Alumni Association, Inc., located in Columbus, Georgia, and adjacent to Fort Benning, represents and supports all Army officers commissioned through an Army Officer Candidate School, regardless of location or branch. Meetings, activities and reunions are conducted throughout the year. The annual USAOCS Hall of Fame Induction Ceremony and USAOCS Alumni Association Reunion is scheduled for April 26-30 at Fort Benning. For more information, call 813-917-4309 or send an e-mail to [ocsalumni.com](mailto:ocsalumni.com).

**MARCH 7** — The Bradley Keller Post 119 American Legion Auxiliary will host a gospel sing at 7 p.m. at First Baptist Church Family Life Center in Abbeville. This is a fundraiser for the American Legion Auxiliary and donations will be taken. The singers are 4-year-old Daylen Brown from Abbeville, Martha Whitrock from Malvern, and God's Way Baptist Church Choir and Gilmore Trio from Eufaula.

## Beyond Briefs

### 101 Inventions That Changed the World

The U.S. Space & Rocket Center in Huntsville will host the 101 Inventions That Changed the World exhibit now through March 25. Center officials said that certain turning points in humankind's history have been defined by the creation or discovery of something profound. From stone tools to the birth of the Internet, driven by necessity and accident people have shaped their own destiny through invention. These inventions act as historical punctuation points in the story of 101 Inventions That Changed the World. The exhibit's story explores not only the inventions themselves, but also suggests the reasoning behind their development and their subsequent effect on humankind. The exhibit has been made available by Grande Exhibitions of Australia.

To get to the center, take Exit 15 off of I-565. For more information, visit <http://www.rocketcenter.com>.

### Ark of India exhibit

Ark of India: An Alabama Artist Explores Southern Asia is an exhibit about discovery at the History Mu-

seum of Mobile. It is an account of late 19th and early 20th century India as seen by Alabama artist Roderick D. MacKenzie, using his paintings, drawings, sculptures, photographs and writings. MacKenzie spent more than a decade in India, a place he described as exotic, dangerous, and colorful. He rode with princes on tiger hunts, climbed mountains along India's Northern border, and swam in the sacred Ganges River.

The exhibit runs now through September. Admission costs \$7 for adults, \$6 for senior citizens and \$5 for students.

The History Museum of Mobile is located in historic downtown Mobile at 111 South Royals Street. Traveling on I-10 East or I-10 West, exit Water Street/Downtown, Exit 26B. Turn left at the first traffic light onto Government Street. Turn left at the next traffic light onto S. Royal Street. The History Museum of Mobile is on the left.

For more information visit: [http://historymuseumofmobile.com/ark\\_india\\_exh.php](http://historymuseumofmobile.com/ark_india_exh.php).

### Free tour at Museum of Alabama

A free daily guided tour will be offered Saturdays to the public at the Museum of Alabama, located at the Alabama Department of Archives and History in Montgomery. This

hour-long tour will begin at 1 p.m. and no pre-registration is required. People can join one of the museum's experienced docents as they guide people through Alabama's past, highlighting incredible artifacts, images and documents, and answering questions along the way.

The Museum of Alabama is open Mondays-Saturdays from 8:30 a.m. to 4:30 p.m. Admission is free! For more information, call 242-4364 or visit [www.museum-alabama.gov/](http://www.museum-alabama.gov/).

### Beaks and Barks

The Huntsville Botanical Gardens hosts its Beaks and Barks Winter Festival now through Feb. 28. There will be events throughout the period, and people can also explore the Lewis Birding Trail, take classes on birding and join the global Great Back Yard Bird Count. People are also welcome to bring their favorite four-legged friend to the garden, which includes a no-leash zone. To get to the gardens, take I-565 Exit 15 onto Bob Wallace Avenue. The garden is east about one-half mile on the right side of the road. Admission is free for members, and costs \$12 for adults and \$8 for children ages 3-18.

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



COURTESY PHOTO

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## Religious Services

### WORSHIP SERVICES

Except as noted, all services are on Sunday

#### Headquarters Chapel, Building 109

8 a.m. Traditional Protestant Service

#### Main Post Chapel, Building 8940

9 a.m. Catholic Mass Sunday  
11 a.m. Liturgical Protestant Service  
12:05 p.m. Catholic Mass (Tuesday - Friday)  
4 p.m. Catholic Confessions Saturday  
5 p.m. Catholic Mass Saturday

#### Wings Chapel, Building 6036

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

#### Spiritual Life Center, Building 8939

9:30 a.m. Protestant Sunday School  
10:45 a.m. CCD (except during summer months).

