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ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

MARCH 19, 2015



PHOTO BY NATHAN PFAU

Col. David J. Francis, U.S. Army Aviation Center of Excellence deputy commander, and other USAACE command members start off the post run Friday.

FIT FEST

Health fair promotes readiness, safety

By Jenny Stripling
Lyster Public Affairs Officer

A good time was had by Soldiers, families and civilians during Fort Rucker and Lyster's Health Fair and Safety Stand Down event held Friday at Yano Hall.

More than 75 vendors from Fort Rucker and the community offered group games, activities and health information tables for attendees of the event. Some of the vendors included Medical Center Enterprise; Fort Rucker Directorate of Family, and Morale, Welfare and Recreation; and the post exchange.

"This Fit Fest promotes health and medical readiness and safety of the Aviation community and Fort Rucker," said Col. Gary Wheeler, commander of Lyster Army Health Clinic.

"Most decisions that people make to stay healthy don't happen in the doctor's office. They happen where people work and live – where they spend the majority of their time," Wheeler said. "And there are many

different aspects of health besides physical health. Fit Fest is a fun event that focuses on all aspects of quality health including social, family and spiritual health."

Fit Fest was a kick-off event for the Fort Rucker Commander's Cup competition, he added. A scavenger hunt was the heart of the day's event, designed to make everything interactive for participants and served as a means to obtain up to 120 points that will be counted toward Fort Rucker's Commander's Cup Competition, which will be awarded in late May.

Amanda Carson, a Fort Rucker spouse and attendee at Friday's event, said it is nice to have events at Fort Rucker that show leadership cares about not only Soldiers, but families as well.

"My children and I came out today to participate and have fun ... and it was," said Carson. "Events like this make you feel like part of a close community and learning ways to improve your health while having fun is so important for me and my family."

A triathlon was also held in conjunction



PHOTO BY JENNY STRIPLING

Soldiers at Fort Rucker and Lyster's Fit Fest participate Friday in an oversized puzzle game, designed to promote social health and educate participants on the five dimensions of strength within the Army Resilience Program.

with Fit Fest against professional triathlete Doug MacLean. MacLean, a former Navy officer turned professional triathlete in 2011, coaches triathletes and offers consulting and analysis sessions on anything triathlon related. He said anyone interested in triathlons should just give it a shot and not to be afraid to try.

"The most important thing you can do is

start," MacLean said. "It sounds simple, but a lot of people are scared to start. You figure it out as you go along. I'm good at what I do now, but years ago I was an amateur. You're going to build and build on your skills as you go along."

MacLean took home first place in both

SEE FIT, PAGE A5

Honoring history

Soldiers breathe new life into hallowed ground

By Jeremy Henderson
Army Flier Staff Writer

Volunteerism and history intersected during a recent Saturday afternoon when a small group of Soldiers gathered to breathe new life into old hallowed ground.

Sgt. Delani Simmons of 1st Battalion, 223rd Aviation Regiment, Air Ambulance Detachment "Flatiron," joined three other Soldiers to initiate a special beautification project for the historic Clayhill Cemetery on post as part of a blossoming project spearheaded by Fort Rucker's Better Opportunities for Single Soldiers program.

Simmons, along with fellow Flatiron members and BOSS volunteers Sgt. 1st Class Fabian Montano, Spc. Kimberly Lopez, Pfc. Robert Rios, worked diligently into the evening to kick start the process.

"The cemetery was riddled with leaves and small brush," Simmons said. "We tried to clean up as much as possible. We were able to accumulate 30 large bags of debris."

Clayhill Cemetery, located in

the central portion of Fort Rucker, less than a mile south of Alabama Highway 27, and northwest of Lake Tholocco, is reputed by local residents to be a slave cemetery. According to historical documents, a total of 64 known graves occupy Clayhill Cemetery. However, only 15 have legible biographical information (see sidebar). Clayhill Cemetery contains the highest number of unmarked graves, most marked with sandstone or wood.

According to Simmons, dilapidated markings make it difficult to recognize grave locations and information concerning most of those buried at the site.

"When we began cleaning, we noticed the majority of the headstones were either sticks with no clear identifying marks or the stones had been sunken into the ground," Simmons said. "Our main purpose was cleaning off those areas so you could notice the location of the sites."

Simmons chose Clayhill Cemetery after a suggestion from Command Sgt. Maj. William D. Lohmeyer, Fort Rucker garrison command sergeant major, during a previous BOSS meeting.

"When Sergeant Major Lohmeyer



PHOTO BY JEREMY HENDERSON

Local historians believe numerous bodies were laid to rest at Fort Rucker's Clayhill Cemetery. However, 64 graves have been confirmed through documentation and only 15 have legible biographical information.

SEE HISTORY, PAGE A5

Unattended cooking fires pose threat

By Nathan Pfau
Army Flier Staff Writer

Cooking a home-cooked meal can be a time when families come together for a bonding experience, but if left unattended, that experience could become a nightmare.

That's why officials at the Fort Rucker Aviation Branch Safety Office urge people to stay aware when cooking in the home on the stove or outdoors on the grill.

"The biggest danger is loss of property and loss of life," said Robert Chenard, ABSO safety specialist. "A cooking fire or a grease fire can get everywhere. It'll start splattering and the fire can spread, so it can get pretty bad and out of hand pretty quickly."

Fort Rucker regulation FR 420-5 states that kitchen ranges, deep fat fryers and barbecue grills are not to be left unattended, whether cooking in or outdoors, or on an electric stove or open flame.

"Anything can catch on fire," said Chenard. "If you put a cloth too close to a heating element on a stove or a gas burner, the cloth can catch fire, and it can just evolve from there."

All of the housing units and buildings on Fort Rucker are equipped with fire extinguishers, but Chenard said it's important to know the type of fire you're dealing with before attempting to extinguish it.

"With a grease fire, you want to make sure to be careful," he explained. "If you blow a projectile onto a grease fire, which is what a fire extinguisher does, it will just push the fire and potentially spread it. Also,

SEE FIRES, PAGE A5

PERSPECTIVE

SOLDIER FOR LIFE

Center welcomes spouses of transitioning service members

By Bryan Tharpe
*Fort Rucker Soldier for Life
Transition Services Manager*

Where are all the spouses? When Soldiers come to the Soldier for Life program for the mandatory pre-separation briefing, we tell them several times that their spouses are also welcome. Yet relatively few spouses take advantage of our pre-separation counseling, Veterans Affairs briefings and job assistance services.

Perhaps some spouses never know that they are eligible to use the SFL Transition Assistance Program. Others know that they are welcome, but choose not to participate.

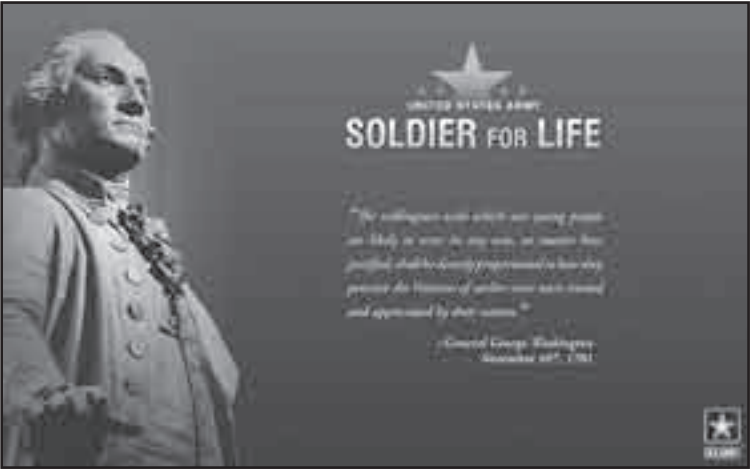
I want to address spouses of transitioning Soldiers and strongly encourage them to use the SFL center. Even if you are not going to search for a job for months or years, our job assistance workshop is worth attending. The most successful employment seekers don't wait until the last minute to start job searching. In fact, many civilian employees lead a job search lifestyle – they

are always prepared to start a new job search, if necessary. This is what we hope to teach those who may not be job hunting today, but surely will someday.

