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ARMY FLIER

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

VOL. 65 ■ NO. 09

FORT RUCKER ★ ALABAMA

MARCH 5, 2015

LIFESAVERS TRAINING LIFESAVERS

Courses build better MedEvac operators

By **Jim Hughes**
Command Information Officer

Lives are saved and lost daily at this school.

Fortunately, it's a few good mannequins who do the surviving and dying, all in the name of building better medical evacuation service members at the U.S. Army School of Aviation Medicine Joint Enroute Care Course and Army Medical Department Aviation Crewmember Course.

The courses take doctors, physician assistants, nurses and medics out of the hospitals and trains them up to perform the MedEvac mission to save the lives of wounded service members around the world, said Sgt. 1st Class Aaron Burrows, NCO in charge of the USASAM JECC and AMEDD A2C2.

"Many of our students are nurses and docs who never get to see pre-hospital care at all," Burrows said. "They're already medically trained – we're just getting them used to doing it this way. It's a big learning curve because they're used to having up to 10 people around one patient – 'Hey, you do this, you do this, you do this,' and being able to divide up those tasks, versus in the back of an aircraft with point of injury care – it's just them.

"They get that bird's eye view of how to perform an actual patient assessment in the pre-hospital setting, how to do that advanced medical care that is that rapid treatment that's going to stabilize (the patient) enough to enable them to survive until they get to that surgical intervention," he added.

With JECC being a two-week course, the information comes at students hot and heavy, and the realism the school provides ups the intensity, according to 1st Lt. Christopher

Hunt, a physician assistant from the 115th Combat Hospital at Fort Polk, Louisiana.

"I thought it was the best course in the Army I've been to so far," the lieutenant said during the final day of the latest course Feb. 19. "Honestly, there's a lot of information packed into two weeks and it's solid – not a lot of fluff in it at all."

One source of that realism comes from the mannequins that give off real vital signs and show reactions to their wounds, such as coughing, and also respond to treatment the students provide. Instructors operate the mannequins from computers outside the mock fuselages in the school's training facility.

"This training is probably best you're going to get other than treating real patients," Burrows said. "(Creating the curriculum is) a continuous cycle, we make adjustments and changes each iteration – we continue to progress, try to get more advanced, more realistic as far as treatment and scenarios. All of our scenarios are designed based off of actual patients that we have seen downrange. All scenarios you see are extremely realistic and they are exactly the scenarios that were seen downrange."

But realism also comes in the form of a dedicated cadre who inserts its years of experience saving Soldiers' lives on real-world battlefields for more than a decade, Burrows said, adding the training is leaps and bounds ahead of the training he received seven years ago.

"Honestly, the standard with this instructor group, compared to the standard from when I went to flight medic school compared to now is top tier – just because

SEE LIFESAVERS, PAGE A5



PHOTOS BY JIM HUGHES

U.S. Army School of Aviation Medicine Joint Enroute Care Course students Navy Lt. Meagan Gilmartin and Navy Lt. Cmdr. Darren Cherr explain to Staff Sgt. Keith Jenkins, instructor at the course, their treatment strategy of a simulated patient before loading the patient onto a mock aircraft at the school.



U.S. Army School of Aviation Medicine Joint Enroute Care Course instructors input patient responses to treatment into a mannequin that simulates a patient during a testing session at the school Feb. 19.

ABOVE THE BEST

District names teacher of the year

By **Nathan Pfau**
Army Flier Staff Writer

Sticking true to the Aviation motto of "Above the Best," one Fort Rucker teacher has taken those words to heart and applied it to her role as an educator.

Bridget Lester, gifted teacher for Fort Rucker Primary School, was named the 2015-2016 Department of Defense Education Activity Georgia/Alabama district Teacher of the Year, and was surprised with the honor during a school board meeting at the Fort Rucker Elementary School Tuesday.

Col. Stuart J. McRae, Fort Rucker garrison commander, and Dr. Christy Cabezas, Alabama/Georgia district superintendent, were both on hand to present the award to Lester, who has been an educator at the primary school since 2010 as a gifted resource teacher, first grade teacher, grade-level chairperson, Continued School Improvement Team member, Professional Learning Team facilitator, and a Science, Technology, Engineering and Math committee co-chairperson and lab teacher.

"She is an outstanding educator," said Cabezas during the presentation. "She exhibited her passion for math and science by transforming the school's outdated computer lab into a 21st century Science, Technology, Engineering and Math laboratory, which has ignited a passion for learning for her students and the students of the entire school."

Lester also shares her enthusiasm for the engineering design process with her fellow teachers by creating and sharing lessons that require students to think critically with real-world problem solving activities and projects, said the district superintendent. She has served as a teacher-leader in the school by serving on the Continue School Improvement Team, helping the school develop early childhood as-



PHOTO BY NATHAN PFAU

Col. Stuart J. McRae, Fort Rucker garrison commander, presents a garrison commander's coin to Bridget Lester, FRPS gifted resource teacher and winner of the 2015-2016 DODEA Georgia/Alabama District Teacher of the Year, during a presentation at a school board meeting Tuesday.

sessments to determine learning needs for their students, and the work that she helped lead has also been recognized across the U.S. and is now being used in many schools.

Lester is also currently an Alabama state finalist for the Presidential Award for Excellence in Mathematics and Science for her work in STEM education.

"Bridget is an advocate of using action research to continually test the validity and reality of rubrics and interventions based on the changing needs of students the school serves," said Cabezas. "She is an educator who changes lives daily, and one that makes you believe that educators must continue to refine their craft in order to effectively facilitate learning that meets the needs of each child entering the classroom."

McRae also presented Lester, who

is the second teacher at FRPS to win the award in a row, with a garrison commander's coin, and praised her for her work and dedication to the students and the school.

"This is the best part of my job that I have – being able to come out and celebrate all of the great folks that we have who win awards, and I'll be honest with you, we win a lot of awards here at Fort Rucker," he said. "With two years in a row ... there must be something in the water here."

The DODEA Teacher of the Year program is designed to recognize and honor outstanding educators who exemplify the qualities of professionalism and excellence in the workforce and is modeled after the nation's Teacher of the Year program, said Cabezas. Following the guidelines

SEE BEST, PAGE A5

Health fair promotes resilience

By **Jenny Stripling**
*Lyster Army Health Clinic
Public Affairs Officer*

Soldiers, families and civilians are invited to attend Fort Rucker's Health Fair and Safety Stand Down at the Fort Rucker Festival Fields March 13 from 9 a.m. to 4 p.m.

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

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, according to Ward.

To provide a more interactive experience, a scavenger hunt will be conducted during the event. 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 toward for the Commander's Cup and log them on their scavenger hunt forms.

Social Interaction

Tim Laster, director of the Family and Morale, Welfare and Recreation at Fort Rucker, said the social aspect that will be brought to the health fair on March 13 is the heart of healthy interaction.

"By building on our social health we are improving our ability to interact with others," Laster said. "Many would agree the Army provides friends for life. The ability to bounce back from stresses in one's life is crucial for the overall quality of life for our Soldiers, families, retirees and civilians."

During the health fair, there will be engaging games specifically for social interaction, including giant Jenga, oversized-puzzle problem solving and House of Cards, where teams will have to build a house of cards from an extra-large deck of cards.

Laster said Family and MWR is social resiliency at

SEE HEALTH, PAGE A5

PERSPECTIVE



MILITARY ONESOURCE GRAPHIC

Traveling with special needs family members

By Marion Cornish
Fort Rucker Exceptional Family Member Program Manager

Spring Break is almost here and for some families that means traveling.

Traveling with family can be a time of bonding, excitement, making memories and also experiencing stress. Traveling with a special-needs family member is all of these things and more.

Most families activities are centered around cost, interest and length of stay. For families that have a special-needs or disabled family member, they have additional concerns. These concerns may include accessibility to facilities, activities, nearest medical facility, modifications or accommodations, additional fees related to special needs, etc.

Traveling with a special-needs family member might seem like a daunting or overwhelming task, but it is usually well worth the experience. Traveling with a special-needs family requires prior planning to ensure a good time is had by all.

The following are some tips to consider.

- Consult with a healthcare provider prior to trip. Ask for recommendations, tips and items that you may need in case of an emergency. Make sure you have ample medications and medical supplies, and a physician's description letter of the family member's condition and needs in case of an emergency. Carry copies of health insurance cards, and the healthcare provider's phone number.
- Plan your trip. Planning should include destinations and rest stops to accommodate the child or adult's special needs. Consider what items you will need for bedtime, bath time and mealtimes. Call ahead to your destination to determine what you will need to bring. Ask about other accommodations in the area.
- As you pack, make a checklist of all essential items and double check it before you leave each stop of your trip. Items make include favorite toys or security items.
- Find transportation to meet specific needs. If traveling by train, bus or plane, consider if the family member requires specialize seating support. Be



COURTESY GRAPHIC

sure to ask travel agent, airline, airport or bus line representatives about special guidelines or requirement for passengers with disabilities.

- Don't be shy about asking about accommodations for your special needs family member. Most people will be happy to help. If the initial accommodation won't work, po-

lutely decline and explain what you need and why.

- Don't forget to spend quality time with your other family members. You might consider when the special needs individual is napping, or occupied in an activity, that you chat and reconnect with the other family members. They will appreciate you, and be more

supportive and cooperative when your attention is focused on your special needs family member.

- Plan a day of rest. Your bodies need some down time when you arrive at your destination and again when you return home. Allow a day for rest and recovery before you dive back into your hectic routine.
- Don't expect perfection. Traveling is an acquired skill. If the trip did not turn out perfectly, do not give up. Sit down and think about what could have been done differently and how to plan more effectively for the next trip. If your trip was to visit family, chances are you will do it again.

Remember, time spent developing relationships is time well invested, whatever the destination.

For additional information, visit these websites:

- www.tsa.gov/traveler-information/children-disabilities; and
- www.tsa.gov/traveler-information/travelers-disabilities-and-medical-conditions.

Rotor Wash

“Financial readiness training takes place Friday from 7:20 a.m. until 4:15 p.m. at Bldg. 5700, Rm. 284. What adjustments can the average individual or family make to create a path to better financial well-being?”



Carolyn Harp,
military spouse

“Create a budget of things you need versus things you want.”



Mikayla Jordan,
military family member

“Watch what you're spending money on and decide what the important purchases are and what you can live without.”



Janice Davis,
military spouse

“Allot a certain amount for spending for each person in the family, that way they can each get what they want or need without overspending or living above their means.”



Evelyn Baxter,
military spouse

“Invest in a retirement fund of some sort, like an IRA.”



Brandi Johnson,
civilian

“Put a little bit of money from each paycheck aside into a savings account.”

COMMAND

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FORT RUCKER COMMANDING GENERAL

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FORT RUCKER GARRISON COMMANDER

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Deadlines are Friday at 2 p.m. for the following week's edition.

All editorial content of the Army Flier is prepared, edited, provided and approved by the Public Affairs Office, U.S. Army Aviation Center of Excellence and Fort Rucker, AL.

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Deer releases win-win for wildlife, Fort Rucker

By **Jeremy Henderson**
Army Flier Staff Writer

The wooden carrying crate opened quickly, but the whitetail deer inside took its time before creeping into the small clearing nestled closely to a wooded Fort Rucker habitat it will now call home.

The first of many planned releases of whitetail deer on Fort Rucker took place Monday and everyone involved feels it is a win-win situation.

“[Big Ben Wildlife Sanctuary] were looking for a place to release the deer where they would be relatively protected during their first year,” Daniel Spillers, fish and wildlife biologist with the Fort Rucker Directorate of Public Works Environmental Resources Branch, said. “We were receptive to it because our deer population is lower than we’d like to see it.

“Our fawn recruitment has been low due to the heavy coyote predation on the herd,” he added. “We’ve been trying to do something about that. We’ve limited the hunting season on the deer and restricted antlerless hunting. We’ve also been trapping coyotes in an effort to reduce predation. But these releases will help us strengthen the heard on post.”

A study was previously conducted to identify the impact of coyote predation on the deer population.

“We did a study with Auburn



PHOTO BY JEREMY HENDERSON

Members of Big Bend Wildlife Sanctuary and Fort Rucker Directorate of Public Works Enviornmental Resources Branch conducted the first of many planned whitetail deer releases on post Monday.

University a few years ago and found we had 80 percent fawn mortality,” Spillers said. “The majority of that is due to coyote predation. We are building our herd back. We think the steps we’ve taken are working.”

John Morse, vice president, and Terry Morse, director and rehabilitator, of Big Bend Wildlife Sanctuary in Enterprise, have

spent months preparing more than a dozen fawn, who hail from different parts of the country, for the upcoming releases.

“When they’re growing, they are part of a family,” John said. “We, in turn, become their family, similar to trying to raise your kids. That is what we have to do. We have to teach them and we

have to also let them learn on their

own. We have to show them it is OK to play and it is OK to be a youngster. As they wean, we have to push away from them. We have to teach them how to forage and how to get up on their hind legs to reach the top branches of trees. Mom and dad would show them these things in the wild.”

But fawns require special care as they grow older and reduced

human interaction as the time for release approaches, Terry added.