### BIBLE STUDIES

#### Tuesdays

9 a.m. Protestant Women of the Chapel, Wings Chapel  
5:30 p.m. Youth Group Bible Study, Spiritual Life Center  
6 p.m. Protestant Women of the Chapel, Wings Chapel  
7 p.m. Adult Bible Study, Spiritual Life Center

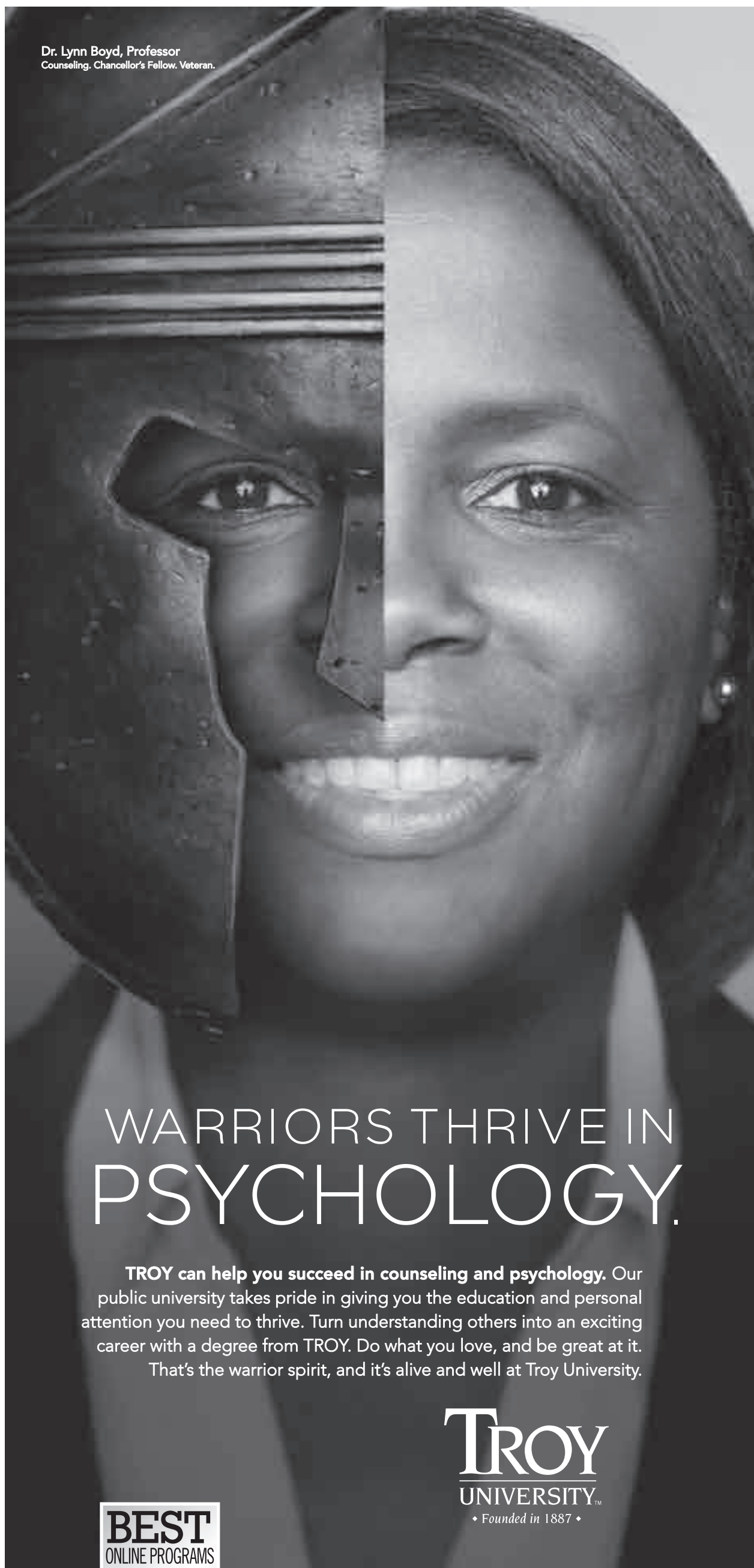
#### Wednesdays

11 a.m. Above the Best Bible Study, Yano Hall  
11:30 a.m. 164th TAOG Bible Study, Bldg 30501  
12 p.m. Adult Bible Study, Soldier Service Center  
6 p.m. Adult Bible Study, Spiritual Life Center

#### Thursdays

9 a.m. Adult Bible Study, Spiritual Life Center  
6:30 p.m. Latter-Day Saints Bible Study, Wings Chapel  
6:30 p.m. Wings Bible Study (Meal/Bible Study), Wings Chapel

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FEBRUARY 26, 2015

## PERFECT GAME

### 5 Rucker Lanes bowlers score 300

By Nathan Pfau  
Army Flier Staff Writer

Bowling a perfect game is a feat that isn't easily accomplished by many, but for the bowlers at Rucker Lanes in recent times, the feeling of that achievement is becoming well known.

Since September, five bowlers at the Fort Rucker Bowling Center achieved perfect games – scoring 300 – and another came about as close as one can get.

Don Solesbee, retired military who achieved his first perfect game Feb. 4., said the feeling is something that can be described as surreal.

"It's just one of those things you strive for – it felt amazing," he said. "In bowling, there are things you strive for, like your 500 series, 600 series and so on, all the way up to a 900-series, so to be able to get one of my achievements checked off is nice. As a bowler, when you get very competitive you start checking off your little bucket-list items, so you start working your way up the list and now I've got this checked off."