Before you find yourself in dire need of a job, spend those months or years researching employment trends, taking self-assessment tests and soul searching. Decide carefully what type of work will bring you personal satisfaction as well as a paycheck. After selecting several possible options, begin networking in those fields. So often, it's not what you know but who you know that gets you a job. Developing contacts and mentor relationships with people in your chosen field now will result in numerous employment leads later.

As for resumes, learn how to write them while SFL counselors are available to assist you and edit your work. Once you learn, you will have that skill for the rest of your life.

Resumes today are tailored to each specific job you apply for, making it even more inconvenient



ARMY GRAPHIC

and expensive to pay a service to do it for you. The process of writing your own resume after the workshop will make all subsequent resumes easier to write in the years to come.

What are the typical interview questions? How long should your answers be? What are illegal questions and how will you answer them? What exactly should you wear to an interview? By attending a workshop, you will know the answers to these questions. You will

understand interviewing protocol and strategy, and begin the self-assessment necessary to tackle any interview question.

At SFL, you can also use interactive computer based training to watch other job seekers interview and to practice your own interviewing skills.

The opportunity to increase your job search expertise through SFL is tremendous. Department of Defense research long ago reported that separating military members

and spouses who used SFL job assistance services overwhelmingly did not file for unemployment and in fact earned about \$6,000 a year more in that first civilian job than those who declined services.

If you think you will never need to job hunt, think again. Many women find themselves forced into the job market unprepared due to an unexpected divorce or the death or disability of their spouse.

If you believe job hunting is not hard work, I encourage you to do your own research on the labor market, unemployment rates, down-sizing as well as discrimination, harassment and glass ceilings.

As the SFL transition services manager, I want the best for all the Soldiers transitioning from active duty back into civilian life. Likewise, I'm also rooting for the spouses.

Spouses of transitioning service members may call SFL at 255-2558 to sign up for SFL services in conjunction with their Spouse's ETS or two years prior to their retirement. Spouses are encouraged to attend.

THIS MONTH IN ARMY AVIATION HISTORY

This month we're spotlighting the March 1965 issue of the U.S. Army Aviation Digest. This issue features:

A Wild Ride

Capt. Augustine T. Ledwidge, Maintenance Officer of the 339th Transportation Company, Republic of Vietnam, recently experienced a freak flight – “a once in a million” – and lived to tell about it.

Tell Me a War Story

Whenever a group of Army Aviators

get together their conversation inevitably evolves into the Aviators' favorite pastime – hangar flying. As they begin to tell their tales of heroic deeds, performed while piloting Army aircraft, their stories eventually take on a can-you-top-this aspect.

Murphy Strikes Again

The collective pitch control on an OH-13G froze in the up position during the override check prior to a maintenance test flight. The aircraft had been flown the day before and not released

for flight due to numerous discrepancies.

You Bet Your Life!

Army Aviators may look as much alike as “three peas in a pod,” but each has his limitations as a pilot. On every flight as a passenger, you rely on the pilot's ability, and on his judgments.

... and more.

Download this issue of the U.S. Army Aviation Digest at <http://bit.ly/av8-mar65>.



Rotor Wash

“A Relocation Readiness Workshop takes place March 27 from 9-10 a.m. in Bldg. 5700, Rm. 371D to help military families prepare for their next home. How do you prepare for a big move?”



Jessica Pfau,
civilian

“Pre-pack your items ahead of time and pre-organize so that you won't be running around on the day of the move.”



Quinn Dougherty,
Army veteran

“If you have something you can fit for the move, try to find (younger Soldiers) who might want to buy your items for mutual benefit.”



Christian Blake,
military family member

“Plan out your moving routes beforehand.”



Katie Pettengill,
military family member

“Make sure to call ahead to plan for moving van rentals. Don't wait to the last minute to book one.”



Alison Fales,
civilian

“Go through your items well ahead of your move and pick out what you do and don't need, then have a yard sale to help get rid of some things.”

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

CPR courses offer live-saving skills

By Nathan Pfau
Army Flier Staff Writer

When faced with a potentially life-threatening situation, the impact of early resuscitation and health care could mean the difference between life and death.

That's why Fort Rucker officials want to make sure that people on post and in the community are well educated on general cardiopulmonary resuscitation and the use of automatic defibrillators.

It is estimated that 70 percent of Americans don't know how to administer CPR, and 92 percent of cardiac arrest victims die before reaching a hospital, according to the American Heart Association's website, and early CPR can double, or even triple a victim's chance of survival.

Kyle Casey, lead firefighter paramedic on Fort Rucker, said the interest for CPR education on the installation has been growing and that a number of people have been asking to learn the proper techniques.

"We've had several people come up here – Soldiers, spouses, family members – who have asked to have CPR and AED training, and they would come in and ask us to teach them and of course we would do it, but it



PHOTO BY NATHAN PFAU

Zach McDaniel and Josh Miller, Fort Rucker firefighters, demonstrate proper CPR techniques on a training manikin at the Fort Rucker Fire Station Monday.

would be one person at a time, which isn't very efficient or convenient," he said. "This went on for a little while and we finally decided that we should start hosting these CPR classes throughout the year."

The first class will be April 25 and will be free and available to the general public, but certification cards will come with a \$5

fee. In the class, participants will learn about general first aid, AED usage and proper techniques for CPR for the general public.

The training will run over the course of a day and will consist of a lecture portion, hands-on portion, written test and skills test.

There are 18 spots available for the course, and the course will be

offered up to four times a year with additional courses potentially being added throughout the year if participation demands it.

Casey stresses that proper technique is required when performing CPR in order to prevent further harm. The depth of compressions is important and people need to be able to distinguish when someone needs CPR, such

as if someone is pulseless or not breathing.

The implementation of the course coincides with the installation of 18 AEDs across post in heavy traffic areas, so knowing how to properly operate these devices in a life threatening situation is critical, said Casey.

"This type of education is important because AEDs and early CPR save lives," he said. "We've had a lot of mothers with children who have come to learn, so that they can know what to do in an emergency situation, and this is knowledge that everyone should know."

Even when CPR is administered, Casey said that people should always call 911 right away. CPR certification is no substitute for calling emergency responders, but those precious early seconds are crucial.

"If the need should ever arise, having this knowledge could potentially save somebody's life," said the lead paramedic. "Having early defibrillation, that part to me, is extremely important. Call 911 immediately, start CPR and we'll be in route, which will give that person a better chance for survival."

For more information, including how to sign up for the course, call 255-2511.

Directive opens 4,100 special ops positions to women

By David Vergun
Army News Service

WASHINGTON – A directive signed by Army Secretary John M. McHugh Feb. 25 opened more than 4,100 positions to women in the U.S. Army Special Operations Command.

Directive 2015-08 opened positions in the U.S. Army Special Forces Command, National Guard airborne battalions and tactical psychological teams. Although recent news has focused on female Soldiers attending the pre-Ranger course, USASOC officials said the directive is significant because it opens unit positions in direct operational roles.