“We minimize their interaction with humans once they move to the outside holding pen,” she said. “The only time they see us is when we feed them.

“They have already learned how to forage on their own,” she added. “We let the pen grow wild. Two months after we put them out there, they have everything stripped. So we have to bring in more food sources like tree branches with leaves.”

According to John, most of the fawns were brought to the sanctuary because their mother was struck by a vehicle on the roadway and they became orphans.

“Our mission is to rehabilitate injured and orphaned wildlife,” Terry said. “We recondition them for release back into the wild. We give them a second chance.”

Each of the deer released by BBWS will be tagged for tracking and additional protection as they journey toward adulthood. According to Spillers, the fawns will be released into a secluded area of Fort Rucker with restricted hunting to provide a better opportunity for them to mature and impact the herd.

“These tagged deer will be protected,” he said. “We are actually releasing them in an area on Fort Rucker with very limited hunting. Most of Fort Rucker is open to hunting, but this particular area is only open for a short window.”

Fort Rucker celebrates African-American Black History Month

By **Nathan Pfau**
Army Flier Staff Writer

Fort Rucker celebrated African-American Black History Month during a luncheon at The Landing’s ballroom Feb. 25 with the theme, “Recognizing a Century of African-American Pioneers.”

“National African-American History Month is an annual celebration of achievement and a time for recognizing the central role that African-Americans have played in U.S. history,” said Sgt. 1st Class Jason Garcia, 1st Aviation Brigade equal opportunity adviser, during the ceremony. “Some of you may remember a time when the books in school did not teach the deeds and accomplishments of African-Americans. I’m proud to say that we have come a long way.

“Today, we celebrate a century of (African-American) life in history,” he continued. “Today, we honor those brilliant men and women who have made America the greatest nation on Earth, and, today, we recognize that African-American history is not separate from what we call American history, but that it is a common heritage that is shared by us all.”

The celebration featured musical selections, poetry readings, a tribute to Maya Angelou and words from Mike Schmitz, Dothan city mayor and guest speaker for the event.

“It’s always extraordinary to take time to remember our history and who we are, the struggles we’ve overcome and what we stand for,” said Schmitz. “It truly is a great honor to be here today.”

Schmitz talked about how he recent saw

the movie, “Selma,” which depicts the struggles of African-Americans during the Civil Rights Movement and the famous march from Selma to Montgomery.

“I will always take away from that movie that (Dr. Martin Luther King Jr.) was a great man, not because of just what he accomplished, but because what he went through to get there,” said the Dothan mayor.

Schmitz’s message to everyone in attendance was to respect others and to say “thank you” to those who provide help throughout their own journeys in life.

Schmitz was abandoned as a child and spent many of his early years in an orphanage before he was adopted at the age of 5. Throughout his early childhood, he was considered a problem child, he said, and more than a handful for his adoptive parents.

“I was a young boy who couldn’t understand why I never met my mom, why I never met my father and why I wasn’t good enough, and I acted out,” he said. “Godly parents adopted me and Godly parents loved me, but I had all these issues.”

It wasn’t until he was kicked out of school in the fifth grade and made to go to public school that he would meet someone who would change his life forever.

“I met a teacher named Mrs. Howell, and Mrs. Howell got to know me and realized that even in the fifth grade that I couldn’t read. So, she took the time to get to know me and teach me to read, and she opened up the whole world to me,” he said. “This teacher changed my life.

“I was walking one direction, she gave me tools, and I turned around and started walking in another direction, and the whole



PHOTO BY NATHAN PFAU

Mike Schmitz, Dothan mayor and guest speaker, speaks during the 2015 African-American Black History Month Luncheon at The Landing Feb. 25.

reason I’m telling all of you this is I never told her ‘thank you,’” said Schmitz. “I never came back and told her what a difference she made, so when I was in my 30s ... I told my wife, Sandy, that we’re going to (visit Mrs. Howell).”

Schmitz and his wife went to visit Mrs. Howell, but when they arrived at her house, her daughter answered the door and told them that Mrs. Howell had passed away some years ago. That life lesson taught him to say “thank you” to those that make an impact in his life, he said.

During his time speaking, Schmitz also engaged the crowd with a quiz game where he read facts about prominent African-Americans throughout history, and if they

answered correctly they were awarded with a prize, including a \$20 gift card.

Master Sgt. Joseph Christensen, Fort Rucker chief equal opportunity adviser, offered closing remarks and said that African-American History Month is a time for redefining heroes.

“Individuals like Dr. Martin Luther King Jr., Frederick Douglas, Booker T. Washington – those, to me, are heroes,” he said. “The challenges they faced to rise above and to contribute what they have to American society is truly astounding. I challenge you to continue this, and take it to your own homes and continue to talk about the challenges ... and things that are different, but make us, as a country, great.”

News Briefs

Power outage

The Fort Rucker Directorate of Public Works reports there will be a post-wide power outage Sunday 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 Sunday at 2 a.m. for Daylight Savings Time.

Extravaganza at thrift shop

The Fort Rucker Thrift Shop will host a home-based business extravaganza Friday 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.

Spring cleanup

Fort Rucker’s annual spring cleanup is scheduled for March 31-April 3. All garrison, mission and tenant units are required to participate. Spring cleanup will be conducted as follows:

- **March 31** – Clean-up of interior offices and work areas;
- **April 1** – Clean-up of exterior areas and police call areas;
- **April 2** – 9 a.m. to noon, continue clean-up of interior and exterior areas, and 1-4 p.m. under the supervision of the brigade or owner of the barracks. Soldiers residing in the barracks will be released to conduct clean-up of common areas of responsibility (mission dependent); and
- **April 3** – Inspection of the post conducted by the garrison command sergeant major, the U.S. Army Aviation Center of Excellence command sergeant major and the Fort Rucker Directorate of Public Works NCO in charge.

For more information, call 255-0020

Commissary: Frozen Food Month

Savings on frozen food items highlighted by spe-

cially decorated frozen food departments in the commissary means its Frozen Food Month, according to the Defense Commissary Agency. “Our customers love Frozen Food Month” in March, said Tracie Russ, DECA’s sales director. “They have good reasons to stock up on frozen foods and other items because of the great prices and exciting promotions going on throughout their commissary.”

The annual NCAA basketball tournament is also bouncing around commissaries during March in the form of super savings and giveaways. It’s all made possible by DECA’s industry partners – vendors, suppliers and brokers – offering discounts beyond everyday savings.

For the full story, go to http://www.commissaries.com/press_room/press_release/2015/DeCA_13_15_cfm.

Commissary Value Brand expands

With nearly 100 items recently added to the Commissary Value Brand program, military patrons will have even more opportunities to save, according to the Defense Commissary Agency’s senior enlisted adviser. “We recommend that patrons continue to monitor the orange ‘Value’ signs in the stores because they will see a larger offering of products,” said Air Force Command Chief Master Sgt. Stuart M. Allison. Since the middle of February, new products added to the program include several cheeses, condiments, canned and powdered milk, canned soup, dry pasta, honey, rice, laundry bleach and paper towels. With the influx of new items, the Value Brand mix will boast nearly 400 products, such as frozen vegetables, pizza and entrees; pet foods; health and beauty care; cereals; cleaning supplies; soft drinks; coffee; canned fruit, soup and fish; disposable lunch

and storage bags; condiments and more. The average savings for Value Brand is about 42 percent when compared to national brands, and 25 percent against the store brand and private label items found in commercial retail stores. Patrons looking for these items will see orange Value tags. A list of items, frequently asked questions and a video of the program are available at <http://www.commissaries.com/shopping/value-brand.cfm>.

Tax center open

The tax center is open and ready to help Soldiers, family members and retirees by appointment Mondays-Fridays from 9 a.m. until 4 p.m. in Bldg. 5700, Rm. 371F. This year, the tax center also offers a drop-off tax service for single Soldiers. Single Soldiers can come in and drop off their 2014 income tax paperwork, and return in 48 hours to go over their complete return with a tax representative. Soldiers must return between the hours of 9-11 a.m., Mondays-Fridays, for their returns. Single Soldiers who wish to utilize the drop-off service must have a simple return with no more than two W-2 forms.

When visiting the tax center, people should remember to bring all tax forms, including all valid military ID cards; Social Security cards; all W-2s and wage and earning statements; 1099-R for pensions and retirements; 1098 for interest statements regarding tuitions, student loans, mortgages, etc.; a copy of the previous year’s return if available; power of attorney papers if available; 1099-G forms for gambling winnings, unemployment compensations, etc.; and 1099-MISC for payments received for non-employment compensation.

For more information or to schedule an appointment, call 255-2937 or 255-2938.

SMA testifies on quality of life on Capitol Hill

By **J.D. Leipold**
Army News Service

WASHINGTON — The senior enlisted advisers from the Army, Navy, Marine Corps and Air Force were on Capitol Hill Feb. 25 to testify on quality of life concerns in the services.

The possible return of sequestration in fiscal year 2016 colored much of the discussion.

Uncertainty over possible deterioration of healthcare benefits, compensation, family programs, and job security were uniform among the four top enlisted leaders speaking before the House Appropriations Committee, subcommittee on military construction, veterans affairs and related agencies.

Less than a month in his position now, Sgt. Maj. of the Army Daniel A. Dailey said caring for Soldiers, their families and Army civilians, “builds trust, and trust is predictability ... the unwritten contract between the American people, her leaders and the people of our Army.

“Today, we are back in Iraq facing a new enemy,” he said. “But, perhaps the greatest enemy to the contract I’ve mentioned and to our future is fiscal uncertainty ... I’m very conscious that every fiscal decision we make together has the potential to impact a Soldier’s trust in us as leaders ... not only does this affect our readiness today, it affects the all-volunteer Army of tomorrow.”

Dailey said that without predictable and adequate resources, the Army simply cannot plan and conduct required training or maintain diverse, high-quality Soldier and family support programs.

“Furthermore, I see a return to sequestration-level funding as the



PHOTO BY J.D. LEIPOLD

Sgt. Maj. of the Army Daniel A. Dailey testifies on quality of life issues in the Army before the House Military Construction and Veterans Affairs Appropriations Subcommittee in Washington, D.C., Feb. 25.

tipping point between our ability to maintain our responsiveness and our ability to maintain trust with our people,” he said, noting that his biggest fear was losing more Soldiers.

“We’re managing that through the use of accessions, retention and quality control programs,” Dailey said. “Unfortunately, if we continue to see fiscal restraints and we return to sequestration levels of funding, good Soldiers will be asked to go home.”

By the end of 2015, the active Army expects to be down to 490,000 Soldiers. Lt. Gen. Karen E. Dyson, military deputy to the assistant secretary of the Army for financial management and comptroller, said additional sequestration in fiscal year 2016 could mean another 15,000 Soldiers cut from

the active force.

Master Chief Petty Officer of the Navy Michael D. Stevens, now in his third year as the senior enlisted adviser for the Navy, represents the interests of more than 320,000 active and Reserve Sailors.

Stevens said during the last year, while meeting with Sailors and their families around the Navy, he has found an “overall satisfactory quality of life.” But like Dailey, “ongoing discussions regarding possible changes to future pay and compensation has created an era of uncertainty.”

Stevens said with regard to pay and compensation, a major concern to the Navy was the future of healthcare.

“Healthcare is a quality of life issue that consistently resurfaces during my fleet interaction – it is

extremely important to our Sailors and our families, and is very influential in recruiting and retention decisions,” Stevens said.

Stevens also addressed the condition of single-Sailor barracks saying that, due to critical priorities in war-fighting requirements, the Navy had taken risks with the infrastructure of its barracks.

“This risk has resulted in the overall condition of our barracks falling to approximately 50 percent adequacy,” Stevens said. “Should sequestration resurface, I’m concerned the condition of our barracks will decline even further. With your support, it is my hope that we can prioritize funding to improve living conditions for our Sailors.”

Stevens also addressed resiliency and family support programs,

such as the fleet and family support centers, child and youth programs and family readiness groups which he said, “are fundamental to our Sailors’ overall state of wellness and readiness.”

“Healthcare, barracks and family support programs are areas that must be valued and protected for force readiness, for recruitment and retention and quality of life,” Stevens said.

During his first Capitol Hill hearing, Sgt. Maj. of the Marine Corps Ronald L. Green, who assumed his position Feb. 20, told the committee that, “no matter what, we must make A’s on the battlefield. Combat readiness is comprised of unit, personal and family readiness ... with the current fiscal climate, we may have to take many risks in many areas.”

Green said just within the past year, the Marine Corps had to take significant financial cuts in primary areas while protecting programs, such as behavioral health, and sexual assault prevention and response.

Chief Master Sgt. of the Air Force James A. Cody started his testimony by telling the committee that the active Air Force, its civilians, Air National Guard and Air Force Reserve – at 670,000 personnel – is the smallest it has ever been since the service was created in 1947.

“This is historic for us and it is exacerbated by the fact that we are more globally engaged today – continuing to operate in the longest sustained time in the history of our country,” Cody said. “On top of all this, we do this with an all-volunteer force, a force that continues to experience uncertainty in terms of capability, compensation and the meaning of service.”