Others who have achieved the perfect game or close to it include Jimmy Evans Jr., who bowled his perfect game Sept. 24; Nicholas Gatewood, who bowled his perfect game Oct. 16 and another near-

perfect game Jan. 8 with a score of 299; Osvaldo Roman, who bowled two perfect games two nights in a row Jan. 28 and 29; Tom Reid, who bowled his perfect game Feb. 5; and John Scott, who bowled a near-perfect game Feb. 7 with a score of 295.

Bowling a perfect game isn't only dependent on the skill of the bowler, but the conditions, as well, said Solesbee.

"A lot of it comes down to how the house is maintained, the oil conditions on the lane and how well the lanes are kept," he said. "The oil on the lanes must be consistent so you can come in here and learn how to bowl on it, and to be able to come in every week and be able to bowl the same way on the same oil pattern. That's what bowling is all about – consistency."

"You have to be able to come in here and do the same thing repetitively over and over. They do a real good job of maintaining that here," Solesbee said of Rucker Lanes. "If your equipment you're bowling with is good, then it makes it more conducive for the people to get in line and make that happen."

Bowling a perfect game isn't something that someone really starts to go for at the beginning of a set, he said, but rather something you realize you can shoot for about

halfway through.

"You don't even think about it until you get to around seven or eight strikes, then you start thinking, 'OK, maybe I can do this,'" he said. "I've been there several times. Twice last summer I missed it by one strike and everybody deals with it in their own ways."

"When I got up to about six or seven, I just walked around each time until it was my turn to bowl again," said Solesbee. "For the last three, I was the last person done that night and nobody else was bowling, and that was kind of nerve racking, but my coach always told me when you get that far along to just relax, think and execute your shot, and that's exactly what I did."

Solesbee, who's been bowling on and off since the mid 80s, said when bowling the last frame, for a split second after releasing the ball he felt the ball pull a little off the line and panic set in, but he soon realized that his ball was right on track as he heard the familiar crash of pins and realized he'd bowled his first perfect game.

"It's just a great feeling to be able to share with your friends," he said. "The biggest thing when you're playing this game is you're competitive with yourself. I'm just trying to be the best I can be in this game."