"In the aggregate, there have been approximately 5,000 positions opened within the command since 2013," according to a USASOC statement.

About 1,000 positions were opened to women following the 2013 rescinding of the Direct Ground Combat Rule by the defense secretary. This paved the way for more women to serve in direct combat roles and in military occupational specialties that were previously open only to males.

Over the last two years, USASOC has been reviewing all positions that were closed and has maintained a "phased approach to opening of previously closed positions in order to remain synchronized with the Army," an official said.

Since 2013, the integration of women into USASOC has been so rapid that the proportion of females to males serving in USASOC's civil affairs and military information support operations is now comparable to that of women serving in the active Army overall, according to the command. MISO replaced the term psychological operations in 2010.

There are more than 1,000 women assigned to USASOC, and, "based on the recent opening of additional positions, that number will increase over time based

on how Human Resources Command locates and assigns Soldiers to the command," according to USASOC.

Most positions with the 160th Special Operations Aviation Regiment – all pilots, crew chiefs, and enabler positions – opened to women as of July 23, 2014, except for 13F, fire support specialist, as it is still a closed military occupational specialty in the Army.

Women have filled many positions and some are now "operationally employed into combat missions," according to a USASOC statement. Additionally, women have been assigned to non-Aviation, battalion-level positions within the 160th Special Operations Aviation Regiment.

The secretary of the Army's directive has resulted in the Army recoding about 4,000 "enabler positions" down to the battalion level in 1st Special Forces Command and Special Warfare Center and School. "Most likely, this will allow women to be assigned during the normal assignment and move cycle this summer or coming fall," a USASOC official said.

The recent directive will not affect specialties closed Army-wide to women. It will only open USASOC positions in military occupation specialties, or MOS's open to women elsewhere in the Army.

Regarding the 75th Ranger Regiment, USASOC "is synchronized with the Army and U.S. Special Operations Command, SOCOM, efforts as we move forward between now and January 2016 toward making a recommendation" regarding gender integration, officials said.

USASOC "is collaborating with the Army and SOCOM on the physical standards validation for Special Forces Assessment and Selection and the Ranger Assessment and Selection Program, and with SOCOM's social science studies focused on (Special Operations Forces) specific issues," according to the command.

The U.S. Army Training and Doctrine



COURTESY PHOTO

Then-Maj. Michele P. Harper, a pilot with the 449th Theater Aviation Brigade out of Morrisville, N.C., prepares for takeoff. At the time of this photo, March of 2009, Harper, a Hendersonville, N.C., native was the only female Black Hawk helicopter pilot in the North Carolina Army National Guard.

Command has been studying all aspects of gender-integration efforts, officials added. All Soldiers are evaluated in a gender-neutral environment with the end goal of identifying the Army's best performers and those with the greatest potential for future service.

"HRC rightly considers factors other than coding of a position for gender in locating and assigning Soldiers to USA-SOC," according to the command. "Other factors, such as airborne qualification, or willingness to attend Airborne School, and higher deployment tempo considerations bear on the decision to assign the right Soldier to a USASOC unit."

The USASOC Implementation Plan is a deliberate, phased approach that first "assigns senior, experienced female Soldiers to support the expansion of opportunities in USASOC enabler positions and also to newly opened units and positions previ-

ously closed to women," according to the command.

USASOC is conducting a review of all special operations jobs and assessing how to further integrate women to support the Army Special Operations Forces 2022 priority – Invest in Human Capital.

"The desired end state is enhanced capability, supporting the Army chief of staff's strategic priority to build adaptive Army leaders for a complex world," according to the USASOC statement. "USASOC is committed to maintaining the highest standards and delivering the most qualified operators to the nation, irrespective of gender."

USASOC was actually pursuing gender-integration prior to the 2013 rescinding of the Direct Ground Combat Rule, officials said. Women have been serving in civil affairs and MISO now for nearly 20 years.

News Briefs

Closures

The Blue and Green running trails on Beaver Lake will be closed temporarily for repairs until May 16. People will not be able to complete the circle on the green and blue course while repairs are being made. For more information, call 255-9567.

The automotive skills center will be closed due to a scheduled power outage Saturday during the morning. The center will adjust its hours of operation to noon to 6 p.m. that day. For more information, call 255-9725.

SHARP motorcycle ride

The Fort Rucker Sexual Harassment/ Assault Response and Prevention program will host a SHARP Motorcycle Ride Friday for all uniformed and civilian motorcycle riders on post to raise awareness and encourage prevention in local communities. Riders will meet at the Motorcycle Safety Course facility, Bldg. 6030, at 10:30 a.m. and once safety inspections and briefs are complete will depart

by 11:45 a.m. Riders will head out the Ozark Gate and travel to US 231 and ride to Dothan for lunch at a buffet-style restaurant. The riders will then leave Dothan and take US 84W to Enterprise, where the riders will merge onto Boll Weevil Circle and head towards the Enterprise Gate to return to the Bldg. 6030 for an after-action review.

For more information, call 464-3553.

Army Aviation Ball

The U.S. Army Aviation Center of Excellence and Fort Rucker will host the Army Aviation Ball April 11 from 6-11:30 p.m. in The Landing Ballroom to celebrate Army Aviation's 32nd birthday. This year's theme is Honor our History ... Continue the Legacy. Costs for tickets are \$25 for E-6 and GS-8 and below; \$30 for E-7, W-1/2, O-1/2 and GS-9/10; \$35 for E-8, W-3, O-3 and GS-11/12; and \$40 for E-9, W-4/5, O-4 and above, and GS-13-15.

For more information or to purchase tickets, contact your unit point of contact.

Supply support activity inventory

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

AER scholarship applications

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

For more information, call 255-2341.

Odierno: Brigade readiness half what it should be

By David Vergun
Army News Service

WASHINGTON – “Today, just 33 percent of our brigades are ready, when our sustained readiness rate should be closer to 70 percent,” Army Chief of Staff Gen. Ray Odierno told lawmakers regarding the lingering effects sequestration has already had on the Army.

Army Secretary John M. McHugh and Odierno appeared before the Senate Committee on Appropriations March 11 to testify about the fiscal year 2016 Army budget.

McHugh said another round of sequestration will be even more devastating.

Congress has thus far not stopped sequestration, which will return Oct. 1, unless legislation is passed which stops it.

“We need to stop talking and start acting. We need wisdom, not words. We need results and not rhetoric. And as I said last year, we need predictability, not politics,” said McHugh during his opening remarks, inferring that Congress needs to act.

The secretary added that the \$126.5 billion Army budget must be passed, as well.

The two Army leaders then detailed the threat posed by transnational extremist organizations, as well as the aggressive actions of several nation-states, including Iran, Russia and China.

As well, the United States faces “evolving threats to our homeland” from nations and non-state actors, Odierno said.

Besides the degraded readiness of brigade combat teams, Odierno painted a bleak picture of force reductions.

During the last three years, active end-strength has been cut by 80,000 and 18,000 from the National Guard and Reserve, Odierno said. Thirteen BCTs have been deactivated and three active-component combat Aviation brigades are in the process of being eliminated. As well, 800 aircraft have been removed from Army Aviation.



PHOTO BY STAFF SGT. MIKKI L. SPRENKLE

Army Chief of Staff Gen. Ray Odierno answers a question during the Senate Committee on Appropriations hearing in Washington, D.C., March 11.

Investments in modernization have been slashed by 25 percent as well, Odierno said, adding that “we’ve purged our most-needed infantry fighting vehicle modernization and Scout helicopter developmental programs.