Solarium 2015: Developing agile, adaptive leaders

By **David Vergun**
Army News Service

FORT LEAVENWORTH, Kan. — “Five, 10, 15, 20 years from now, you’ll be executing our future strategy to meet complex problems we have around the world,” said Army Chief of Staff Gen. Ray Odierno.

The general spoke Feb. 26, to an audience of 84 captains from around the Army, as part of the three-day Solarium 2015 conference at the Command and General Staff College here.

As the Army prepares to execute its strategy: “The U.S. Army Operating Concept: Win in a Complex World,” Odierno said he wanted to get “those unique perspectives captains bring,” as they will be implementing this strategy in the future.

Odierno’s remarks came during an informal discussion he and other senior leaders had with the captains, who were divided into seven groups, each group tasked with taking on different aspects of the Army Operating Concept and coming up with ideas and solutions for its operationalization.

The first group discussed better ways to develop agile and adaptive leaders who can operate in the complex and chaotic environment the Army expects for future conflicts.

Captains concluded that while the Army is good at developing junior and company-grade officers within their core competencies and warfighting functions, it could use some improvements in better broadening the expertise they need to operate as a regionally aligned and engaged force.

Global perspectives

Capt. Matt Etheridge said the Army must put more emphasis on incorporating cultural, regional expertise and language, in the same way it now evaluates science, technology, engineering and mathematics. He said the Army should make some measure of cultural, regional, language, or CREL, experience a requirement for promotion.

Experiences through fellowships, learning a language and studying abroad are a few of the ways to do this, he said. It would also be good to recognize officers who develop CREL skills on their own.

The Officer Record Brief is probably the best place to capture this experience, Odierno replied, adding that he liked the thought process on this but was unsure he could get everyone to those types of assignments except for short duration events or perhaps to incorporate more aspects of it into professional military education.

Etheridge said exposing junior officers to joint commands earlier in their careers would be particularly beneficial.

“I’ve always believed that the first six or seven years should focus on developing core competencies within your branch through company command or equivalent,” Odierno said. “That should be your total focus. Then, when that’s done, we focus on broadening assignments to include potential joint assignments.”

But, “once leaders get into a joint environment, they lack familiarity.” That experience would be more useful early in their careers, Etheridge said. The captains, incidentally, were encouraged to provide their unvarnished feedback to Odierno, whether they agreed or disagreed.

Performance feedback

Capt. Jeffrey Bernard, also a member of the first group, said the Army lacks an effective how-to guide for counseling Soldiers.

Odierno said the new support form on the Officer Evaluation Report was designed to do just that. The intent was that it would drive leaders to sit down with subordinates and discuss not just performance but leadership traits.

For example, a leader might advise that a Soldier is a great motivator but perhaps needs some work on communications skills, Odierno said. The idea is to present honest feedback about what others think a Soldier’s strengths and weaknesses are and to encourage improvements.

“Is that happening in your experience?” Odierno asked.

It varies from leader to leader, Bernard said.

Gen. David G. Perkins, commander, U.S. Army Training and Doctrine Command, asked if Bernard interacted with his commanders on a routine basis and thought their feedback was a form of counseling.

Bernard said he did, acknowledging that informal counseling was as valuable as formal sit-down types.

Perkins said that for effective counseling to occur, leaders and subordinates have to communicate well. If Soldiers “don’t have a good relationship with their bosses they go in different directions, because they don’t understand intent, and it’s hard to get that from a counseling form.”

Counseling vs. mentorship

Bernard said he thought mentorship was an art, while counseling was more a science, meaning that the mechanics of it could be taught in a formalized manner. However, not everyone can be a mentor, he said. It takes a personality match.

Odierno described his own experiences, saying he never asked someone to be his mentor. “It just happened. Frankly, the person might not even have known he was my mentor.”

Looking back, Odierno said he had

about five mentors throughout his career. These were people he “liked,” he said. “I liked how they acted and handled themselves. So, I made sure I learned as much as I could from them.”

The chief said he agreed with Bernard that personality plays a big part. “You can respect someone and recognize they’re a good officer, but if his or her personality doesn’t fit your leadership style,” it won’t work.

The takeaway, Odierno said, is that while formal counseling is important from an institutional perspective, informal counseling and mentoring are major factors in leader development. And that is something that needs to be fostered in an increasingly complex world, where even junior leaders need to make split-second decisions that have far-reaching impacts.

Broadening training

Capt. Rebecca Cooper, speaking for the second group, discussed how to prepare leaders for operating with joint and partner agencies. She said the Army must embrace complexity and change by training as it fights: in a robust environment, with multiple, nontraditional partners.

This type of training could be accom-

plished using existing capabilities, she said. She cited the National Guard’s “Exportable Combat Training Capabilities,” or XCTC, as an example of a model on how it could be done.

The XCTC provides an experience similar to a combat training center for its Soldiers at home station or at a regional training center, minimizing cost and time away from home and jobs. Within an XCTC-type framework, she said, personnel from the other components and services, the Department of State and other agencies the Army operates with overseas could participate.

In such an environment, Cooper said, her knowledge of electronic warfare would benefit by working with her Navy electronic warfare counterpart.

The partnering could involve military police working with their civilian counterparts, comparing tactics, techniques and procedures. Public affairs units could partner with local news stations. Signal companies could partner with AT&T or Verizon in exercises, she continued.

“I like the concept,” said Odierno, noting that XCTC is expensive since it is contractor-based, but other approaches could be examined.

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Continued from Page A1

our command and everybody that is here, all we think about is, ‘how do we make the training better how do we make it more realistic?’” he said. “With us, this instructor corps, we’ve all had multiple deployments, and we know what works and what doesn’t work, and we’re able to come here and use our experiences.”

Above and beyond the MedEvac portion of the class, students also get water survival and survival training, and Hunt said the wa-

ter survival portion proved his biggest challenge during the course.

“Somebody purposely putting you under water and flipping you upside down, and you have to hold your breath for so long and then get out and not to panic was the biggest thing,” he said. “I’m from California, I’ve swam in the ocean, but I’ve never been flipped upside down and told to get out of a seatbelt and then get out of the water. I tried to prepare for it, but it’s hard to fully get it into your head what it will be like.”

The JECC teaches Army, Navy and Air

Force flight medics, along with the occasional members of the Coast Guard, and also international medics. Each class is usually between 20-30 students, but the minimum is 10 and the maximum is 35, according to Burrows. The cadre varies between nine or 10 instructors.

And that cadre is confident that the graduates of the school have the skillsets they will need to go out and save lives, said Sgt. 1st Class Timothy White, flight medic, instructor and operations NCOIC for the school.

“We train them the best we can – make it

as realistic as possible, give them real-world scenarios and actual standards, show them what is actually out there and then train them to meet that mission requirement,” he said. “Anyone who graduates from any of our courses, when they leave here, they have the tools to conduct the mission based on what they learned here. They’re ready to go once they’re done training.”

And that’s the mission: building better MedEvac operators – ready to go save the lives of their comrades in arms, and leave the dying part to the mannequins.

Best: Teacher now eligible to compete for national honors

Continued from Page A1

provided by DODEA, the Georgia/Alabama district, which includes Fort Rucker, Fort Benning and Maxwell Air Force Base, nominated candidates early last year.

Those nominations went to the headquarters in Arlington, Virginia, and in December, a list of all teachers who were eligible to apply for teacher of the year was compiled. In the Geor-

gia/Alabama district, there were 15 teachers nominated and of those 15 nominated individuals, nine teachers completed the extensive application process.

Then, a panel made up of a principal, who was from a school that did not have a teacher who was nominated; a former teacher of the year; leadership from the Fort Benning Teacher’s Association; a union president from Maxwell Air Force Base; the district Instructional support specialist; a member of the Fort

Benning School board, who was a representative of the school that did not have a candidate; and a parent representative of a school that did not have a candidate, reviews each application and interviews each applicant to decide the winner of the award.

Lester now has the opportunity to compete in the application process to become the National DODEA Teacher of the Year, which would represent DODEA worldwide.

Health: Fair provides information

Continued from Page A1

its best and helps assist in building a solid foundation for patrons to improve their social resilience.

“Family and MWR provides opportunities for social interaction with intramural sports programs, lunch and learn sessions, Oktoberfest, Girls Night Out and many family events like the upcoming Children’s Festival, riding stable events and Lake Fest,” Laster said. “We are about improving quality of life for our Soldiers, Families, retirees and civilians. We invite everyone to come out March 13, and enjoy some fun and games during the health fair.”

Family Health

The Community Health Promotion Council’s Family Resiliency Working Group and Army Community Service will offer a brigade bingo activity that utilizes physical movement of participants on a large bingo card. The game will help provide information and support for family health resiliency. The bingo card lists names of ACS and other family programs. Questions are posed to the participants and correct answers are documented by marking the bingo card in the

proper space.

Participants will learn more about what ACS has to offer Soldiers, families and civilians, such as mobilization and stability and support operations readiness, emergency Family assistance plans, relocation readiness, financial readiness and more, said Fort Rucker ACS Director Pamela Williams.

“Family health and resilience are necessary components in helping individuals take more calculated and necessary risks and to capitalize on opportunities,” said Williams. “Self-awareness, self-regulation, optimism, mental agility, strengths of character and connection are all competencies that help to make an individual resilient and able to bounce back from life’s little surprises to its great tragedies.”

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

“Most important 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.

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 fit festival.

Activities focus on spiritual strength

By Nancy Rasmussen
Public Affairs Specialist

Fort Rucker’s March 13 “Fit Fest” health fair on the post festival fields will focus on the five dimensions of strength within the Army Resilience Program including spiritual health.

Chaplains (Maj.) Troy Allan and (Maj.) Stephen Alsleben from the Fort Rucker Religious Services Office, Spiritual Life Center, together with the Community Health Program Committee, will offer health fair participants a spiritual experience by concentrating on four fundamental parts of spiritual growth.

To help Soldiers gain spiritual strength, units will flow through the following separate activities:

- **A Time to Meditate and Pray** — participants will turn off the cell phone, find a quiet place to sit, and pray or meditate;
- **Time to Read and Reflect** — participants will read scriptures, poetry or sacred texts;
- **Time for Gratitude** — participants

will write a letter to someone who needs a “thank you;” and

- **Time to visit your Spiritual Home** — participants will discover places of worship on Fort Rucker and discuss worship needs with a chaplain.

“There are, of course, many other ways to gain spiritual strength,” said Allan, “but these are the four we will focus on during the health fair. Not only are they simple and don’t take a lot of time, they are powerful tools for gaining spiritual strength.”

Each section will have both chaplains and chaplain assistants to assist participants through the exercises, according to Alsleben.

“My understanding is that units will flow through the sections throughout the day at a rate of 20-25 Soldiers every 15 minutes,” he said.

“We would encourage everyone to take the time to focus on these four activities in their daily lives. The fair gives us a chance to remind people of the power of these four easy activities,” Allan said.

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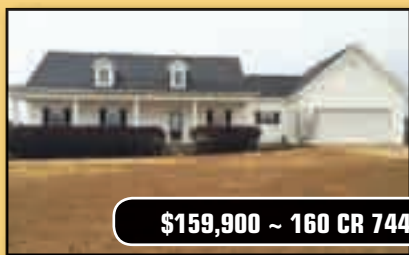
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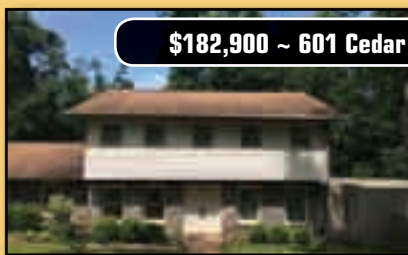
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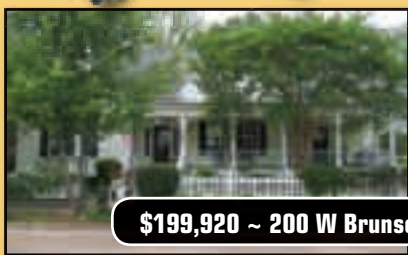
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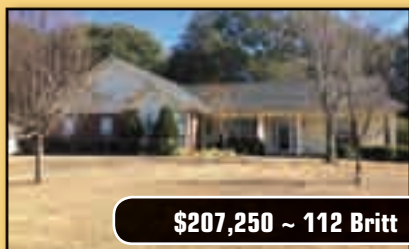
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MARCH 5, 2015

Fort Bliss Aviators case colors in Liberia

By Sgt. 1st Class Nathan Hoskins
101st Airborne Division Public Affairs

MONROVIA, Liberia – Soldiers and leadership from the 2nd Battalion, 501st Aviation Regiment, 1st Combat Aviation Brigade, 1st Armored Division, deployed as Task Force Iron Knights, cased the unit's colors at Roberts International Airport Feb. 25, signifying the completion of their mission in support of Operation United Assistance.

The 2-501st Avn. Rgt. supported the Joint Forces Command - United Assistance by providing aerial transportation of personnel, equipment and supplies necessary for building Ebola treatment units throughout Liberia.

During its four-month deployment, the task force flew more than 330 missions, carrying over 2,700 passengers and nearly 200,000 pounds of equipment and materials, which directly supported the construction and operation of ETUs and laboratories, said Lt. Col. Whitney Gardner, task force commander, during his remarks at the ceremony.