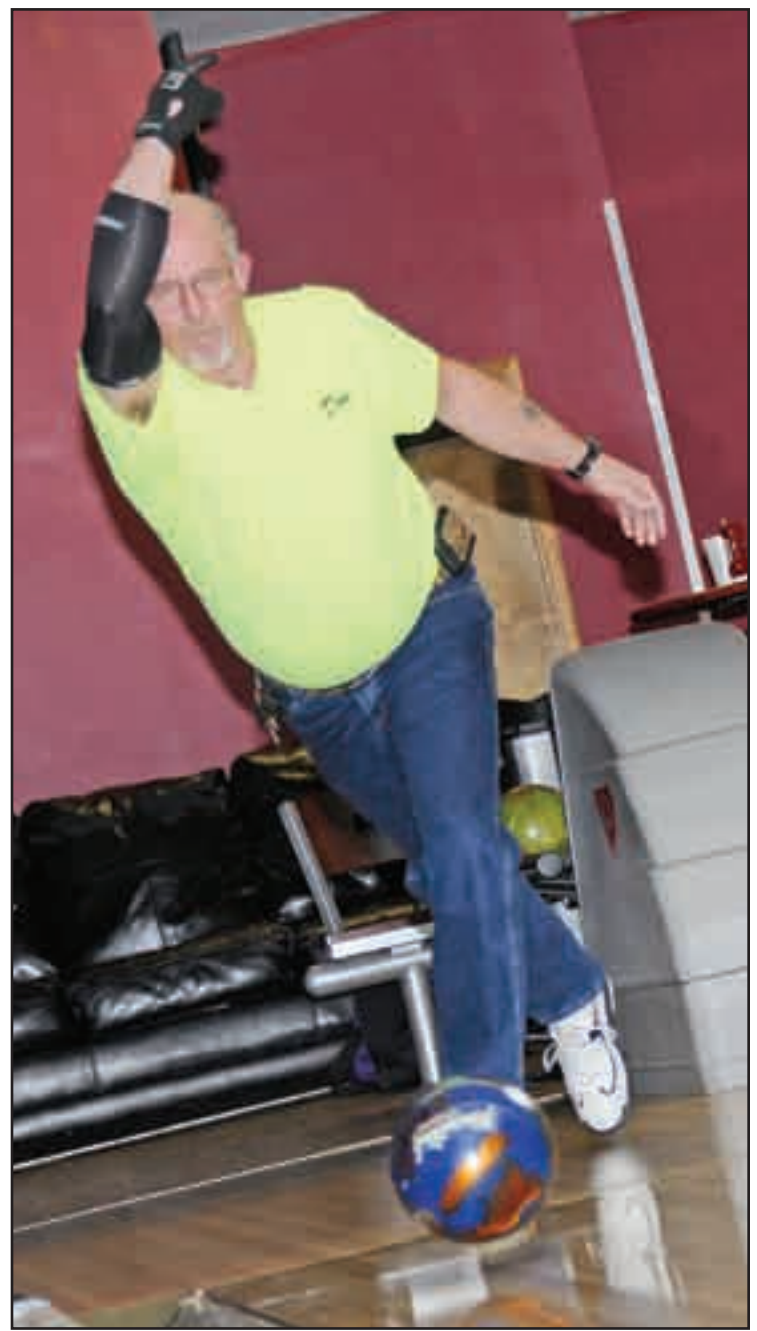


PHOTO BY NATHAN PFAU

Don Solesbee, retired military, releases the ball during a game at Rucker Lanes Tuesday. Solesbee bowled his first perfect game at Rucker Lanes Feb. 4.



PHOTO COURTESY OF DON MACLEAN

Lyster Army Health Clinic will host a triathlon against professional triathlete Doug Maclean during Fit Fest March 13.

## CELEBRATING HEALTH

### Fort Rucker hosts health fair, safety stand down

By Jenny Stripling  
Lyster Army Health Clinic  
Public Affairs Officer

Healthcare at Fort Rucker has come a long way since the first Army hospital on post opened its doors in 1942, and Lyster Army Health Clinic and Fort Rucker are doing their part to keep Soldiers, families and civilians healthy.

Soldiers, families and civilians are invited to attend the Fort Rucker Health Fair and Safety Stand Down at the festival fields March 13 from 9 a.m. to 4 p.m. A Post Run at 6 a.m. will kick off the day's events.

"This post run, health fair and safety stand down is designed to promote comprehensive health and wellbeing of Soldiers, families and civilians," said Maj. JoAnn Ward, chief of Preventive Medicine at Lyster Army Health Clinic. "Our focus will also be on safety awareness training for Aviation and ground topics."

According to Ward, the health fair will aim to focus on the five dimensions of strength within the Army Resilience Program: Physical, Emotional, Social, Family and Spiritual, as well as Injury Prevention and Risk Reduction.

"There will be fitness exhibitions, on-site health information, games, prizes, food and much more. At the

heart of the health fair is a scavenger hunt, designed to make the event interactive for participants and serves as a means to obtain up to 120 points that will be counted toward Fort Rucker's Commander's Cup Competition," said Ward.

Throughout the health fair will be designated areas and activities pertaining to each of the dimensions of strength, as well as injury prevention, where participants can earn a certain number of points for the Commander's Cup and log them on their scavenger hunt forms.

"On-site will be outside vendors, entities from Lyster and the Fort Rucker installation that will be offering everything from physical activities like Zumba to activities designed to enhance your emotional wellbeing, such as relationship strengthening exercises in groups," said Ward.

In conjunction with the health fair, Lyster Army Health Clinic will host a triathlon against professional triathlete Doug Maclean twice during the day. Maclean, a former Navy officer turned professional triathlete in 2011, coaches triathletes, and offers consulting and analysis sessions on anything triathlon related. Those interested in participating should contact Capt. Nathan Kiser at Nathan.a.kiser4.mil@mail.mil. Participants must provide their own bicycle, race clothing and

running shoes.

Col. Gary Wheeler, Lyster commander, encourages everyone in the Fort Rucker community to attend the fit festival.

"Most important physical and emotional health decisions are not made in the doctor's office," said Wheeler. "They are made when people are at work or at home with their families. It is within this lifespaces where the daily choices people make can impact their health. When our beneficiaries come to Lyster, our goal is to arm them with the education so that when they leave their appointment, they are more familiar with how to improve their overall physical and emotional health."

Ward echoed Wheeler's sentiments, saying the hope with hosting the health fair and safety stand down is that people will want to change behaviors long after they leave the event.

"When people are participating, winning prizes and gaining knowledge, we want them to put the knowledge of what they've learned to good use in their daily lives and strive to become healthier in all aspects of their lives," she said.

Admission to the health fair is free and scavenger hunt forms can be obtained from people's unit or command points of contact, or on-site at the festival.

## ArmyFit's self-development website gets useful upgrades

By David Vergun  
Army News Service

WASHINGTON — ArmyFit celebrated its first birthday recently with the addition of several new features to its website.

The site, at armyfit.army.mil, is designed to help improve quality of life for Soldiers, families and Army civilians.

New features include email notifications and a fitness-tracker interface. But first, the following is a quick overview of the site for those not familiar with it.

ArmyFit is primarily a resource site, a "really, really good resource site," said Chaplain (Lt. Col.) Stephen W. Austin, a program developer for the Army Resilience Directorate, G-1, the organization responsible for collecting and posting the content.

Although the website is not interactive in the way gaming sites are, it is innovative because it is able to custom-tailor content specifically for each person, based on their answers to the Global Assessment Tool, more commonly referred to as GAT 2.0. The GAT is a survey Soldiers are required to take annually. Family members and Army civilians are also encouraged to take it, he said.