“The compromises we’ve made to modernization and readiness, combined with reductions to our force size and capabilities translates into strategic risk,” he continued.

“Even the president’s budget represents the bare-minimum needed to carry out our missions, and execute and meet the requirements of our defense strategy.”

For the 2016 Army budget “to work, all of our proposed reforms in pay and compensation must be approved and all of our force structure reforms must be supported, to include the Aviation Restructure Initiative,” Odierno said. And, “we must be allowed to eliminate \$500 million per

year in excess infrastructure capacity.”

If reforms and force-structure reductions are not approved, this equates to “a potential \$12 billion shortfall in our budget, comprised of \$6 billion in reforms and \$6 billion in costs that are masked in overseas contingency operation funding, which must ultimately transfer to the base budget,” he said.

The written testimony submitted by the chief and the secretary regarding compensation and entitlement reform was even more poignant:

Compensation reforms include: “slowing the growth of Basic Allowance for Housing, changing TRICARE, reducing the commissary subsidy and slowing the growth in basic pay.

“Should Congress fail to enact these reforms, the effects of budget shortfalls in programs and services throughout the force

will wreak havoc on our formations. We will have to make decisions at every Army installation that will impact the quality of life, morale and readiness of our Soldiers,” the testimony states.

“Without appropriate compensation reform, the Army would need an additional \$10.4 billion across the program years to meet our basic requirements. To the extent Congress does not approve the extra topline or the reforms, we would have to find another \$2 to \$3 billion per year in reductions, thereby further diminishing the size and capability of our fighting force. None of these reforms are easy, but all are necessary,” according to the written testimony.

A senator asked Odierno about morale of the troops.

“They continue to inspire me,” Odierno said.

Yet, the uncertain budget, cou-

pled with massive troop reductions that have and will continue to occur, is having a negative impact on their morale, he added.

“On top of that, there’s a lot of discussion on pay, benefits and retirement. All of this is putting pressure on them and their families. Although we’ve not yet seen the breaking point yet, I worry about when that will occur in the future,” he replied.

Both the chief and the secretary acknowledged condolences from lawmakers regarding the possible loss of seven Marines and four Soldiers during a training incident near Eglin Air Force Base, Florida.

The secretary said “our prayers go out to the families” and the chief told lawmakers that “this is a reminder to the sacrifices and commitment that so many of our young men and women are providing every single day to our country.”

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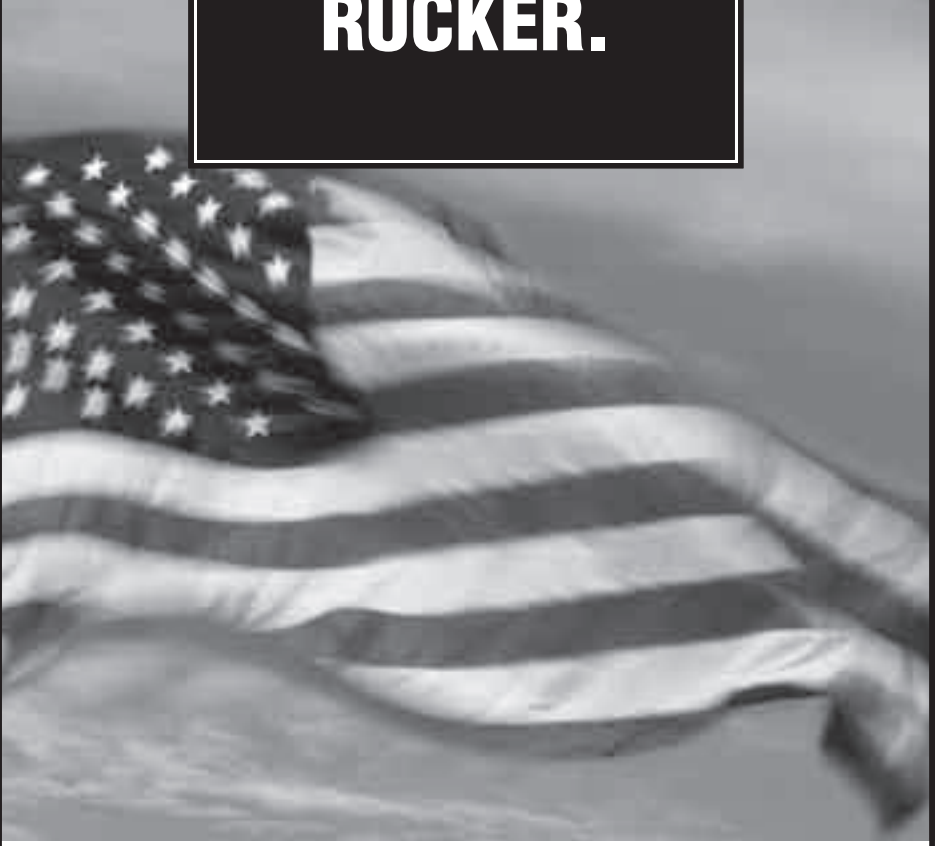
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Fit: Sleep a cornerstone to good overall health

Continued from Page A1

the morning and afternoon sessions, and participants said it was a fun competition and great practice. 2nd Lt. Justine Emge and Carmel Rogers competed against MacLean during the morning session, taking

second and third place respectively, while Anna Bergmark and Jay Fischer placed second and third in the afternoon competition. MacLean says following a guideline such as the Army Medicine’s Performance Triad of sleep, nutrition and activity, is a great way to approach training

and maintaining an overall healthy life in general. “Sleep is the cornerstone of everything in my opinion,” he said. “I feel that everything builds off of that. If you think about it, you get a good night’s rest and wake up in a good mood and you feel like going for that

run. It all works together.” Wheeler said Fit Fest and the triathlon are just the beginning, and encourages everyone at Fort Rucker to continue making good health decisions, even if they are small changes, and participate in the Fort Rucker Commander’s Cup competition.

History: Soldiers give something back, pay homage

Continued from Page A1

brought it up during one of our BOSS meetings, I took it to my chain of command to ask if it would be an opportunity to volunteer as a unit,” Simmons said. “Unfortunately, due to our flight schedule, there were only four of us who were able to participate.

Simmons said Clayhill’s history as a slave cemetery made the beautification work personally satisfying.

“It felt great to be able to give something back,” he said. “Especially for me, as an African American, it felt great to be able to give something back and breathe new life into this historical site.

“The slave cemetery, on my side, was something that drew me to it,” he added. “That was something that lead me to choose Clayhill to be the site we restored, especially being on the heels of (African American History Month). I found it was in a secluded area that doesn’t get any foot traffic. I felt it would be a good opportunity to give back and recognize the heritage here at Fort Rucker that isn’t often seen.

Simmons said the experience could be described with one word.

KNOWN INHABITANTS OF CLAYHILL CEMETERY	
1. Amanda, wife of R.N. Dawkins, Nov. 8, 1861 - Mar. 1, 1905.	1888 - Apr. 21, 1888.
2. Jesse W. H. Dawkins, Jan. 18, 1874 - Dec. 29, 1902.	9. Otter Terry, 1840 - May 20, 1885.
3. Sarah A. Dawkins, 1855 - Feb. 5, 1895.	10. Name unknown (fragmented stone), died Feb. 8, 1892.
4. Moses Dawkins, died July 2, 1964, at age 68.	11. Mary Clark, Dec. 5, 1850 - Mar. 25, 1898.
5. Thomas Artis, May 3, 1845 - Feb. 24, 1920.	12. Duddle Dink Mathews, Aug. 5, 1900 - June 8, 1901.
6. Sidney Ingram, April 13, 1899 - May 26, 1900.	13. Solan Mathews, Sept. 11, 1893 - Apr. 2, 1895.
7. Harriott Ardis, Feb. 8, 1848 - Aug. 26, 1899.	14. Mary Edwards, May 15, 1850 - Jan. 10, 1891.
8. Infant son of Thomas and Harriet Ardis, Apr. 20,	15. W. Augustus Byrd, May 30, 1863 - July 13, 1910.