"We were flexible, creative and ready for anything," Gardner said. "We had the right people in the right place."

Maj. Gen. Gary Volesky, commander of Joint Forces Command - United Assistance and the 101st Airborne Division (Air Assault), also attended the ceremony.

"The Iron Knights are perhaps the most visible symbol of the JFC's

SEE COLORS, PAGE B4



PHOTO BY SGT. 1ST CLASS NATHAN HOSKINS

Lt. Col. Whitney Gardner, right, commander of 2nd Battalion, 501st Aviation Regiment, 1st Combat Aviation Brigade, 1st Armored Division, based out of Fort Bliss, Texas, and 1st Sgt. Alfredo Cespedes, acting command sergeant major of 2-501st, case their unit colors during a ceremony at Roberts International Airport, located outside Monrovia, Liberia, Feb. 25.



PHOTO BY SPC. HEATHER DOPPKE

Reserve Soldiers of A Company, 2-238th Aviation Regiment, 11th Aviation Command, conduct water bucket training from a UH-60L Black Hawk helicopter in Hemet, Calif., Feb. 10. The training was conducted to give the unit the ability to provide Cal Fire support in fighting California wildfires. Training included: water bucket training using Bambi Buckets equipped with Torrentula valves, water drops, flight operations, sand tables, fire shelters and classroom training.

MOVING FORWARD

Female Soldier successfully completes 2nd pre-Ranger course

By David Vergun
Army News Service

WASHINGTON — A female first lieutenant from Fort Carson, Colorado, who flies Apache helicopters, successfully completed all course requirements of the second gender-integrated Ranger Training Assessment Course, which ended in late February.

Of the 100 Soldiers who started this most-recent RTAC, 17 were female. Of the Soldiers who completed the course successfully, 35 were male and one was female, said Maj. Gen. Scott Miller, who spoke during a media roundtable Feb. 24.

Miller serves as commander of the U.S. Army Maneuver Center of Excellence at Fort Benning, Georgia. Fort Benning hosts both the RTAC and the Ranger course.

The normal completion rate for the two-week RTAC hovers around 50 percent. This is the second gender-integrated RTAC this year.

The first gender-integrated RTAC course concluded Jan. 30. That course began with 122 Soldiers. Of those Soldiers, 26 were female. Of the Soldiers who completed the course successfully, 53 were male and five were female.

Successfully completing RTAC qualifies Soldiers to go on to the Army's Ranger course. Female Soldiers who participate in and successfully complete one of the four gender-integrated RTACs will be able to attend the first gender-integrated Ranger course. That Ranger Course Assessment begins April 20.

Not all Soldiers are required to attend an RTAC before attending the Ranger course. However, successfully completing an RTAC is mandatory for all female Soldiers who want to attend Ranger course. Additionally, all National Guard Sol-



PHOTO BY SGT. SARA WAKAI

Soldiers cool down after a 2-mile run with their assigned weapons, before participating in an obstacle course on Fort Benning, Ga., Feb. 7 as part of the Ranger Training Assessment Course.

diers who want to attend the Ranger course must also successfully complete an RTAC. Active-duty male Soldiers who don't work in a physically demanding environment may also attend an RTAC, Miller said.

RTAC is designed to prepare Soldiers for the physical and mental rigors of the Ranger course. For those completing RTAC, odds of their success at the Ranger course are improved, he said.

Two more gender-integrated RTACs are scheduled for this year — one in March and one in April. Like the two now-completed gender-integrated RTACs, slots are being reserved in each of these courses for 40 female Soldiers. However, as was seen in the first two gender-integrated RTACs, there may not be 40 female Soldiers who ask to participate.

Standards for males and females will continue to be the same as they have always been at both RTAC and the Ranger course, Miller said.

The demanding standards were not bent for anyone, and that accounts for the high attrition rates for

all Soldiers, who fail for any number of reasons including medical and physical. And for some, the stress is just too great and they opt out, he said — male, as well as female.

Helping to ensure that the standards remained the same for all participants were 17 enlisted and eight commissioned observer-advisors, said to Sgt. 1st Class Tiffany Easter, an O-A.

An additional duty of the O-A was to advise Ranger instructors, she said, since in years past there had never been female students. Some of the advice was on sleep arrangements, latrines and so on.

Becoming an O-A itself was a pretty rigorous process, Easter said. Training included a 12-mile foot march, a combat water survival test and land navigation. Also, the Army looked for O-As with suitable backgrounds.

In Easter's case, she had embedded with Special Forces Soldiers on culture support teams in remote

SEE FORWARD, PAGE B4

3rd CAB Soldiers deploy to Kuwait

By David Vergun
Army News Service

HUNTER ARMY AIRFIELD, Ga. — About 200 Soldiers from the 3rd Combat Aviation Brigade deployed to Kuwait from Hunter Army Airfield Feb. 13.

The majority of those troops were from 2nd Battalion, 3rd Aviation Regiment, with a mixture of different Soldiers from the other battalions in the brigade, according to Capt. Michael Hurst, B Company, 603rd Aviation Support Battalion, who added that the Falcon Brigade Soldiers will be augmenting a unit that is already in place.

"We are bringing Aviation mechanics and vehicle mechanics, along with fuelers and other logistical support personnel," Hurst said.

Hurst, a Sarasota, Florida, native, is the officer-in-charge of movement for Soldiers of 603rd ASB. Having previously deployed with the 3rd CAB to Afghanistan during Operation Enduring Freedom, he said he is looking forward to deploying again.

"It's exciting," Hurst said. "We've taken care of our families, and everyone is packed and ready to go."

Among the group were many deployment veterans, but also some deploying for the first time.

"I'm really looking forward to doing this for a long time and now my time has finally come so I'm really excited," said Spc. Dante Salcedo, D Company, 2-3rd Avn. Rgt., who hails from El Paso, Texas.

Salcedo, who is being deployed for the first time, has been in the Army for three years and has watched his fellow Soldiers deploy while patiently waiting for his chance to go.

Before the Soldiers boarded the bus that awaited to take them to the airplanes, Lt. Col. Jason Roncoroni, commander of 2-3rd Avn. Rgt., addressed the crowd of family and military supporters.

"These men and women have done a great job in preparing to go forth and do what they are being asked to do," Roncoroni said. "They are hungry, and they are ready and they are going to make our nation proud."



PHOTO BY SGT. WILLIAM BEGLEY

A Soldier with the 3rd Combat Aviation Brigade receives a hug from his son before deploying to Kuwait from Hunter Army Airfield, Ga., Feb. 13.

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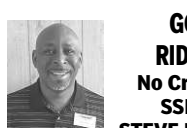


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Soldiers assigned to 2nd Battalion, 501st Aviation Regiment, 1st Combat Aviation Brigade, 1st Armored Division, based out of Fort Bliss, Texas, stand in formation during a color casing ceremony at Roberts International Airport, located outside Monrovia, Liberia, Feb. 25.

PHOTO BY SGT. JESSE SMITH

Continued from Page B1

presence here and their impact on the JFC’s mission was immeasurable,” said Volesky to the audience. “They were a clear sign of the commitment of the United States in supporting Liberia in the fight against Ebola. Their presence inspired hope and confidence that Ebola could be defeated.”

More than 290 aircraft maintainers, mechanics, cooks, operations and communication specialists, and aircrew members deployed from Fort Bliss, Texas, and hit the ground running, starting operations within 48 hours of landing in Liberia, Gardner said.

“As an Aviation task force, we gave the JFC the speed, flexibility and confidence it required to stop the spread of Ebola,” Gardner said. “We gave this JCF reach – reach into the far corners of this country, reach that would have been very nearly impossible without our aircrews and aircraft.”

Gardner took time to recognize his Soldiers within his ranks, noting how well they performed in an environment completely foreign to them all.

“In an environment, and under unique circumstances, that none of us ever expected, we had junior leaders step forward – junior NCOs and officers who took charge of their mission and cared for their people and equipment,” he said. “I cannot overstate how proud I am of how well our young NCOs, junior officers and chief warrant officers performed.”

Volesky agreed with Gardner’s sentiments and hoped one day he would again have the honor to serve with the Iron Knights.

“You’ve exceeded our highest expectations, and you can return home knowing that your hard work and sacrifice contributed to the significant downturn in Ebola cases and provided the government of Liberia the ability to continue the fight to get to zero,” Volesky said.

Forward: Trainers admire willingness to tackle tough courses

Continued from Page B1

areas of Afghanistan last year.

For her part, Easter hopes to one day attend the RTAC and then go on to the Ranger course, but for now, she said, it is more important that she helps ensure the gender integration is successful and that standards are upheld for everyone.

Some of the Soldiers who didn’t make it through RTAC opted to recycle to another course, Woodard said. Additionally, many who didn’t make it through the first week opted to stay in training for the second week, even though that would not entitle them to have successfully made it through RTAC.

“That’s noteworthy and commendable,” he said. They saw the “intrinsic value of the training” and will return to their units as better Soldiers.

“Anytime Soldiers raise their hands and volunteer for a tough course, I admire that,” Miller said. “And this is about the toughest course the Army has. The operating force will receive more well-trained Soldiers because of this experience.”



PHOTO BY PATRICK A. ALBRIGHT

Male and female Ranger Training Assessment Course students demonstrate their knowledge of combat water survival techniques at Fort Benning, Ga., Jan. 23. The combat water survival training included a 15-meter swim.

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MARCH 5, 2015



PHOTOS BY NATHAN PFALU

Maj. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, presents books donated by the local community to the Center Library during a book reading Monday in honor of Dr. Seuss' Birthday.



Children at the Fort Rucker Primary School take their turn around a bouncy track at one of the Seuss Centers set up in the gym.

Suess' legacy lives on at post

Community donates books to post library

By Nathan Pfau
Army Flier Staff Writer

The writings of Dr. Seuss have touched millions of children and adults across the globe, and Fort Rucker celebrated the man who has given such joy and memories to the world.

The installation started off its recognition of the world-renown author with a book reading and donation at the Center Library Monday where Maj. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, presented books donated by the local community to the library for everyone to enjoy.

"We want to show you all these books for you all to read and you can thank everyone from the local community for the

donations here," said Lundy, as he unveiled the books.

A total of 84 books were donated and snacks, such as cake and cookies, were provided to the nearly 100 people in attendance, and they were treated to a reading of some of Dr. Seuss' most memorable books by Fort Rucker leadership.

Both Col. Stuart J. McRae, Fort Rucker garrison commander, and Command Sgt. Maj. William D. Lohmeyer, Fort Rucker garrison command sergeant major, read to the children. Lohmeyer read two books, "The Cat in the Hat" and "Thidwick, The Big-Hearted Horse," and McRae read one of his favorites, "Green Eggs and Ham."

Lauren Chase, military spouse, came out with her two children Jason, 4, and Chase, 2, and although she said they were a handful during the readings, they enjoyed every minute of it.

"I thought what they did here today was great and it's nice to see the local communities support Fort Rucker, and Fort

Rucker in turn support the local communities," she said. "The book reading was great. I think it's so important to pass on these great stories that I remember as a child. It's great to see the leadership here want to take part in that."

Fort Rucker's schools also took part in the celebration for the day. Fort Rucker Primary School set up its Seuss Centers, where the students were able to participate in different activities themed to various Dr. Seuss books.

The different grade levels took time throughout the day to enjoy the Seuss Centers and learn about the writings of Dr. Seuss.

The centers included activities were matched with their respective books, such as the "ABC Book," where children would make words with magnetic letters; "10 Apples Up On Top," where children had to walk across a balance beam with beanbags balanced on their head; "The King's Stilts," where children would have to walk

a line while using stilts; "The Cat in the Hat," where the students participated in face painting and a beanbag toss; "Hop on Pop," where children would do a long jump with bouncy balls and race around a small track; "Happy Birthday to You," where the students performed a cake walk with cupcakes and muffins; "The 500 Hats," where children would toss bean bags into a hat; "The Foot Book," where the students got to play a round of Twister; "If I Ran the Zoo," where children were able to make an edible zoo with graham crackers, animal crackers and icing; and "Mulberry Street," where the students were able to make wheeled toys.

The children were allotted a certain amount of time at each station before rotating so that each student would have a chance at every station, said Sylvia Thornton, FRPS music teacher, adding that the event provided a unique opportunity to expose the children to the writings of Dr. Seuss.

DOWN TO BUSINESS

Expert provides counseling to those interested in small businesses

By Jeremy Henderson
Army Flier Staff Writer

The first step to establishing the dream of owning a business can be daunting, but Army Community Service's upcoming small business counseling session can provide the tools necessary to make the dream a reality.

"Everyone going into business for themselves believes that their ideas – as creative and niche-oriented as they may be – will make money for them 'hand over fist.'" Mike Kozlowski, ACS employment readiness manager, said. But very few individuals actually plan for their ideas' success in terms of total business planning – short, medium and long-term.

"Receiving the counsel offered by Judy Callin from Troy University's Small Business Development Program covers the ground that most fear to tread when evaluating the viability of their business ideas," he added. "She highlights the total business planning process, from idea conception to business organization to marketing to some essential tax and legal considerations – all within an hour or so. She is also willing to meet with individuals at other times and locations of their choosing."