Based on GAT 2.0, the website directs Soldiers to helpful resources within the physical, spiritual, emotional, family and social resilience categories, he said. The performance triad categories of sleep, activity and nutrition are included as well. The website can also connect the user with appropriate social media groups.

Among the new features is an option to receive weekly emails, which provide custom tips and updates on new content. Austin said this saves the user time in that they do not need to log in to see if there is new content available.

For instance, an email might provide a nutrition tip for fitness gurus. A recent one was titled "Muscle up with Milk."

It reads: "In a 12-week study, male weightlifters who

SEE UPGRADES, PAGE D3

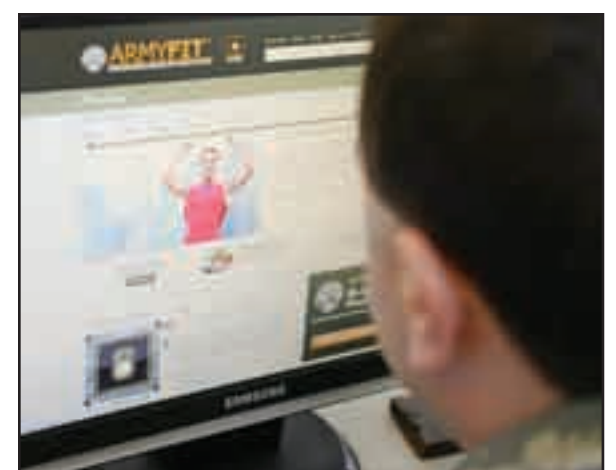


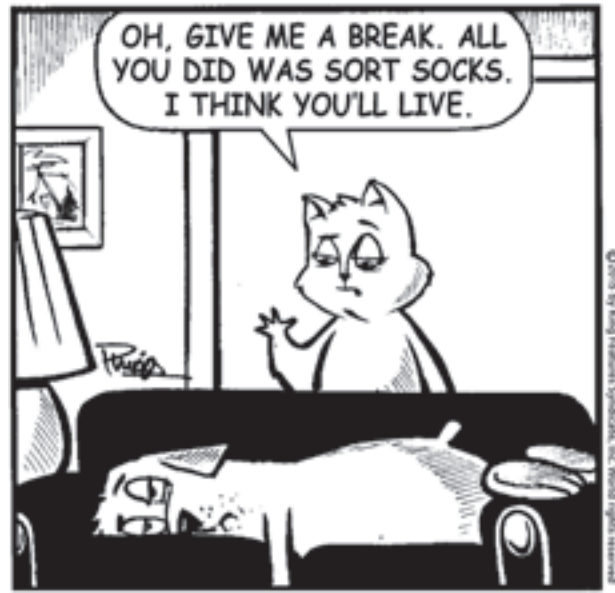
PHOTO BY DAVID VERGUN

A user is shown exploring the ArmyFit website, available at <https://armyfit.army.mil>, which celebrated its first birthday recently, with the addition of several new features designed to help improve quality of life for Soldiers, families and Army civilians.

# DOWN TIME



Just Like Cats & Dogs by Dave T. Phipps



## Trivia test by Fifi Rodriguez

# T R I V I A

1. GEOGRAPHY: Where is the U.S. Naval Academy located?
2. AD SLOGANS: What company promoted its products with the slogan, "Nothin' says lovin' like something from the oven"?
3. ART: Who painted a series of famous works of his garden at Giverny?
4. TV: What is the name of the city in TV's long-running soap opera "All My Children"?
5. LITERATURE: Who wrote the novel "Dragon's Teeth"?
6. MUSIC: What rock group originally recorded the song "Layla"?
7. FOOD & DRINK: What other spice is similar in flavor to mace?
8. COMICS: What was the name of Superman's superdog?
9. GENERAL KNOWLEDGE: What was the first name of the pirate known as Captain Kidd?
10. HISTORY: In what year was Malcolm X assassinated?

See Page D4 for this week's answers.