“Enlightening is the best term I can use to describe it,” he said. “When you first come up to it, all you see is the fence line and the debris. You couldn’t tell it was a cemetery. It doesn’t get a lot of foot traffic because it is cut off by training areas. I felt as though, by going out there, we were able to pay homage to those at rest there.”

According to Lohmeyer, plans are being formed to provide additional beautification and better markings for graves at Clayhill Cemetery.

“I would like to create more noticeable name placards and affix them to something in the area,” he said. “We don’t want to recreate the headstones, but simply put something in place to better identify who rests at that location. If people do go out there, then it will be more visible who is laid to rest there.”

According to historical documents, the cemetery was built adjacent to Clayhill Church by emancipated slaves around 1865. The exact number of graves has not been determined due to cement discs and river rocks being placed as grave markers, but researchers have estimated there are more than 100 burial sites.

Lohmeyer said he was pleasantly surprised when the Soldiers chose Clayhill.

“This wasn’t a tasking, it wasn’t a detail,” he said. “It was four Soldiers, all from Flatiron, volunteering their time. I was pleased they chose such a historically-significant and seldom-seen site for their work. It is a perfect opportunity to draw attention to Fort Rucker’s rich history.”

Fires: Outdoor cooking only allowed in approved areas

Continued from Page A1

you never want to throw water on a grease fire because that will do the same thing, and cause the grease to pop and splatter and spread.”

Chenard said the best course of action when dealing with a small grease fire is to smother it. Use a lid to cover the fire if it’s in a pot or pan. In the event that the fire escalates, he said that people should call the fire department and exit the building.

“Don’t try to fight an out-of-control fire,” said the safety specialist. “If it gets out of hand you need to get everybody out and call the fire department and let them handle it,” emphasizing that making sure everyone in the building is safe

and away from danger.

Children should also be kept away from cooking areas to prevent accidents. Handles from pots and pans should be turned in a way that a small child cannot reach and grab, said Chenard.

Also, with weather warming up, more and more people will be taking to the outdoors to grill, and people should be extra cautious when dealing with open flames.

Regulation states that when cooking outdoors on Fort Rucker, cooking is only allowed in approved cooking areas, and when in those areas, outdoor cooking appliances must be monitored at all times and not be operated in carports, garages or within 50 feet of a building.

In the housing areas, those appliances

should also be constantly monitored and should not be operated within 10 feet of the house.

“The biggest reason behind that is because the grills put off a lot of heat,” said Chenard. “I had (my grill) too close to my house once, and although I made sure I could open the lid without it touching the house, it was still too close. We had plastic siding on the house, and I noticed the plastic started to warp from the heat, so you want to make sure to keep that 10-foot distance – just a couple of feet may not be enough.”

It’s also important to make sure to only use outdoor grills in properly ventilated areas, he said, to avoid inhalation of smoke and damage to property. Also, it’s important

to make sure the grill fire is getting enough air to avoid potential flare ups, he added.

When cooking either indoors or outdoors, Chenard said it’s always important to have a plan in case of emergency.

“You want to make sure to have a plan to get out of the house and you want to know where everybody is if you’re planning to evacuate,” said the safety specialist. “The first thing you should try to do if the fire is small enough is put it out, but if not, call 911 right away.”

Even when a fire is put out, Chenard suggests that people notify the proper authorities to come out and assess the situation to prevent further damage.

For more information on fire safety, call 255-2511, or visit www.nfpa.org.

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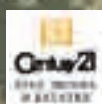
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101 EAGLE LANDING ~ \$130,000

New townhouse in Eagle Landing. All brick end unit with extra parking pad. Amenities include grass cutting, clubhouse & community pool. Convenient to Ft. Rucker. **Directions:** Eagle Landing - From Boll Weevil Circle to right (North) on Shell Field Rd, then right into Eagle Landing - 1st. End unit on the left.

105 SKYLARK ~ \$155,760

This is a custom built, one owner home with no wasted space. Open concept grandroom w/gas log fireplace, dining area & sunroom. Kitchen has new cabinets with pull-out drawers in the one floor to ceiling unit next to cooktop, granite countertops & tile backsplash, all new appliances. Pass through opening from kitchen to sunroom. Jack & Jill bath separates the 2BRs on the one side of the house with separate vanity areas for both bedrooms. Full wall built-in unit at front door for storage. **Directions:** Indian Springs: Rucker Blvd, turn on Choctaw, right on Robin, left on Broken Arrow, right on Skylark.

210 FOXCHASE ~ \$79,000

Updated traditional townhome conveniently located to work, schools & shopping. Open airy living/dining/kitchen area, 1-car garage, patio & fenced yard make this a home you will enjoy. Wood floors in foyer & living area & carpeted stairs lead to upstairs bedrooms. MBR has adjoining bath & walk-in closet & opens onto an upper deck. Community pool & clubhouse within townhouse community provide a wonderful place to relax & visit with family & friends. **Directions:** Fox Chase: Rucker Boulevard to Ridgecrest, right on Foxchase, townhouse on right.

605 ROBIN ~ \$122,000

Relax & enjoy life in this easy-care 3BR home convenient to shops, offices, churches, schools & minutes to Ft. Rucker. You can enjoy a spacious living area with bookcases & wood burning fireplace. Sunroom/bonus room off the dining area & the covered patio add to the charm of this home. A fenced yard for the children to play, workshop/shed for projects, 2-car garage, HVAC new in July 2013 & roof approx 4 yrs old. A delightful home. **Directions:** Indian Springs: Rucker Boulevard to Choctaw to Robin, house on right.

305 RICHLAND ~ \$135,000

End your day with a splash when you come home to this 4BR/2.5BA home. Large living/dining area, family room w/fireplace, kitchen w/ breakfast area opening onto enclosed porch & leading to the patio & pool, laundry room w/mud sink, roomy 2-car garage w/workspace opening to backyard. Sparkling inground pool for family fun, relaxation & exercise. Fenced yard w/wood privacy fence surrounding the pool & patio area. Home conveniently located between Ft. Rucker & Enterprise. **Directions:** Country Estates: Rucker Boulevard to main entrance of Country Estates (Richland Avenue) house a couple of blocks down on left.

210 SOUTHERN WINDS ~ \$224,900

Immaculate home with so many extras. Granite countertops throughout. Stainless steel appliances. Office area upstairs plus desk in kitchen area. Tons of space upstairs in bonus area. Extra storage that is heated & cooled. 2 HVAC units. Crown molding throughout. Gas fireplace. Pre-wired for surround sound & security system. Sprinkler system in front & backyard. Deck for more room for entertaining. Tankless continuous flow gas water heater. HOA. Owner is related to listing agent. **Directions:** Southern Winds: Rucker Blvd towards Ft. Rucker. Take right at light at Freedom Dr. (previously Headless Horseman Rd). Turn right into Southern Winds right before the curve.