The sessions will take place by appointment March 12 beginning at 9:15 a.m. in Bldg. 5700, Rm. 350. Interested individuals will be allowed at least an hour, depending upon the complexity of their proposal.

"Small business ideas – by their very nature and practice – vary greatly from person to person, with each having challenges which are peculiar to a specific sector of the market as a whole," Kozlowski said.

Individuals should be receptive to any and all advice offered during the sessions, according to Kozlowski.

"We don't know everything we should – or ought – to know about business startups," he said. "In the face of market changes,

small business owners need to change their approaches on how best to position their products and services in an ever-increasing competitive market environment. Don't approach the counseling session thinking you have all the answers in that regard.

"Be open to Mrs. Callin's advice, which is based on the latest small business research," he added. "Interested individuals should also bring any documents which pertain to their business ideas and current practices, such as business plans, tax filings and

the like. This will afford Mrs. Callin the opportunity to peer into the level of detail you've already given your startup idea and ask relevant questions – the answers of which may position your ideas for increased market share."

Although the sessions benefit those seeking to

start a business, Kozlowski said existing business owners could also benefit from the counsel.

"You've established your business idea, you've marketed it and perhaps your big dream has taken off in a big way," he said. "If there's one thing all business owners recognize, it's this: the only constant in the world is change. Mrs. Callin can call attention to new social media marketing techniques, as well as being that sounding board a business owner needs to know what directions to take in the face of increased market competition. Checking in with her on a regular basis also affords the business owner with an extra sense of accountability to an objective individual who can advise them to positively re-frame and re-focus their efforts."

Although the session is by appointment and could fill up quickly, additional sessions are scheduled for the future. The deadline for scheduling a sessions is two days prior to the date of the session. Upcoming session dates are June 4, Sept. 24 and Nov. 5.

For more information or to schedule an appointment, call 255-2594.

VOLUNTEER OPPORTUNITIES

Army Community Service is looking for volunteers in the following areas.

- Relocation Readiness Program – Helps Soldiers and families who are moving to or from Fort Rucker, organizes the newcomers orientation welcome.
- Army Family Team Building – Offers classes on a variety of topics that help strengthen spouses and family members.
- Army Family Action Plan – Organizes a yearly conference for community members to identify positive changes for the installation.

If interested in applying, please call (334) 255-1429.

The post chapel seeks volunteers.

* *Bible study leader-minor* – The chapel is sponsoring a 13-session class Wednesday from 5:30-7:30 p.m. and needs volunteers to work with preschool, kindergarten, and elementary aged children while their parents are in the class. All persons working with minors must be interviewed and must remain under direct line of sight supervision until a complete background is done.

Bible study leader-minor – The chapel is in needs for volunteers to serve in the post Vacation Bible School June 8-12 from 8:30-11:30 a.m. Volunteers will serve in games, music, drama, crafts, kitchen area and the classroom escorting children to and from activities. Volunteers for VBS may be either adult or youth in grade 7 and up. Volunteers working in the kitchen area must attend food handler training or already have a current food handler's card.

For more information, call 255-3946.

164th Theater Airfield Operations Group seeks volunteers.

Fundraising chairperson – Volunteer will prepare request forms and process for approval, recruit volunteers and delegate work, determine and coordinate requirements and logistics, develop work schedules, keep steering committee informed and work with treasurer to account for funds.

For more information, call 255-1429.

U.S. Army Aeromedical Research Laboratory seeks volunteers.

Company family readiness group leader – Volunteer will: support the commander's family readiness goals; provide overall leadership of the FRG per Army Regulation 608-1; schedule, plan, and conduct company FRG meetings; delegate FRG responsibilities to select volunteers in order to promote participation in FRG activities and accomplishment of FRG objectives; act as a liaison between battalion and company level FRGs; identify needs of unique problems of unit families; track FRG appropriated fund budget; serve as a member of the battalion-level steering committee; and coordinate administrative and logistical support with Family members' concerns and ideas to the company commander and battalion-level FRG. For more information, call 255-1429.

ON POST

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

Financial readiness training

Army Community Service will host its financial readiness training Friday 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.

Scottish Festival and Highland Games trip

Fort Rucker Outdoor Recreation will host a trip to the annual Panama City Highland Games and Scottish Festival Saturday. Buses will depart Fort Rucker at 8:30 a.m. The festival features musical performers and presentations of Highland and Irish dancing. Kilted athletes from all over the southeast will compete in the Highland Games, which include the caber toss, Scottish hammer throwing, the farmer’s walk and more. Scottish and Celtic themed merchandise and catering vendors will also be on hand. The opening ceremony, which takes place at noon, will include a Parade of Clans and the Panama City Pipes and Drums band. The trip is open to the public. The cost is \$20 per person, and includes transportation and entry to the festival. The trip will be limited to the first 28 people to sign up. People can sign up at outdoor recreation, 255-4305, or MWR Central, 255-2997 or 255-9517.

Resilience Training

Army Community Service will host resilience training Tuesday from 9–11:30 a.m. at The Commons to help teach people the skills that will make them and their families resilient. Participants will receive training in two to three skills, such as avoiding thinking traps, detecting icebergs, and energy management. To attend, people need to RSVP no later than Friday. For more information and to register, call 255-3735.

St. Patrick’s Day Craft Activity

The Center Library will host a St. Patrick’s Day craft activity Tuesday from 3:30–4:30 p.m. for children ages 3–11. Light refreshments will be served. Space is limited to the first 65 children to register. For more information or to register, stop by the library or call 255-3885.

Small business counseling

Army Community Service and Troy University will offer small business counseling with free one-on-one sessions March 12 in the Soldier Service Center, Bldg. 5700, Rm. 350. Areas of counseling include: advertising, organizational structures, Financial planning, inventory controls, management, marketing, personnel planning, pre-business planning, sales techniques and more. Appointments are scheduled every 30 minutes, starting



PHOTO BY NATHAN PFAU

Girls Night Out

The Landing will host Girls Night Out Friday 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.

at 9:30 a.m. Counseling is available to active-duty, National Guard, Reserve and retired military; Department of Defense employees; and eligible family members. For more information or to schedule an appointment, call 255-2594.

Lifeguard Courses

The Fort Rucker Physical Fitness Center will host lifeguarding courses March 14–15 from 8 a.m. to 5 p.m. at the Fort Rucker PFC on Andrews Avenue. 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.

Day trips

Outdoor recreation has two day trips coming up. * March 14 – WonderWorks and Ripley’s Believe It or Not in Panama City Beach, Florida. WonderWorks has over 100 activities including laser tag, a bubble-making zone, a giant lite-brite, rollercoaster simulator and virtual sports. At Ripley’s, people can see wonders of the world, including “the amazing floating car.” After Ripley’s and WonderWorks, the trip will

head to Pier Park for dinner. Cost is \$52 for adults and \$49 for children ages 5–12. Price includes transportation to and from Panama City Beach; entrance to WonderWorks, including the ropes course and one game of laser tag; and entrance to Ripley’s Museum, Mirror Maze, and 7D theater. Dinner is not included in the price. The event is open to the public. Bus will depart Fort Rucker at 8:30 a.m. and return around 9 p.m. * March 21 – Camp Butter and Egg in Troy. People can spend the morning on the expanded zip line course, giant swing, climbing wall, and double zip line with net climb – for ages 9 and older. For children under 9, there is a ropes course that does not require a harness. There will be a lunch break, so people should bring their own food. After lunch, there will be group activities that include human foosball, ga-ga ball, kickball and mini-golf. The cost is \$40 for ages 5 and up, and \$14 for under 5, and includes transportation and entry fees. The event is open to the public and limited to 28 people. Bus will depart Fort Rucker at 8:30 a.m. For more information or to sign up, call 255-4305, or 255-2997 or 255-9517.

EFMP group

The Exceptional Family Member Program invites all active duty military families who have an exceptional or special-needs family member to join joint is EFMP Information and Support Group March 17 from 9–10 a.m. at The Commons, Bldg. 8950. The topic for the meeting is spring break and traveling with a special-needs family member. Tips, tools and resources will be discussed that can assist families to have a successful trip. The group offers camaraderie, friendship, information exchange, idea sharing, community resources, support and assistance with finding solutions. For more information and to register, call 255-9277.

DFMWR
Spotlight

Upcoming Family & MWR
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MWR Central, (334) 255-2997/9517

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FORT RUCKER MOVIE SCHEDULE FOR MARCH 5 - 8

Thursday, March 5

Paddington (PG)7 p.m.

Friday, March 6

The Gambler (R)9:30 p.m.

Saturday, March 7

The Boy Next Door (R)7 p.m.

Sunday, March 8

Paddington (PG)1 p.m.

TICKETS ARE \$6 FOR ADULTS AND \$5 FOR CHILDREN, 12 AND UNDER. MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME. FOR MORE INFORMATION, CALL 255-2408.

Joint Chiefs senior NCO promotes financial readiness

By Amaani Lyle
Department of Defense News

WASHINGTON — Service members and their families need to make informed investment decisions, and avoid unnecessary risks to ensure financial readiness both during and after their service commitments, the senior enlisted adviser to the chairman of the Joint Chiefs of Staff said.

Discussing the Feb. 23-Saturday observance of Military Saves Week in a DOD News broadcast interview, Marine Corps Sgt. Maj. Bryan Battaglia said structure is important in handling household financial transactions.

“There are going to be purchases to meet the needs of survival, whether it be a car, a home or bare necessities of everyday life,” he said. “You must have discipline in your financial portfolio that allows you to sidestep ... unnecessary purchases ... and make a wise and informed decision. That’s what financial readiness is all about.”

Battaglia recalled his own challenges as a young Marine, when he and his wife, Lisa, learned to resist impulse-purchase temptations.

“I’m hoping one thing Lisa and I can do for the military force and families is show things we could have done better as a younger couple growing up that they can avoid nowadays,” the sergeant major said.

Small financial considerations can add up, the sergeant major said, noting that he has cut his own hair for the past 25 years. “I can take care of myself and save the 10 to 15 [dollars] a week that I would normally use to get a haircut at a regular barber.”

Loan, investment pitfalls

Loan and investment pitfalls exist, some of them specifically targeting service members, Battaglia said. He urged young troops to take advantage of programs and advisers the Defense Department provides to help them navigate and avoid those



PHOTO BY EJ HERSOM

Rosemary Freitas Williams, deputy assistant secretary of defense for military community and family policy, right, converses with Monica Keitt of the Veterans Administration Insurance Service at the Military Saves Week Financial Fair at the Pentagon Feb. 23.

risks.

“There are loan sharks and payday lenders that are not up-front ... so the advertisement is enticing for the young service member. All of a sudden, they’re paying for a [purchase] or loan at 28 percent interest, and it wasn’t a smart financial move, but an impulse buy,” he said.

Battaglia recommended investments such as the Thrift Savings Plan, a long-term financial strategy in which service members can deposit up to 15 percent of their pay into accounts of varying growth speed.

“It’s a great investment tool that we are allowed to use while serving in the mili-

tary, and it starts to build a financial nest egg or portfolio,” he said. “It’ll be 80 to 85 percent of our force who never reach 20 years to retire, so what do they have to show for it at the end of four, six or 10 years?”

In any event, the sergeant major added, all military careers come to end, no matter how long a member serves. “We want to have an emergency fund ... so when retirement or end of enlistment or commission comes, you don’t walk out empty-handed.”

Fiscal fitness rewards

Fiscal fitness enables him and his fam-

ily to live in a less stressful environment, Battaglia said, and even permits them to enjoy the occasional reward.

“That may incur some sacrifices along the way, but we can spoil ourselves every once in a while, because we have lived in a financially stable and structured military life cycle,” the sergeant major said.

Battaglia encouraged all service members and components to take the Military Saves Week pledge to develop a disciplined, structured and measurable financial goal.

“Go online and take the pledge ... to save each and every month when that paycheck comes in,” he said.

Vince Vaughn, USO bring ‘Unfinished Business’ to Edwards AFB

By Army Sgt. 1st Class Tyrone C. Marshall Jr.
Department of Defense News

WASHINGTON — Actor Vince Vaughn treated troops and their families to an advance screening of his upcoming film, “Unfinished Business,” during a USO visit to Edwards Air Force Base, California, Feb. 28.

During a telephone interview, Vaughn shared his inspiration for meeting service members and their families, and bringing laughter to them wherever they serve.

Military heritage

“My father was in the military,” he said. “My sister was in the National Guard and I have relatives who were (in the military) all the way back to World War II.”

Standing at 6’5” tall, Vaughn said he did consider serving in the military himself.

“My sister ... ended up stationed in the Texas National Guard – we’re from Illinois – but she went down there for Fort Hood,” he said. “And I thought about going that same route.”

“When we first went over [for] 9/11,” Vaughn said, “I thought about entering – like I said my father had served and my sister was in – and I had thought about it then.”

Ultimately, Vaughn said he reached out to the USO, saying, “I’d really love to be able to show some of the movies to the guys and girls.”

Asked which service he may have envisioned himself joining, Vaughn joked that

after traveling and seeing different places, “Air Force bases do seem the nicest.”