## Super Crossword

### MULTIPLE LISTING

- ACROSS**
- 1 Nightclub show
  - 8 "Sweet Rosie —" (Betty Grable film)
  - 14 Floating with no control
  - 20 Surplus amount
  - 21 Greek Muse of astronomy
  - 22 Pointy beard
  - 23 Cough-quelling tablet
  - 24 Cowboys' toppers
  - 26 Like old teams that ferried borax
  - 28 Luau garland
  - 29 Knife incision — -mo replay
  - 31 Big serving spoon
  - 34 Big record label, once
  - 37 Suffix with serpent
  - 38 Long-term home loan option
  - 45 Javelin's path
  - 48 Ending for señor
  - 49 Small musical band
  - 50 The "A" of ETA: Abbr.
  - 51 Mem. of the family
  - 52 1979 Nick Nolte film
  - 59 L-P center
  - 60 More silver-haired
  - 61 Dispatched in the direction of
  - 62 Hold up
  - 64 Pianist's challenge
  - 66 Rajah's mate
  - 68 With a leg on each side of
  - 70 "Apollo 13" org.
  - 71 1994 Erica Jong memoir
  - 76 Unlucky time for Caesar
  - 77 Cold Lipton offering
  - 79 — -am (touter of green eggs and ham)
  - 80 Food fish
  - 81 Gp. to call after a stall
  - 82 Delft
  - 86 King in "The Lion King"
  - 89 State south of S. Dak.
  - 90 Flying on foot
  - 93 Ill, in modern Rome
  - 94 Ex-Texas governor
  - 95 Fat-removal procedure, for short
  - 96 Chou En- — (former Communist leader)
  - 97 Old JFK lander
  - 98 Philadelphia election-monitoring group
  - 106 Santa —, California
  - 107 This moment
  - 108 French for "daughter"
  - 109 Meditation syllables
  - 112 Take care of
  - 114 "... — mouse?"
  - 117 Phileas Fogg's around-the-world time
  - 122 Right angle feature
  - 127 Satirist P.J.
  - 128 Penguin type
  - 129 Lack
  - 130 More boisterous
  - 131 Father, e.g.
  - 132 Seaport south of Kiev
  - 133 No less than
- DOWN**
- 1 Male foal
  - 2 States bluntly
  - 3 Gemstone mounting
  - 4 "Am so!" retort
  - 5 Vent vocally
  - 6 Like omelets
  - 7 Be rife (with)
  - 8 Money spent
  - 9 Gluttonous
  - 10 Managed
  - 11 Director Lee
  - 12 Oven knob
  - 13 Ivy League school
  - 14 In past time
  - 15 With 74-Down, longtime morning radio host
  - 16 Match cheers
  - 17 Napoli locale
  - 18 Throwing a big party for
  - 19 Student being quizzed
  - 25 VIP's ride
  - 27 Final: Abbr.
  - 32 "— smile be your umbrella"
  - 33 British peers
  - 35 Artsy: —
  - 36 Basically
  - 39 Door part
  - 40 "Do — else!"
  - 41 — avis
  - 42 Provoke
  - 43 Mournful cry
  - 44 Pound sound
  - 45 Iran neighbor
  - 46 Avis offering
  - 47 Inspector in "The Pink Panther"
  - 53 Supermodel Banks
  - 54 Use the ears
  - 55 '62 Bond film
  - 56 RBIs, e.g.
  - 57 Some fishing spears
  - 58 Some Alpine singers
  - 63 Safest option
  - 65 Father
  - 67 Conditions
  - 69 Tumbler top
  - 71 Was a tributary of
  - 72 Bring home
  - 73 Renown
  - 74 See 15-Down
  - 75 Cartoon skunk — La Fume
  - 78 It gives red wine its color
  - 80 "— isn't so!"
  - 83 Eye flirtatiously
  - 84 Nastase of the court
  - 85 — the iceberg
  - 87 Car shaft
  - 88 Marvel's Lee
  - 91 "Platoon" zone, briefly
  - 92 Ex-U.N. head Annan
  - 98 Brief sleep
  - 99 City east of Syracuse
  - 100 Way
  - 101 Having no depth, briefly
  - 102 Rains down ice pellets
  - 103 Actress Cuthbert
  - 104 Really chill, with "out"
  - 105 "Hey, bro!"
  - 110 Singer Callas
  - 111 Comedian Wanda
  - 113 Editing mark
  - 115 Total revision
  - 116 Ripened
  - 118 Circle dance
  - 119 Horse pace
  - 120 Cry of pain
  - 121 Spanish muralist José Maria
  - 123 Foil material
  - 124 Up to now
  - 125 "Norma —"
  - 126 Trauma ctrs.

See Page D4 for this week's answers.

## Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging  
★★★ HOO BOY!

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See Page D4 for this week's answers.

# KID'S CORNER

### Junior Whirl

by Hal Kaufman

**SOUND OFF!** Precede each of the 10 four-letter words shown at right with the sound of a single letter to form a new and longer word. In No. 1, the letter is the same as the letter in the word ELBOW.

**Remember:** It's the sound of the letter that counts. It is not the letter itself. See answers on page 13.

**BORN TO BE WILD!** Address all inquiries to the post office box that is 11 less than twice as much as one-third of itself plus 13. What number?

**EAR-TO-GROUND SIZE UP!**

An observant passenger on a subway train draws these conclusions about a rider who has just come on board (see above):

He is left-handed; he is probably from another state; he is wearing a cap; he has just used the phone! P.S.: The observant, clearly, played the conjecture by ear.

**EGG BEAT!** Can you find a route through the egg maze above, from bottom right to X, top left? Give it a try.

### Wishing Well

SCORE 10 points for using all the letters in the word below to form two complete words.

OPERATIC

THINK! Score 2 points each for all words of four letters or more found among the letters.

Try to score at least 30 points.

### Wishing Well

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

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.

### HOCUS-FOCUS

BY HENRY BOLTTHOFF

Find at least six differences in details between panels.