100 LOYOLA ~ \$179,000

MOTHER-IN-LAW SUITE! Suite has sitting room, bedroom & private bath. In the remainder of the house, there are 4 additional BR/2BA, family room with vaulted ceiling & fireplace, updated kitchen & indoor laundry room. In-ground pool has new liner. Great condition, convenient location to downtown & circle, Dauphin Jr High & Hillcrest Elementary. Move in & enjoy. **Directions:** From Boll Weevil Circle take Dauphin Street toward downtown. Turn left on Loyola house is first on right.

NEW CONSTRUCTION!

504 RIVERWOOD ~ \$254,900

Ready for new family! New construction in Sommer Brooke: 4BR/2BA, stainless steel appliances, hardwood, carpet, tile, low E windows & sprinkler system. **Directions:** Sommer Brooke: Turn in to Sommer Brooke subdivision off of Porter Lunsford Rd. Take left on Riverwood, house on right.

69 COURTYARD ~ \$89,500

Convenient to Ft. Rucker. Very nice unit, both bedrooms have walk-in closets, whirlpool tub in master, large storage closet, parkway entrance in rear of townhouse, sidewalk in front. Lots of amenities: pool, clubhouse, tennis courts, basketball court. **Directions:** Courtyard Place: Rucker Blvd to Freedom Dr right into Courtyard, bear to the right, house is on the right.

26 COURTYARD ~ \$89,900

Large townhouse with wonderful views of tennis court & pool from upstairs bedroom & downstairs patio. The wood floor is throughout the dining & family room area with bright windows with upgraded faux wood blinds letting the view come through! Sellers will give allowance for additional upgrades like new appliances, a tiled backsplash & new counter tops! **Directions:** Courtyard Place: Rucker Blvd to Freedom Dr right into Courtyard, bear to the right, house is on the right.



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6020 BOLL WEEVIL CIRCLE ~ Candlewood Suites, Fairfield Inn, Huddle House, Santa Fe Steakhouse, Early Education Center, Brookwood subdivision & site of new junior high at this location. Required access road is already installed. A great buy.

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209 APACHE 20A ~ Excellent investment property. Owner ready to sell.

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1504 E PARK ~ Heart of busy commercial area. Ready to build on. Next to Ashley Furniture. Possibility of purchasing additional land.

MARCH 19, 2015

SPEED BAG

Army streamlines aerial resupply capability



PHOTO BY JAMES DILLARD

Soldiers drop padded cargo bags from a helicopter during the Army Expeditionary Warrior Experiment Enhanced Speed Bag System operation on Fort Benning, Ga., Jan. 28, 2014.

By Jeff Sisto*Natick Soldier Research, Development and Engineering Center Public Affairs*

NATICK, Mass. — The Army is streamlining efforts to provide squad- and platoon-level ground Soldiers operating in austere environments with an organic aerial resupply capability that will empower and sustain them on the battlefield.

The Enhanced Speed Bag System fills this capability gap by drastically increasing the survivability rate of critical resupply items such as water, ammunition, rations and medical supplies, which must be air-dropped from helicopters to small units on the ground. The system includes a hands-free linear brake, rope, and a padded cargo bag that can hold up to 200 pounds and be dropped from 100 feet.

ESBS was originally developed by engineers, from the Natick Soldier Research, Development and Engineering Center Aerial Delivery Directorate and the Armament Research, Development and Engineering Center's Logistics Research and Engineering Directorate to standardize the improvised

airdrop methods used in theater to resupply units in remote locations, where traditional resupply methods, such as truck convoys, are too impractical or threat laden.

"The goal was to standardize ad hoc techniques used with body bags and duffel bags by providing a material solution and giving units enough knowledge and training to utilize it," said Dale Tabor, NSRDEC's aerial delivery design and fabrication team leader.

"We originally received this need from the field, specifically for emergency ammunition resupply," said Bob Forrester, an engineer with ARDEC's Logistics Research and Engineering Directorate at Picatinny Arsenal, New Jersey. "We received the requirements, found the funding, and teamed with Natick as the technical lead.

"Essentially, we worked the ammunition survivability piece, and NSRDEC worked the aerial delivery piece," Forrester said.

At an evaluation conducted in July 2013 on Fort A.P. Hill, Virginia, teams packed six ESBS cargo bags with 12,720 rounds of

SEE AERIAL, PAGE B4

KEY RESOLVE



PHOTO BY CW4 MARK LEUNG

An OH-58D Kiowa Warrior is bedded down for the night as Soldiers from the 2nd Squadron, 6th Cavalry Regiment participate in the theater-wide Key Resolve exercise at Sokcho, Donghae (East Sea) area in South Korea March 4-12. The 2nd Combat Aviation Brigade Soldiers worked alongside their Korean counterparts during the exercise.

'IT'S A RUSH'

3rd CAB's Viper pilots strike hard during gunnery

By Sgt. William Begley*3rd Combat Aviation Brigade Public Affairs*

FORT STEWART, Ga. — The Soldiers and pilots of the 1st Battalion, 3rd Aviation Regiment, 3rd Combat Aviation Brigade took to the sky at the Multi-Purpose Range Complex at Fort Stewart to sharpen their skills in the AH-64 Apache attack helicopter during Aviation aerial gunnery training Feb. 17-27.

The AH-64 Apache pilots were there to complete their semi-annual qualification on the aircraft weapon systems, according to Maj. Sean Keefe, operations officer, 1-3rd Avn. Regt.

"This gunnery will test the pilot's ability to find targets, and shoot them with the 30 millimeter guns, their rockets and also Hellfire missiles," Keefe said.

Keefe said the pilots would engage on three different gunnery tables. The first is a practice table, the second being the initial qualification table and the third being the final qualification table, which is performed at night.

"The semiannual gunnery training is important because our pilots need to be qualified before they can deploy with other units," Keefe said. "It's also important for the pilots to maintain proficiency with the weapons systems on their aircraft."

First Lt. Michael Arcangelo, Headquarters and Headquarters Company, 1-3rd Avn. Regt., is an AH-64 Apache pilot who took part in the gunnery training.

"It's a rush. When we come out here for aerial gunnery this is what we've trained for all year long, so it's definitely the highlight of our year," Arcangelo said.

Arcangelo recently flew in a combat zone during a deployment to Afghanistan in 2013. He takes his responsibility as an AH-64 Apache pilot very seriously, he said, adding that he knows that his aircraft skills might very well be the difference between life and death for the ground troops he supports.

"We take pride in covering the ground guys and supporting their mission, so we're glad to help," Arcangelo said. "It's one of two chances we get during the year to

SEE VIPER, PAGE B4

Raptor pilots flock to Navy station for training

By Staff Sgt. Bryan Lewis*16th Combat Aviation Brigade Public Affairs*

JOINT BASE LEWIS-MCCHORD, Wash. — With the 16th Combat Aviation Brigade's recent return home, the priority for its subordinate units and Soldiers has shifted to training.

Pilots and crew members from the 1-229th Attack Reconnaissance Battalion and 2-158th Assault Helicopter Battalion have been traveling to Naval Air Station Whidbey Island to conduct Aviation water training.

More than 50 Raptors so far have left the skies to jump in the pool of the Aviation Survival Training Center at the station to meet part of their proficiency requirements for flying over bodies of water.

"It was fun training and a good refresher for those of us who did it back at Fort Rucker," said CW2 Kyle S. Beyler, UH-60M Black Hawk helicopter pilot and B Company, 2-158th AHB Life Support Officer. "It's also good for those who haven't done this type of training, like some of the crew chiefs, so that they can get an initial look at what it's like to egress out of a submerged helicopter."

The training consists of several phases that progressed Soldiers from swimming with Aviator gear on to egressing a

submerged airframe.