“Those guys kind of have the best living conditions,” he added. “I don’t know that I would have the need to be flying stuff, but maybe I could sneak my way in there somehow.”

USO visits

The actor also revealed a much more personal reason for connecting with the USO to bring a touch of home to troops and their families.

Vaughn said he initially began working with the USO after he learned of the death of his friend, Pat Tillman, a former Arizona Cardinals safety, who put his NFL career on hold to join the Army after Sept. 11. Tillman was later killed while serving in Afghanistan.

“I had met ... Pat Tillman,” he said, “and I remember I was in my trailer for ‘Wedding Crashers’ when the news came across the wire that he had passed. And so I thought ‘gosh.’ It really kind of hit home for me in having met him.”

Beginning to have regrets that he had not gone over to serve himself, Vaughn decided to approach the USO to touch troops and military families by serving in different way.

“I had the movie ‘Dodgeball’ coming out,” he said, “and so I called up [USO] out of nowhere and said ‘I don’t know if you guys would be interested, but I’d like to bring this comedy over because it could be funny for everyone to see.’”

Vaughn added, “They were nice enough to accommodate me, so I was able to bring ‘Dodgeball’ to both Iraq and Afghanistan. I did both places at the same time.”

He said the USO group also visited troops in Kuwait and Kyrgyzstan, “and some other places I can’t pronounce very well. It was kind of fun showing the movie to everybody.”

Following that June 2004 USO visit, Vaughn said his next USO trip came with the release of his September 2005 movie, “Wedding Crashers.”

‘Unfinished Business’

For “Unfinished Business,” Vaughn said he was in town filming the second season of “True Detective,” and thought he’d bring the film to Edwards Air Force Base so troops close by could see it.

“It’s nice to be in a position to say ‘thank you,’” he said, “and if you get a chance to make anyone laugh that’s always fun.”

Vaughn added, “I have a lot of appreciation for the troops and have them in my thoughts a lot with everything that’s going on. It’s always a great moment for me to get a chance to come and share a comedy to say ‘thank you.’”

Thanking the troops

Asked if he would continue to serve troops

with the USO, Vaughn said, “of course,” before sending a message to troops and military families based overseas who may have the opportunity to see the film.

“I’d love to get a chance to go back overseas,” he said. “Hopefully, we can get everybody home here sooner than later, but if not, maybe I’ll try to come over with that first episode of Season 2 of ‘True Detective’ or something like that.”

“Thanks for your service,” Vaughn said, noting that service members and their families stationed abroad are “in our hearts and our minds, and I hope they get a chance to see the movie and have some laughs.”

Humble, kind star

One service member was particularly thrilled by the actor’s trip to Edwards AFB and said his visit was “really great.”

“It was a dream come true to meet Vince Vaughn,” said 1st Lt. Jamie Lynn Warfield, executive officer for the Mission Support Group. “I’ve been enamored with him ever since I was a little kid.

“When I told my college friends,” she said, “they were like ‘oh my God, he is your favorite person in the world.’ I am not normally a big movie, celebrity fanatic, but Vince Vaughn was always my star crush. And he was very, very humble and really, really kind.”

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ArtWalk provides culture, culinary journey

Apalachicola Bay Chamber
Press Release

The Apalachicola Bay Chamber hosts ArtWalk March 21. Art in all forms will be woven in and around downtown Apalachicola where artists will be showing, selling and demonstrating their talents from 11 a.m. to 6 p.m.

Festivities continue into the afternoon with beverage tasting and hors d'oeuvres from 3-5 p.m. A special ArtWalk glass can be purchased at each tasting station for \$25.

Later in the evening local chefs will prepare special dishes at their restaurants highlighting local ingredients. The Dixie Theatre presents music from Del Suggs and Friends at 8 p.m.

For more information call (850) 653-9419 or visit <http://www.apalachicolabay.org>.



COURTESY PHOTO

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

ONGOING — 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

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 — Veterans of Foreign Wars Post 3073 Wiregrass Post membership meetings are at the post headquarters at 1426 Taylor Road every third Tuesday of the month at 6:30 p.m. There is a fish fry every Friday night from 5-7 p.m., then karaoke beginning at 6 p.m. Breakfast is

served Sundays from 8-11a.m. The post can host parties, weddings, and hail and farewells.

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

ENTERPRISE:

NOW-MARCH 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 received a discount on the camp. For more information, call 347-9023 or visit the event's Facebook page at Winshape Camps Enterprise.

ONGOING — The Boll Weevil Dance Club meets every Friday from 7-10 p.m. at the Enterprise "Jug" Brown Recreation Center. Cost is \$5 per person. Groups of five or more receive a 20-percent discount. Event is described as providing exercise and fellowship opportunities. Free refreshments are served and every fourth Friday night of the month is covered dish night. For more information, call 347-3381.

ONGOING — Taoist Tai Chi classes are available at the Enterprise YMCA — people do not need to be members of the YMCA to participate — and Episcopal Church of the Epiphany. Classes include ongoing beginning, health recovery and continuing classes in the Taoist Tai Chi Society. For a schedule of classes or to get more information, visit www.taoist.org or call 348-9008.

ONGOING — Mondays through Thursdays each month, Aqua Zumba and EPRD water aerobics will be held by instructor Natalie Showers from 7-8 p.m. Price is \$5 per class and registration is not required. For more information, call 348-2684.

GENEVA:

ONGOING — The Geneva County Relay for Life meets the last Tuesday of the month at 6 p.m. at the Citizens Bank.

For more information, call 248-4495.

MIDLAND CITY

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

NEW BROCKTON

ONGOING — Tuesdays and Wednesdays, from 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.

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

OZARK

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

ONGOING — Every Thursday at 5:30 p.m., yoga with Sandra Bittman is at Perry Recreation Center for \$5 a person.

ONGOING — Every Wednesday, the Ozark-Dale County Public Library hosts free Wii Zumba from 5:30-6:30 p.m. Teens and adults are invited. For more information, call 774-5480.

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.

WIREGRASS AREA

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 Eu-faula.

Beyond Briefs

Wild Cave Tour

Fort Payne offers its Wild Cave Tour of Manitou Cave — about three hours long — now through March 16. The adventure is designed for people ready to explore the cave on their knees and on their bellies in mud and tight tunnels. The adventure includes a helmet, cave lamps and an informative guide. There is a two-person minimum. Cost is \$35.50 per person. People need meet at True Adventure Sports.

For more information or directions, call 256-997-9577, 423-653-8804 or visit <http://www.trueadventuresports.com>.

Dinosaurs Alive!

Downtown Gadsden becomes pre-historic when 13 life-like animatronic dinosaurs inhabit the Hardin Center for Cultural Arts now through Aug. 3 as part of Dinosaurs Alive! Creatures will be featured in period sets and include: Apatosaurus, Apatosaurus baby, Dilophosaurus, Triceratops, Triceratops baby, Parasaurolophus, Parasaurolophus baby, Parasaurolophus nest with hatchlings, Stegosaurus, Detrodon, a baby T-rex robot (joy-stick activated), Velociraptor and Protoceratops scenario, T-rex, static T-rex head, and static T-rex leg.

The center is located at the corner of 5th and Broad Streets. Cost is \$8 per person and \$4 for center members.

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

John Himmelfarb: Trucks

The Jule Collins Smith Museum of Fine Art, Auburn University, presents "John Himmelfarb: Trucks" now through May 10 in the Bill L. Harbert Gallery and Gallery C. Inspired by the visuals and notions of trucks in American culture, Himmelfarb produces sculptures, paintings, lithographic and silkscreen prints and drawings.

Himmelfarb's work is included in the collections of the High Museum of Art, Museum Of Modern Art, the National Museum of American Art and JCSM's permanent collection. Most recently, the artist has exhibited independently at the Chicago Cultural Center in Chicago, Illinois, and in the group exhibition, Graphic Masters III, at the Smithsonian American Art Museum in Washington, D.C.

To get to the museum, from I-85 take Exit 51 and turn north onto College Street. Continue north on College Street for 2.56 miles. Turn right into the entrance of the museum and follow the circular drive around to the parking lot. A drop-off point is available at the museum entrance. The museum is handicap accessible.

For more information, visit <http://www.jcsm.auburn.edu/index.html>.

Montgomery cruise

Montgomery's parks and recreation department welcomes

people to come down to the river and experience history while enjoying a relaxing cruise on the city's greatest downtown attraction, the Harriott II Riverboat. Docked beside the uniquely built Riverwalk Amphitheater, this elegant 19th century riverboat is center stage of Montgomery's entertainment district. The Harriott II offers dinner, dancing and live entertainment.

To reserve the boat for an event, call 334-625-2100. For more information on cruises, visit www.funinmontgomery.com.

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>.



COURTESY PHOTO

Pick-of-the-litter

Meet Felicia, a 2-year-old short-hair, calico. She is friendly and loveable. Adoption fees vary per species and needs of animal, but include all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying or neutering. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the stray facility. Visit the Fort Rucker stray facility's Facebook page at [http:// www.facebook.com/fortrucker-strayfacility/](http://www.facebook.com/fortrucker-strayfacility/) for constant updates on the newest animals available for adoption.

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WORSHIP SERVICES

Except as noted, all services are on Sunday

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

Main Post Chapel, Bldg. 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, Bldg. 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, Bldg. 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

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MARCH 5, 2015

System for Health

Lyster Lifespace Center provides health education for beneficiaries

By Jenny Stripling*Lyster Army Health Clinic
Public Affairs Officer*

Lyster Army Health Clinic opened the Lifespace Center with a grand opening ceremony and ribbon cutting Feb. 25.

The new interactive space will serve to help educate and inform beneficiaries on the importance of living a healthier lifestyle by utilizing the Army Performance Triad — getting quality sleep, engaging in activity and improving nutrition — and serves to uphold the Army Medicine goal of transforming from a healthcare system to a System for Health.

Col. Gary Wheeler, Lyster commander, welcomed Soldiers, families and civilians in attendance at the ceremony, as well as recognized the commanding general of the Southern Regional Medical Command, Brig. Gen. Barbara Holcomb, and SRMC Command Sgt. Maj. Jayme Johnson, who were special guests at the grand opening.

"I believe our role as healthcare providers needs to continue to be delivering outstanding healthcare while embracing opportunities to coach, teach and mentor those healthy habits we all wish we did just a little better — this is our hope by having this new Lifespace

Center," Wheeler said.

He said the overall goal for the new space is to assist patients with educational needs on a various list of health related topics and offer a warm handoff from the clinic as a whole back into the patient's Lifespace in

the community.

The new area at the entrance of the clinic offers multiple areas of interest, including a children's activity center with two large touch screen tablets, a video monitor with looping educational videos, a touch screen kiosk for a more in-depth interactive learning experience to provide education on healthier living, and four wall-mounted computers to provide easier access for Soldiers to complete the GAT assessment and assist with completion of



PHOTO BY JENNY STRIPLING

Andrea Rigsby, Lyster Army Health Clinic chief of nutrition, whips up a hummus recipe during a cooking demonstration at the Lifespace Center grand opening Feb. 25.

the Move!23 questionnaire. There is also a full kitchen area for cooking demonstrations and classes given by Lyster nutrition care.

During a tour of the clinic, Holcomb echoed Wheeler's sentiments, and said optimizing health through good decisions and habits in the Lifespace will maximize readiness, resilience and wellness of Fort Rucker Soldiers and Families.

"The Southern Regional Medical Command strives to be the nation's leading system for health that ensures the patient experience we want for our family," said Holcomb. "Lyster's Lifespace Center is a great example of SRMC Soldiers and civilians using innovative tools and processes to achieve the SRMC mission."

Wheeler thanked the entire Lyster staff for all of the hard work that was put into the creation of the Lifespace Center, and told beneficiaries in the audience that the new space was created with their health in mind.

"This is your Lifespace Center," said Wheeler. "Thank you to those of you who took the time to take the Army Provider Level Satisfaction Survey. The feedback you provide by taking APLSS is linked directly to financial incentives given back to Lyster. In turn, we invest that money back into you. This space is the product of your level of satisfaction in the care we are providing here."

Construction on the Lifespace Center began in October and the facility occupies about 3,000 square feet. According to Wheeler, it will be a continuously evolving space.

Lyster, healthcare network providers collaborate to improve patient care

By Jenny Stripling*Lyster Army Health Clinic Public Affairs Officer*

Lyster Army Health Clinic and Humana Military hosted their second TRICARE Collaboration Event Feb. 24 at the U.S. Army Aviation Museum to welcome community providers to Fort Rucker and give them a chance to meet the Lyster staff.

The event gathers TRICARE network providers who see TRICARE beneficiaries and works to enhance relationships, optimize Military Treatment Facility care, and increase satisfaction while affording an opportunity for the military physicians and civilian providers to meet and mingle.

More than 100 community doctors, physicians and nursing staff attended the event that included presentations from Gwendolyn Keitt, area multi-state market director for Humana, and Col. Gary Wheeler, Lyster commander.

"We rely on our network to get our Soldiers the specialty care they require and tonight is a great way to finally put faces to the names we see on patient reports from outside clinics," Wheeler said. "We appreciate the networking with government partners."