# 'Miracle' mom sees baby's 1st birthday

By Elaine Sanchez  
Brooke Army Medical Center

JOINT BASE SAN ANTONIO-FORT SAM HOUSTON – When a terminally ill Army wife gave birth to a healthy boy at Brooke Army Medical Center, doctors called it a modern-day medical miracle.

A year later, Yesenia Ruiz-Rojo is still alive and sharing quality time with her son, Luke, and doctors are hard-pressed to come up with another description.

"To me, it is nothing short of a miracle," said Lt. Col. (Dr.) Raul Palacios, chief of interventional radiology at Brooke Army Medical Center. "I sincerely doubt I will ever again witness what we've seen with Yesenia."

Ruiz-Rojo arrived at BAMC in September 2013. She was 21 years old, four months pregnant, and had just discovered she was facing aggressive liver cancer. Doctors gave her four to six months to live.

Ruiz-Rojo gave no thought to herself – she begged her doctors to save her baby. "The only thing I could think about was my baby," she said. "Just have the baby, I told myself, and the rest will figure itself out."

The odds were against her, Palacios recalled. Based on current literature and case reports, a pregnant woman with this type of aggressive cancer had not lived very long, let alone long enough to deliver a healthy child.

"There was nothing out there we found in conventional medicine that would offer her any hope," Palacios said. "We weren't aware of anything in the past that had been tried successfully."

Unwilling to give up, BAMC experts from more than a dozen specialties met to explore every possible treatment option. They decided on a therapy called selective internal radiation therapy with Y-90, which places tiny radioactive particles in the patient's artery that feeds the liver tumors. The tumor consumes the particles and either shrinks or dies, Palacios said.

The team felt Y-90 would offer the least risk to mother and baby, so "we held our breath, acknowledged Mrs. Ruiz-Rojo's desires, and made the best educated decision with what we knew at the time," he said.



Yesenia Ruiz-Rojo holds her son, Luke, during his first birthday party, Jan. 10.

After a six-week treatment and early encouraging signs, Ruiz-Rojo gave birth to a premature, but healthy baby at BAMC on Jan. 10, 2014.

Her providers grew attached to this young mom and her baby over the course of her stay. "It was truly an honor and a privilege to care for Yesenia," said Kimberly Hatfield, clinical nurse officer in charge of 5 East, an inpatient ward at BAMC.

Once recovered from the delivery, Ruiz-Rojo moved to California to stay with her family.

She cared for her son for about a month,

but her mom and sister soon took over as her health declined. Yearning to spend time with Luke, Ruiz-Rojo despaired at the bouts of sickness that made her too weak and in pain to hold him.

"I'd stay to myself because I didn't want him to see me that way," she said. "It hurt me so much to do that."

Last March, she became so violently ill that doctors called her family in to say their goodbyes. Beating the odds again, she survived that and nearly two dozen other hospitalizations.

Unsure if she would make it to a year,

she threw Luke a 6-month-old birthday party. "I went all out," she said. "I wanted him to see pictures of me and him, and have happy memories."

With illness and weakness taking their toll, Ruiz-Rojo became bed-ridden and depressed. It took a wake-up call from her beloved aunt to shake her out of her sadness. "She told me, 'You have to start living for yourself and your son.'"

That day was a turning point. Ruiz-Rojo slowly began building her strength. She did her makeup and hair, helped out around the house, and, most importantly, began to care for her son. "I do everything now but change his diapers," she said with a laugh. "He's too wiggly for me at this point."

Ruiz-Rojo's voice softens when she speaks of Luke. He loves to bang on pots and pans, she said, and to listen to her sing nursery rhymes to him in Spanish. She swears in the midst of his baby babbling, she has heard him say, "I love you."

"It makes me sad that there are moms who take this gift for granted," she said.

On Jan. 10, Ruiz-Rojo celebrated Luke's birthday surrounded by family and friends. And, a month later, she celebrated her 23rd birthday. Her phone is packed with pictures of herself, smiling and hair flowing, holding her curly-haired son – something she was unable to do just a few months before.

While she is on the liver transplant list, Ruiz-Rojo prefers to focus on living a normal life, not one riddled by fear. "I honestly didn't think I'd live to see another birthday," she said. "This past year has been a journey, but it's made me appreciate what I have so much more."

Palacios said there are "no words to describe the joy" he feels when patients do well.

"In my heart, I feel Yesenia was in the right place at the right time with the right people," he said. "BAMC had a chance to help and did, it says a lot for the [Department of Defense]."

Veronica Dominguez, a 5E staff nurse, called her time with Ruiz-Rojo "humbling."

"As a nurse, you always want to touch someone's life," Dominguez said. "To see her baby growing and Yesenia still able to care for him ... it makes what we do every day so worthwhile."

## Upgrades: Leaders key in promoting website

Continued from Page D1

drank a 500-milliliter glass of milk right after a workout, and another glass one hour later, gained more lean body mass and lost more fat than men who drank a soy or carbohydrate sports drink instead. Researchers suspect that certain proteins and amino acids in milk may help with body-building efforts, while the calcium may be a boon to fat loss.