Once past the basic swimming portion, pilots and crew members had to navigate the Shallow Water Initial Memory Mechanical Exit Release phase of the training. SWIMMER allows Aviation personnel to get familiar with finding and escaping through a window or door while underwater.

Next, the trainees were strapped into the Modular Shallow Water Egress Trainer, a device designed to test removing a seatbelt harness while upside down underwater and then passing through a window.

The final test at the ASTC put groups of six Soldiers into the Multi-place Underwater Emergency Trainer to test utilizing everything taught by the instructors. They had to escape a mock airframe that was dropped into deeper water and flipped upside down.

"The Navy had a large facility that really accommodated us and was able to train a larger group. All of the training was streamlined and organized," Beyler said.

The 16th CAB will continue joint efforts with NAS Whidbey Island and the Sailors of the ASTC by sending more pilots and crew chiefs up to receive Aviation water survival training.

"Being stationed at JBLM al-



PHOTO BY STAFF SGT. BRYAN LEWIS

Helicopter pilots and crew chiefs from the 16th Combat Aviation Brigade enter the Multi-place Underwater Emergency Trainer at Naval Air Station Whidbey Island, Wash., Feb. 11 as the final test of their Aviation water training.

ways has the possibility of flying over water because of how big the (Puget) Sound is. For those who came back from Af-

ghanistan, it's good for us to go through the training whether we get a Pacific mission or not," Beyler added.

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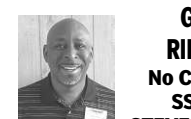


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Aerial: Further testing to take place throughout 2015

Continued from Page B1

ammunition, each distributed based on a squad-level basic load, and dropped from a 100-foot crane. They thoroughly inspected the rounds and conducted a live fire to determine the ammunition system’s effectiveness.

The results were a 98-percent survivability rating of ammunition dropped with the ESBS – a vast improvement from the 50-60 percent experienced with ad hoc methods.

Subsequent evaluation at Army Expeditionary Warfighting Experiment Spiral I 2014 prompted ARDEC to “recommend the immediate fielding of ESBS to deployed Soldiers,” Forrester said.

“What we have done is taken resupply to the lowest possible level – the squad and platoon levels,” Tabor said.

“Soldiers at unit level are trained how to get the system packaged, loaded in the aircraft, and delivered,” Tabor said. “In this way, ESBS provides an organic resupply capability.”

Advancement of the system gained increased momentum through the involvement of the Army’s Rapid Equipping Force, an organization uniquely chartered to combine requirement validation, acquisition authority and flexible funding under one roof.

REF’s mission to “harness current and emerging technologies to provide immediate solutions to the urgent needs and capability gaps faced by Soldiers deployed globally” led it to the ESBS.

“REF received a 10-liner requirement from a unit that needed a safe and reliable way to resupply water and other critical items to ground Soldiers, in a location where traditional resupply options, such as convoys, were not practical due to environmental factors and threats,” said Todd Wendt, REF project manager. “The unit was aware of NSRDEC’s Enhanced



Soldiers evaluate the impact of Enhanced Speed Bag System from a helicopter during the Army Expeditionary Warrior Experiment Speed Bag operation on Fort Benning, Ga., Jan. 28, 2014.

Speed Bag System and identified it as a possible technology solution. Upon mission analysis and further market research, REF identified ESBS as a good candidate solution.”

The ability to directly engage with deployed units and access business practices across the Army’s functional areas has allowed the REF to facilitate a comprehensive approach to ESBS validation.

“By leveraging an existing Army effort, REF is able to give deployed Soldiers solutions even faster than if we started a project from scratch,” Wendt said. “This also means we can help our friends at NSRDEC Aerial Delivery Directorate, by getting their design into the hands of Soldiers and collecting operational feedback. It’s just one example of how REF can address an urgent need, but at the same time, also help advance a technology and support a big Army solution.”

In December 2014, Tabor’s team led a train-up event on the Rhode Island Air National Guard base in Quonset Point, Rhode Island. The multi-organizational

event included personnel from NSRDEC, ARDEC, U.S. Army Mountain Warfare School, Vermont National Guard, Rhode Island Air National Guard and the REF. The purpose was to train REF tiger teams and members of the MWS on the proper use and deployment of the ESBS.

The training focused on receiving the ESBS kit, unpacking it, setting up the rigging in the aircraft and learning the packing procedures – skills that will be passed on to Soldiers who will use the system.

The ESBS training will provide the MWS instructors a period of instruction on small unit resupply that meets the needs of mountain Soldiers, while the REF trainers will take the knowledge they gained directly in theater to train units requesting the capability.

“The initial info seemed complex, but today, I definitely feel sufficient to train Soldiers on this system,” said Dusty Hunt, training consultant, Rapid Equipping Force, Tiger Team, on Fort Benning, Georgia. “With the old methods, they were losing 50 to 60 percent of the supplies. Fi-

nally, there is a good solution in the ESBS, which we will take to Afghanistan to train the unit’s trainers.”

“We rehearsed on the ground, and conducted a final check for rigging and spotting,” said Jason Miller, training consultant, REF, Tiger Team, on Fort Bragg, North Carolina. “From the aircraft, we looked at how the bundles fell and responded to the drop.”

In an after-action review, the REF trainers had positive and insightful comments about the system.

“We learned that rigging the system is key to a successful drop. So attention to detail in how it’s rigged is important,” Miller said. “Also, more elaborate communication with the pilot and the aircrew should be explored.

“There were weather limitations, but the job went well,” Miller said. “We lost only one water bottle out of more than 240 and additional 5-gallon jugs dropped. It was an outstanding result – we had no issues.”

“The benefit is the simplicity of it,” Hunt said. “You can take a regular Soldier and train them on ESBS, as long as they are comfortable in the aircraft.”

“Aerial resupply also means one less convoy needed on the road, and that’s a good thing,” Tabor said.

The ESBS will undergo further testing throughout 2015. If the system is selected for fielding, a formal program of record will be established, and the REF will have met the immediate need.

(Editor’s note: This article appears in the March/April 2015 issue of “Army Technology Magazine,” which focuses on Aviation research. The magazine is available as an electronic download (<http://usarmy.vo.llnwd.net/e2/c/downloads/383037.pdf>) or print publication. The magazine is an authorized, unofficial publication published under Army Regulation 360-1, for all members of the Department of Defense and the general public.)

Viper: Gunnery training featured unique event, 3rd CAB 1st

Continued from Page B1

stay proficient in the Apache and its mission to find and destroy the enemy. We enjoy it.”

The gunnery training had a unique event that took place – a first in 3rd CAB history. Some of the crew chiefs got to go for a front-seat ride in the legendary attack helicopter.

People are more likely to see a unicorn than ride as

a passenger in an AH-64 Apache attack helicopter, according to Sgt. 1st Class Jon Wisman, D Co., 1-3rd Avn. Regt.

“I’ve been in Aviation over 16 years, and in the Army over 19 years, and I’ve heard about the front seat ride, but I’ve never known anyone who has done it,” Wisman said. “When the pilot whipped the aircraft around to return to target it was exhilarating. I’ve wanted to do this my whole career.”

Wisman said that for Soldiers like Spc. Eric Van Beek, A Co., 1-3rd Avn. Regt., this action by the leadership is extremely meaningful. Van Beek is an AH-64 Apache attack helicopter crew chief and the front seat ride proved historic for him.

“Believe it or not, after five years in the Army and two deployments, this was the first helicopter I have ever ridden in,” Van Beek said. “It was unbelievable and it was a lot of fun.”