Wheeler thanked the providers for being an extension of Lyster and informed attendees that the clinic's success is also their success. He spoke to the group of providers about the importance of referrals and complete results being sent back to the clinic as well as the benefits of using eRx — an electronic way to fill prescriptions for patients.

Bridget Stroud, TRICARE contract liaison, Resource Management Division at Lyster AHC, said these types of collaboration events help strengthen the relationships between outside providers and Lyster.

"Collaboration events such as this not only improve the relationships we have with our community healthcare partners, but most importantly, improve patient care that we are all providing to our beneficiaries," said Stroud. "During the event, many ideas were shared, and there was much discussion on ways to improve and enhance the processes in which patient care is provided. The event was a big success for everyone."

Lyster sends patients to community providers for services such as cardiovascular, dermatology, gastroenterology, general surgery, neurology, obstetrics and gynecology, ophthalmology, orthopedics, otolaryngology and psychiatry.



PHOTO BY JENNY STRIPLING

Rich Ellis, CEO of Medical Center Enterprise; Col. Gary Wheeler, Lyster Army Health Clinic commander; Suzanne Woods, CEO of Flowers Hospital; and Vernon Johnson, CEO of Dale Medical Center, collaborated, along with other doctors, providers and nursing staff, during the TRICARE Collaboration Event at the U.S. Army Aviation Museum Feb. 24.

MEMBERSHIP DRIVE

Silver Wings Golf Course offers new member perks

By Nathan Pfau*Army Flier Staff Writer*

Fort Rucker's Silver Wings Golf Course is looking to increase its membership during its membership drive through the month of March.

With a new year comes new prices, but people can lock in their savings if they renew their annual golf membership during the drive, according to Chet Hallman, SWGC business manager.

"This year's drive we're basically tying in with the blue course getting ready to reopen, along with all of the work that we've done on the red and white courses — we've improved the conditions," said Hallman. "This is an exciting time for us to get people excited about their membership renewals."

Although the rates are increasing, those who pay their annual membership in full, in advance during the month of March will pay the 2014 rates, plus get one month free for the 2015 season, said the business manager. If they pay monthly, then those rates will stay 2014 rates until the blue course opens. Additionally, daily rate and fee increases will go into effect April 1.

"We haven't had a rate increase in several years, but with all of the improvements being made to the courses, the rate increase was necessary," but Hallman promises that the rates are still extremely competitive. "Our rates beat just about anyone's rates off post, especially if you're active-duty or retired military. Our public rates are either as good as or better than most other facilities rates. We want to be able to prove a good product and experience for what people are paying."

The course is open to the public and boasts a 27-hole facility — with the blue course, which is scheduled to reopen sometime in May — while most only have 18. It also sports a driving range, practice facility, the Silver Wings clubhouse, a full golf shop, and Divots Restaurant and Grill.

"We've got a really strong contingent of members who are either active-duty or retired military, so we really want to push to get those civilians and the general public in here and show them what we have to offer," said Hallman.

Membership benefits include a free gift, unlimited green fees and advanced tee times, a 10 percent discount on all merchandise (excluding



PHOTO BY NATHAN PFAU

Then WO1 Nathan Strand, B Company, 1st Battalion, 145th Aviation Regiment, chips a shot onto the green during the 2014 Silver Wings Golf Course Post Championship game last year.

Ping, sale, food and beverage items), a 50-percent discount for the driving range, member-only tournaments and discounted tournament fees, Golf Handicap and Information Network handicap and reduced room fees and food minimums in the Divots Banquet Room.

Throughout the month of the drive, there will also be daily drawings when people sign up for their membership, said Hallman. For every day left in the month on the day they renew, their name will go in a drawing that many times. For example, if 10 days are left in March when they renew, their name will go in the draw-

ing 10 times.


Prizes will range from golf balls, shirts, hats, drivers or even a set of clubs, said the business manager. The drawing will be held at the end of the month for each day of the month.

The annual membership rates are: \$528 (\$440 if paid in full by March 31) for E-1 to E6 and juniors ages 12-17; \$858 (\$715 if paid in full by March 31) for E-7 and up and Department of Defense civilians; and \$924 (\$770 if paid in full by March 31). Family rates are also available.

For more information, call 598-2449.

DOWN TIME

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FLASH GORDON
By JIM KEEFE

3-1

Artwork: JOE KUBERT

THE HELPLESS CAPTIVES ARE LED INTO THE ARENA...

YESTER... THEN... THERE'S SOMEONE BOUND TO A POLE. WHO—?

BELOW KING'S THRONE, IRON BARS SLOWLY RISE TO REVEAL...

IT'S DALEY THAT DEVIL KING, HAS CAPTURED HER AS WELL.

YOU MAY SAVE HER YET, FLASH GORDON... IF YOU CAN LET THE TOURNAMENT OF DEATH BEGIN!

TO BE CONTINUED

Just Like Cats & Dogs by Dave T. Phipps

I TAKE FOOTBALL TOO SERIOUS? YOU JUST SPENT AN HOUR CRYING BECAUSE YOUR FAVORITE WAS SENT HOME ON AMERICAN IDOL.

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Trivia test by Fifi Rodriguez

**T
R
I
V
I
A**

1. ASTRONOMY: What former planet in our solar system was downgraded to a "dwarf planet" in 2006?
2. GEOGRAPHY: Where was Shakespeare's Globe Theater located?
3. LITERATURE: What was the name of the character in "A Midsummer Night's Dream" who had a donkey's head as a result of a spell?
4. TELEVISION: What was the name of the agent played by Efrem Zimbalist Jr. on "The F.B.I." series?
5. LANGUAGE: What five-letter word contains five personal pronouns?
6. MYTHOLOGY: Who was the Greek goddess of the moon?
7. RELIGION: What is the first of the seven sacraments in Christian theology?
8. MOVIES: What was the home planet of Luke Skywalker in "Star Wars"?
9. GEOGRAPHY: Where are the Faroe Islands located?
10. HISTORY: What type of gun was used to assassinate President Abraham Lincoln?

See Page D4 for this week's answers.

Super Crossword **A STEP BACKWARDS**

ACROSS

1 Sol, la or ti

5 Low-pitched

9 Salt Lake City resident

14 Ahead by a single point

19 Otherworldly glow

20 Admit openly

21 Spanish appetizers

22 More sensible

23 Datum for a hard drive

26 Brand of fake fat

27 Geriatrics topic

28 Vegetable in Cajun cuisine

29 Beach birds

31 St. Patty's land

32 Gains' opposites

34 Australian avian

35 Defunct figure-skating show

37 Robin's place

39 Woven together

41 Take one's turn after all others

DOWN

1 Vocally twangy

2 Expenditure

3 Three, in Lille

4 Deserves sweet

5 Bit of luggage

6 Chevrolet hatchback

7 Collection for a wrench

8 Hive cluster

9 Actress Hagen

10 Maneuver

11 Each

12 Strong dislike

13 "It's Gonna Be Me" band

14 Mil. hangout

15 Sierra

16 New York tribe members

17 Least distant

18 Cuba's Guevara

24 Part of CIA

25 Cook Deen

30 Continuing dramas

ACROSS

42 Actress married to Steven Spielberg

47 Develops an affinity for

48 Strong glue

49 MGM lion

50 Sling mud at

54 Mushy food

55 Itinerary info

56 Morganstern of 1970s TV

57 Hoarse

62 Evoke

64 Camera-to-computer upload

66 Like some sci-fi aliens, location-wise

67 Caterer's receptacle

69 Got the gold

70 Fruity frozen dessert

71 Jackson or Lincoln, e.g.

74 Lay to final rest

75 Actress Daly and novelist O'Connell

76 Largest frat in the U.S.

77 Pooch name

79 Lowly worker

81 — la (utopia)

83 College e-mail ender

DOWN

84 Supreme Court's Sotomayor

85 With 33-Down, arm of the Indian Ocean

89 Voyager Golden Record, e.g.

92 Roving sorts

93 Is sickeningly sweet

96 Old fruity soda

97 Sailor's reply

99 In shape

101 Should it happen that

106 Skinny

107 Epsom —

108 Redding with a Grammy

110 Flynn of early films

111 Classic tune

113 Snapshot go-withs

116 Edmund of "Miracle on 34th Street"

117 Apple messaging software

118 Like men

119 Ovid's 2,002

120 Swamp plant

121 Bête —

122 Multitude

123 Word hidden backwards in this puzzle's eight longest answers

33 See 85-Across

36 Kitty

38 Snowball impact sound

40 Extend — welcome

42 Beer cask

43 Galore

44 Moniker for TV's Tim Taylor

45 Make amends for

46 Sod-busting tool

47 — II (Gillette razor)

51 Stole's kin

52 — stick (jumping toy)

53 Utopia

55 The "D" of CD

58 Fate who cut the thread of life

59 Secondary option list

60 Heat to 212 degrees in advance

61 As of now

63 Old Toyota

64 Prefix with 39-Across

65 "It will come — surprise"

66 East, in Bonn

67 Go — smoke

68 Bond girl player Diana

72 Hot — oven

73 "Tis —" ("So sad")

74 Draw out

77 Like women: Abbr.

78 Same

80 No, in Selkirk

82 Lock holders

84 Kind of piano

85 Comparable things

86 Sovereign's "I," often

87 Revised

88 Supporting

90 "C — Cookie"

91 Food tuna

93 Tricolor cat

94 Chinese fruit

95 Car security system

98 Easy putt

100 Gossip tidbits

102 Pinch into small folds

103 Good smell

104 Kind of boom

105 — the Cow (milk mascot)

109 Markdown

112 Shanghai-to-Tokyo dir.

114 Adaptable truck, briefly

115 Church perch

See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

SUN SWITCH One, plus two, plus five, equals eight (see right). So what's the problem? This. You're asked to substitute digits 0-9 for letters so that the sum of the top three digits will equal that below.

For starters, and to ensure the sums will balance: T is 8, W=4, H=1, R=2, E=7.

SET SAILS! Name a matching class of sailboat for each of these definitions: 1. A fish. 2. A heavenly body. 3. A swim team. 4. A march band.

What's the answer? 1. WIG 2. WINGS 3.

PULL STRINGS WITH WORDS

A key word, PUPPET, is already in place in this word square puzzle. Let's see if you can pull strings with the rest. Definitions:

1. Kismet, for one (already inserted).
2. Feeling doubtful about something.
3. Sacred songs of the Bible.
4. Jack's location: In-the-—
5. Animal whose fur turns white in cold weather.
6. Tread out, as a new product. Remember, words read both across and down.

What's the answer? 1. WIG 2. WINGS 3.

POLE CALL! How large is the turnout for this year's baseball squad — 15, 16, 20 persons? Try counting them.

WATER SHOW Playful seals like to put on a show. Apply the following colors: 1=Red, 2=Light blue, 3=Yellow, 4=Light brown, 5=Flash tones, 6=Light green, 7=Light gray, 8=Dark blue.

SPELLBINDER

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

DECOROUS

TAKEN 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

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

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

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HOCUS-FOCUS BY HENRY BOLTHOFF

Find at least six differences in details between panels.

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Liberia’s president thanks Obama

By Cheryl Pellerin
Department of Defense News

WASHINGTON — President Barack Obama and Defense Secretary Ash Carter spoke Friday in separate meetings with Liberian President Ellen Johnson Sirleaf, who said she came to the United States to thank the U.S. government and the American people for helping Liberia fight the deadly Ebola outbreak in west Africa.

Before his bilateral meeting with the Liberian president, Obama said that because of Sirleaf’s leadership, because of the heroism of so many in Liberia, and because of U.S. actions and those of the international community, extraordinary strides have been made there in driving back Ebola.

“Cases are now down 95 percent from the peak,” Obama said, “and Liberia reports only a few cases a week.”

Obama expressed pride in U.S. participation in Liberia and the stricken west African region, and named some of the areas where U.S. help made a difference.

Obama praised “our men and women in uniform who helped set up the logistical capacity to absorb additional aid and health workers from around the world.” He also highlighted the efforts of U.S. laboratories and technical assistance “so Liberian health workers and international partners



PHOTO BY NAVY PETTY OFFICER 2ND CLASS SEAN HURT

Secretary of Defense Ash Carter hosts an honor cordon for Liberian President Ellen Johnson Sirleaf at the Pentagon Feb. 27.

could trace contacts, establish safe burial practices, raise community awareness and provide more humane treatment.”

All of those things “have contributed to confidence that we’re going to be able to stamp out this disease completely,” Obama said.

Obama said that during the meeting he and Sirleaf would discuss how to “make sure that we’re not complacent so long as there’s even one case of Ebola remaining in west Africa. We’re now also in a position to look towards the future.”

Because of the devastating economic impact of Ebola on Liberia, Obama said, “We’re going

to have to work with President Sirleaf to find ways to strengthen the economy, to rebuild infrastructure [and] to make sure that some of the development goals that had been set previously are accelerated.”

In her comments, Sirleaf said, “I come to express, on behalf of the Liberian people, to you, to the Congress, to all the entities, what we call the front-line responders, to faith-based institutions, to the American people in general, for the support we received as we fought this virus.”

Sirleaf also thanked Obama for authorizing the deployment of military personnel to Liberia.