"As Good as Water? A second study showed that milk rehydrates exercisers just as well as water and more effectively than sports drinks, probably because of the abundant electrolytes in milk. Of course, milk has calories, too. So if you're trying to reduce calories, nothing beats water for consequence-free hydration."

Also new to the website is a financial resilience assessment, developed under advisement of Army Installation Management Command's Financial Readiness Program. "It's a very substantive

assessment, using a multitude of financial data points," he said.

Users also now have the ability to synchronize their personal fitness devices to ArmyFit, Austin said. This new feature is compatible with about a dozen of the most popular fitness devices such as JawBone UP, Runkeeper and FitBit. A tracker feature allows users to set goals, add data and track improvements regarding weight, body measurements, and alcohol consumption so improvements can be readily checked.

About a month ago, a pilot was started, known as the ArmyFit Commanders' Profile, he said. ACP provides aggregate population health data based on GAT 2.0. It is being piloted at five installations and five National Guard states.

Austin emphasized that an individual's information within ACP is anonymous. It merely aggregates the data to show trends and other statistical information that could be used to help a com-

mander's ready and resilient efforts.

Besides the ACP, GAT 2.0 and the rest of the site is also anonymous. "There's no exception to that," Austin said. "Commanders simply cannot access the data and the Army is very careful about preserving the anonymity. The only thing commanders can see is whether or not a Soldier completed the GAT, which has been a requirement all along."

Resources accessed by users on ArmyFit are also anonymous, meaning no one can track an individual as he or she navigates the site, he said.

Once testing of ACP is completed and after the after-action review is completed, it is expected to be expanded Army-wide, he said.

In addition to ArmyFit adding new features, users themselves can also affect changes to the site, Austin said. The website maintains an active help desk. "We get a lot of queries and also a lot of good ideas, some of which are

incorporated into the site. We've paid a lot of attention to that," he said.

For instance, the website gets a lot of feedback on nutrition and fitness, such as Crossfit, paleo-diets and so on. "We don't want to penalize people for doing those in the algorithm and also we need to know what's working well," he said.

The algorithm Austin referred to is the intelligence capability the site uses to formulate recommendations based on GAT 2.0 results.

By next year, the Army is looking to make ArmyFit an app.

Currently, he said, the best way to access it is from a computer or tablet. It can actually be looked at now from a mobile phone, but it's not as user friendly.

Austin encouraged new users to visit the site and those who've not been on it for a while to go back and take a look.

Leaders are key in promoting the website to their Soldiers, Austin said. "If they say this is just one more requirement, that will turn them off to the site," he said. "But if leaders challenge Soldiers to discover something useful about themselves, frequently they will."



## SPORTS BRIEFS

### Youth sports registration

Fort Rucker Child, Youth and School Services' Youth Sports and Fitness Program is taking registrations for youth baseball, softball and jump roping now through Saturday at parent central services in the Soldier Service Center, Bldg. 5700, Rm. 193. The baseball season runs from March through May. The teams will be broken down into the following age groups: Tee Ball (co-ed, ages 5-6), Machine Pitch (co-ed, ages 7-8), Dixie Minor (co-ed, ages 9-10), Dixie Youth (co-ed, ages 11-12), Dixie Ponytails Girls (girls, ages 9-12), Dixie Belles (girls, ages 13-15). If there are not enough girls to field a Ponytail team, players will be put on a baseball team. Costs are \$25 for jump roping, ages 7-18; \$45 for baseball, co-ed, ages 5-12, age control date May 1st of the current year; \$45 for softball, girls ages 9-15, age control date Dec. 31 of the previous year. A current sports physical and a valid CYSS registration are

required for participation. A multiple child rate will be determined at registration. Special requests for coaches and players cannot be honored.

For more information, call 255-9638, 255-2257 or 255-2254. Coaches for the teams are needed. People interested in volunteering should call 255-0950.

### Gobbler Classic Turkey Hunt

Fort Rucker Outdoor Recreation will host its Gobbler Classic Turkey Hunt March 14-April 30. The cost to participate is \$25. Prizes will be awarded. Participants must have a valid Alabama State All Game License, Fort Rucker Post Hunting Permit and a Hunter Education Completion Card. Alabama state regulation and Fort Rucker Regulation 215-1 apply. The turkey must be harvested on Fort Rucker in order to qualify. This hunting event is open to the public.

For more information or to register, call 255-4305.

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# PUZZLE ANSWERS

## Super Crossword

**Answers**

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

**Weekly SUDOKU**

**Answer**

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

**TRIVIA**

**Answers**

- Annapolis, Maryland
- Pillsbury
- Claude Moore
- Pine Valley
- Upton Sinclair
- Denik and the Dominion
- Naming
- Kyoto
- William
- 1965

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- currently smokes or has in the past smoked at least 30 packs of cigarettes a year.

Results of the CT screening are ready in 24 hours and each person receives a phone call from Ladonna Stinson, SAMC nurse navigator. Early detection saves lives. For more information about the Lung Screening Program or to schedule a screening, call Ladonna Stinson at 699-8111, ext. 8459.

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