“We know this may not have been welcomed by ... some,” she said, “but that made a critical difference in sending a strong message to the Liberian people that the United States was with us.”

Sirleaf said the military personnel deployed to Liberia raised the confidence and motivation of the Liberian people to save themselves, and U.S. troops are leaving behind a permanent contribution.

“Because they worked with our military ... today our military can go out and they can build those structures, health treatment centers, because of their ... work with the U.S. military,” Sirleaf said.

As Liberia and its neighbors in Guinea and Sierra Leone work to get the number of Ebola cases in the region to zero, Sirleaf spoke about the future.

“We’d like to see a regional approach for the protection of our borders,” she said, “to be able to monitor and manage cross-border travel in our long and porous borders. We’d like to see the partnership continue as we move toward rebuilding our health infrastructure.”

Friday at the Pentagon, Defense Secretary Ash Carter greeted Sirleaf and led her through an honor cordon before their meeting. Later, Pentagon Press Secretary Navy Rear Adm. John Kirby described their interaction.

The leaders discussed the un-

precedented collaboration between the Department of Defense and the armed forces of Liberia in responding to the spread of Ebola, and Carter reiterated the department’s commitment to support Liberia during the next phase of Operation United Assistance, Kirby said.

Carter and Sirleaf briefly discussed a Feb. 26 announcement that the 101st Airborne Division had completed its mission in Liberia and would be returning home.

Both leaders made clear they know the departure is a larger part of a plan by the U.S. Agency for International Development and DoD, and approved by Obama in January, to transition Operation United Assistance from the military to civilian and international organizations.

“Currently we’ve got about 1,180 Department of Defense personnel in the area of operations down there in Liberia, and we expect that they’ll start to deploy home probably in April,” Kirby told the Pentagon press corps during a briefing today.

“The secretary also reaffirmed that the United States is absolutely not leaving west Africa, and confirmed his decision to send a small DOD element of about 100 military personnel, civilians and contractors to Liberia by the end of April,” the press secretary added.

101st ABN cases colors after successful mission in Liberia

By Sgt. 1st Class Nathan Hoskins
101st Airborne Division Public Affairs

MONROVIA, Liberia — The 101st Airborne Division (Air Assault) cased its colors during a ceremony at the Barclay Training Center in Monrovia Feb. 26, marking the end of Operation United Assistance for the Joint Forces Command - United Assistance and the Screaming Eagles.

The ceremony signified the successful completion of a five-month deployment to Liberia in support of the U.S. Agency for International Development-led mission to fight the spread of the Ebola virus in western Africa.

The Screaming Eagles led JFC-UA, which was comprised of engineers, medical personnel, logisticians and others, who built Ebola treatment units, trained health care workers and built a logistic infrastructure for its support.

Maj. Gen. Gary Volesky, commander of the JFC-UA and the 101st, recognized the extraordinary circumstances in which his team was created and performed.

“Five months ago, we stood at this exact spot and uncased the colors of the 101st Airborne Division (Air Assault) to mark the establishment of the ... first Joint Forces Command ever established in west Africa,” Volesky told an audience of more than a 100 distinguished guests. “That day was the day the United States military brought our full weight to bear in support of our government’s response to contain the Ebola virus in Liberia.”

The main tenets of the JFC were build, train and sustain; however, one other tenet became self-evident – confidence.

“Our mission was to support the lead federal agency, USAID, by providing our unique military capabilities to help contain the virus and reduce the spread of Ebola in Liberia, and to execute our tasks with speed and flexibility that would not only help build confidence among Liberians that the virus could be defeated, but also help garner the support of the international community to also assist in the fight against this disease,” Volesky said.

Build

“The Joint Forces Command worked with our Armed Forces of Liberia partners in building and overseeing constructions of

ETUs,” Volesky said.

The command built and supported 17 ETUs throughout Liberia – facilities that allowed for a more swift isolation and treatment of Ebola patients.

Building the ETUs was Task Force Rugged, a team led by the 36th Engineer Brigade based out of Fort Hood, Texas, along with the 615th Engineer Company (Horizontal), based out of Fort Carson, Colorado. The 902nd Engineer Battalion, out of Grafenwoehr, Germany, and the 161st engineer Support Company of Fort Bragg, North Carolina, also built the facilities.

Along with construction, Task Force Rugged also improved roads critical to the transportation of equipment and personnel to the ETUs, camps, and logistical focus points including airports and sea ports.

Because the government of Liberia and the USAID saw attrition in the number of health care workers willing to come to provide care, JFC-UA constructed the Monrovia Medical Unit – a facility specifically designed to care for and treat health care workers who contract Ebola while caring for patients.

The MMU, operated by the U.S. Public Health Service, is able to test patients for Ebola and treat and care for them all in one place.

The command also emplaced four Army mobile testing labs in the far reaches of Liberia.

“We established four mobile testing labs in Liberia so blood samples of potential Ebola patients could be identified, and those that were effected could begin receiving treatment in a matter of hours - not days, and those that were not infected could be quickly released and reduce their chances of becoming infected,” Volesky said.

The 1st Area Medical Laboratory, based out of Aberdeen Proving Grounds, Maryland, staffed and ran these facilities. It cased its colors Saturday.

Train

“We trained over 1,500 health care workers both in Monrovia and in local communities throughout the country to work in these ETUs and care for Ebola patients, but even more importantly, to educate and provide awareness in their own neighborhoods,” Volesky said.

Task Force Eagle Medic, led by the 86th Combat Support Hospital from Fort Camp-



SPC. RASHENE MINCY

Command Sgt. Maj. Gregory Nowak, left, senior enlisted adviser for Joint Forces Command - United Assistance and 101st Airborne Division (Air Assault), and Maj. Gen. Gary Volesky, commander of JFC-UA and the 101st, case the unit’s colors during a ceremony held at the Barclay Training Center, Monrovia, Liberia, Feb. 26.

bell, trained additional health care workers through classes based out of the National Police Training Academy in Paynesville, Liberia, and mobile training teams in the remote areas of the nation.

The task force conducted the first phase of training for health care workers, which is conducted before they move on to the second phase conducted by the World Health Organization and the Liberian Ministry of Health inside operational ETUs.

After the completion of its training, which it conducted in conjunction with the World Health Organization, Task Force Eagle Medic transitioned its classes to the World Health Organization completely.

Sustain

Though ETUs were being built, they needed to be regularly supplied so that they could operate safely and effectively. To that end, the JFC-UA built a robust logistics and supply system that webbed across Liberia.

The logisticians, from the 101st Airborne Division (Air Assault), with the help of the World Food Programme, built forward logistics bases, which allowed them to place supplies closer to remotely located ETUs.

“Moreover, we established logistical systems to move building materials, medical supplies and water to the areas most in need, regardless of how remote the location was,” Volesky said.

Helping spread the logistics web across Liberia was Task Force Iron Knights, comprised mainly of the 2nd Battalion, 501st Aviation Regiment, 1st Combat Aviation Brigade, 1st Armored Division, based out of Fort Bliss, Texas.

The Iron Knights transported personnel, supplies and equipment, and building material to ETUs, mobile labs and forward logistics bases throughout the country – many times to locations where ground vehicles were unable to travel.

The Iron Knights cased their colors Feb. 25 and are steadily redeploying their Soldiers back to Fort Bliss.

As well, the 101st Sustainment Brigade, deployed as Task Force Lifeline, ran port operations, bringing in units’ equipment, vehicles and aircraft from the United States and sustaining the entire JFC-UA during Operation United Assistance, tasks that are required before any other mission was to get off the ground.

SPORTS BRIEFS

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.

Youth turkey hunt

Fort Rucker Outdoor Recreation will host a youth tur-

key hunt for ages 7–15 Saturday from 5–11 a.m. Youth must be escorted by an adult and the parent or escort must hold a current Alabama State Hunting License and Hunter Education Completion Card. The entry fee is \$10 and registration is required.

For more information, call 255-4305.

St. Patrick’s Day run

The Fort Rucker Physical Fitness Center will host the annual St. Patrick’s Day 5K/10K and 1-Mile Fun Run March 14 from 9 a.m. to noon. Race Day registration is 7:30–8:45 a.m. at the Fort Rucker PFC on Andrews Avenue. Participants are encouraged to pre-register at either physical fitness center. The fun run

will begin after the 5K/10K race is complete and will be open to all children free of charge. Each fun run participant will receive a medal. Costs per individual are \$12 with the no-shirt option, \$20 by Sunday with a shirt, and \$25 after with shirt, while supplies last. Cost for teams is \$120 for teams of eight – each additional person pays normal registration fee – until Sunday, includes shirt, and \$160 after Sunday and up to race day, includes shirts, while supplies last. Refreshments will be provided. The event will be open to the public. Trophies will be awarded in various categories.

To register or get more information, call 255-2296, 255-2997 or 255-9517.

TBI Awareness Month highlights resources

By Staff Sgt. Joseph C. Hill
Behavioral Health Care Services
Aberdeen Proving Ground

ABERDEEN PROVING GROUND, Md. – Traumatic Brain Injury Awareness Month in March is intended to remind people of the serious impact of Traumatic Brain Injuries. But some may ask, “Why is this important to me?”

The Center for Disease Control and Prevention reports that about 2.5 million emergency room visits, hospitalizations, or deaths were associated with a singular TBI, or a combination of a TBI and additional sources of injury.

TBIs are responsible for an estimated 50,000 deaths per year. The Defense and Veterans Brain Injury Center tracks the total number of service members throughout the Department of Defense whom have been diagnosed with a TBI. Since 2000, over 313,000 service members have been diagnosed with a TBI. These statistical numbers reflect the relevance of TBI.

TBI-associated costs within the United States are estimated at a staggering \$56 billion annually. The Department of Defense spends an estimated \$1.1 billion dollars annually on TBI education and treatment. There are more than 5 million Americans living with a TBI that has resulted in a permanent need for assistance in daily functioning.

These TBI survivors are left with severe behavioral, cognitive and communicative impairments. TBIs pose a significant public health problem especially for children aged 5 years and younger, male adolescents and young



adults ages 15 through 24, and the elderly who are 75 years or older. This form on injury is the most common cause of death and acquired disability among children and adolescents in the United States.

Dr. Carolyn Caldwell, a neuropsychologist assigned to Kirk U.S. Army Health Clinic at Aberdeen, is far too familiar with the effects that TBI has on an individual and their loved ones.

On a daily basis she treats the survivors of these traumatic injuries and the aftermath it creates within their occupational, social, family and interpersonal environment. She has published multiple peer-reviewed articles on the subject.

Caldwell said the mechanism of injury in a mild TBI, the most common severity type, may be different. For example, a service member might be in-

volved in an improvised explosive device blast, an adolescent might take a hard hit in a football game, or an elderly person might experience a fall, but the impact on the individual is similar.

The nerves or neurons in our brain can be compared to silly putty. They are very elastic and stretch easily; however, if they are stretched too far, they can break. When neurons are stretched too far, the normal chemical and electrical functions of the brain are disrupted. This disruption can cause an individual to experience physical cognitive and emotional symptoms.

For example, following a mild TBI, it is common for individuals to experience headache, sleep disturbance, difficulty with balance, reduced attention or concentration, reduced memory ability, irritability, and mood swings. Regardless of age or type of injury, there is one common treatment for everyone following TBI, physical and cognitive rest. With adequate rest, the brain will recover its normal chemical and electrical balance. Most individuals will recover from a mild injury within days to a few weeks.

If you are in need of resources for education, treatment and prevention, visit the CDC’s website at <http://www.cdc.gov/TraumaticBrainInjury/index.html> and the Defense and Veterans Brain Injury Center’s website at <http://dvbic.dcoe.mil/resources>.

Other resources can be found on the Brain Injury Association of Maryland’s website at <http://biamd.org> in addition to Kennedy Krieger Institutes website at <http://www.kennedykrieger.org>.

PUZZLE ANSWERS

Super Crossword

Answers

NOTE	BASS	UTAHN	UPONE
AURA	AVOW	TAPAS	SANER
STORAGE	CAPACITY	OLEAN	
AGING	OKRA	TERNS	EIRE
LOSSES	EMULICE	CAPADES	
NEST	LACED	GOLAST	
KATECAP	SHAW	TAKESTO	
EPOXY	LEO	ASPERSE	
GLOP	DATE	RHODA	RASPY
ELICIT	IMAGE	CAPTURE	
ONMARS	URN	WON	SORBET
STATE	CAPITAL	ENTOMB	
TYNES	SIGEP	FIDO	PEON
SHANGRI	EDU	SONIA	
ARABIAN	TIME	CAPSULE	
NOMADS	CLOYS	NENI	
AYECAP	TAIN	FIT	INCASE
LANK	SALTS	OTIS	ERROL
OLDIE	PICTURE	CAPTIONS	
GWENN	ICHAT	MALE	MMII
SEDGE	NOIRE	SLEW	PACE

Weekly SUDOKU

Answer

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

Trivia

Answers

1. Pluto
2. London
3. Nick Bottom
4. Lewis Erskine
5. USHER (us, she, he, her and hers)
6. Selene
7. Baptism
8. Tatooine
9. Halfway between Norway and Iceland
10. A derringer pistol



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