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FILE PHOTOS

Children participate in Fort Rucker's Children's Festival Egg Hunt last year.

Children's Fest MWR hosts free 'fun-filled' event

By **Jeremy Henderson**
Army Flier Staff Writer

Giants, magicians, tests of confidence and mythical creatures sound like fantasy, but Fort Rucker families can experience all of these and more during the 11th annual Children's Festival March 28 from 1-4 p.m.

Janice Erdlitz, Directorate of Family, Morale, Welfare and Recreation marketing director, said the Children's Festival is a free, fun-filled event that kicks off April's Month of the Military Child.

"[DFMWR] recognizes and celebrates our military youth for their contributions to the Army family," she said. "Part of what we do at MWR is to make fun happen. We make the opportunities available for families to make memories that will last a lifetime.

"I love Children's Festival," she added. "It is our special time to go

all out and develop an amazing family event. We even have a stilt walker and magic show."

According to Erdlitz, Corvias Military Living will bring out the Easter Bunny for children to meet and take photos with. The Warrant Officer Candidate Course will bring out their Confidence Course for the youth.

"Some of our other sponsors are bringing out birdhouses to paint," Erdlitz said. "I also heard there might even be some free ice cream for our little tikes.

"One of the biggest elements of the event is our Easter egg hunt," she added. "We will have more than 10,000 eggs and some will have prize tickets inside. So if you find an egg

with a ticket, be sure to stop by the prize ticket tent during the event to pick up your prize."

Erdlitz said the event is one of several upcoming opportunities to enjoy the outdoors as a family.

"[DFMWR] conducts many family events like our upcoming Children's Festival where families can enjoy a day together watching a magic show, or discovering the friendly animals at the petting zoo, or watching their children hunt for Easter eggs," she said. "The list goes on and on with ways [DFMWR] can assist in building a solid foundation for patrons to improve their resilience and just spend the day de-stressing. Bringing these opportunities to Fort Rucker's families is [DFMWR's] way of delivering the highest quality programs, and fulfills its commitment to Soldiers, families, retirees and civilians."

Admission is free and open to the public. Activities such as egg hunts, games, inflatables, Easter Bunny photos and access to the petting zoo are also free. Families need only bring money to purchase food or merchandise from vendors at the event.

Amanda Collins, DFMWR marketing assistant, said the event provides a perfect opportunity to strengthen bonds and increase physical activity as a family.

"Children's Festival offers many activities that provide families with an opportunity to strengthen family bonds," she said. "Whether it's playing one of the



Sgt. 1st Class William Webster, 906th Military Working Dog Detachment, and son, Cooper, play a game of ring toss at last year's Children's Festival. This year's event is March 28 from 1-4 p.m. at the Fort Rucker Festival Fields.

lawn games, searching for eggs, or watching the magic show, this festival promotes togetherness and shared experiences.

"Physical activity should be a part a daily routine, and the opportunities to get outside and be active abound on Fort Rucker," she added. "Parents should instill a love of outdoor activity in their children from a young age to give them the best possible chance at growing up healthy and well-rounded."

Children are invited to dress as their favorite superhero for the festival.

In the event of inclement weather, the Children's Festival will be moved indoors to the Fort Rucker Physical Fitness Center on Andrews Avenue.

For more information, call 255-9810.



Soldiers, families take part in theatre production

By **Nathan Pfau**
Army Flier Staff Writer

Fort Rucker plays an important role in the surrounding Wiregrass community, but the Wiregrass is equally important for those on the installation, especially when searching for creative outlets.

One of those outlets comes to many in the form of the Southeast Alabama Community Theatre where Fort Rucker Soldiers, family members, veterans, retirees and civilians take part in the various productions up and throughout the years.

The most recent production was "Les Miserables," a world-renowned production that was the organization's most ambitious project to date, according to Sherri Lipscomb, SEACT volunteer and assistant stage manager. And with a crew of almost 150 involved in the production, only about 15 have a direct connection to Fort Rucker with about another dozen or so loosely connected to the installation, but although that number is comparatively small, it's made up for by big involvement.

"Fort Rucker tends to be a place unto itself because it's such a tremendous facility. It can be difficult to attract people from that community



PHOTO BY NATHAN PF AU

Jayson Altieri, military family member who plays Gavroche, sings during the SEACT production of 'Les Miserables' at the Dothan Opera House March 8.

because there is so much available to them," said Sam Farnham, co-director for the show. "We're a community theater and it's really gratifying to have Fort Rucker as a part of that community."

For many, the play serves as an outlet that can't be found locally anywhere else on this scale. CW5 Chris Suddarth, Army Reserve and SEACT president, said that outlet, whatever it may be, serves an important role.

"There is not that much available for the military (on Fort Rucker) for something like this, so I think that of the diverse culture that the Army has in its ranks, there are many that do appreciate theatre, the arts, etc.," he said. "I think it's a great way for people to get away for a bit and see a show or even get involved."

For David Loyless, disabled veteran who plays Enjolras in the production, community theatre provides an escape.

"To have this outlet, for someone like me who suffered (post traumatic stress disorder), it's something that I enjoy and that helps to take my mind off of things by helping me escape into these different realities," he said. "We have people from all different backgrounds and I've been here since 2011, and I've made lifelong friends here just like you do in the military – it's just so much fun and we all have a blast doing it."

Loyless, who served in the Army

SEE THEATRE, PAGE C6

VOLUNTEER OPPORTUNITIES

POST CHAPEL

Bible study leader-minors – The volunteers will teach age-graded Bible study, obtain and use materials needed for the program from the director of religious education, evaluate the learning environment, manage a classroom conducive to learning, and maintain attendance records. Collaborate with the RE ministry leader and assistant teacher.

Activities Support – Provide assistance to key volunteers.

Financial Peace University – Work with preschool-, kindergarten- and elementary-aged children while their parents are in the workshop. All people working with minors must be interviewed and must remain under direct line of sight supervision until background check is completed.

Vacation Bible School Volunteers – From 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 may be either adult or youth in grades seven and up. Volunteers working in the kitchen area must attend food-handler training or already have a current food handlers card.

For more information, log onto myarmyonesource.com or call 255-3946.

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ON POST

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

Closures

The Blue and Green running trails on Beaver Lake will be closed temporarily for repairs until May 16. People will not be able to complete the circle on the green and blue course while repairs are being made. For more information, call 255-9567.

The automotive skills center will be closed due to a scheduled power outage Saturday during the morning. The center will adjust its hours of operation to noon to 6 p.m. that day. For more information, call 255-9725.

Patron satisfaction, staff climate survey

Parents of children participating in child, youth and school services programs and CYSS staff members can voice their opinions by taking a brief CYSS patron satisfaction survey facilitated by the Family and Morale, Welfare and Recreation Directorate and Installation Management Command. A link to the online survey will be sent to all families currently enrolled in one of the many CYS Services programs and the staff members at Fort Rucker.

The confidential survey will be open for two weeks this month.

The survey provides a unique opportunity to measure usage, helpfulness of individual CYSS offerings and identify emerging needs related to military Families.

Parents and employees will receive an online link to log on and complete the survey.

Day trip

Outdoor recreation will host a day trip to Camp Butter and Egg in Troy Saturday. 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, gaga 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.

Glow in the Dark Skate Night

The Fort Rucker School Age Center will host its Glow in the Dark Skate Night March 20. Youth are welcome to what organizers say will be a groovy time with wild and crazy glow lights. Youth can dress up in their favorite glow clothes, socks and glasses, and paint their faces, bring glow sticks or just use ones at the facility. Safety skate will be from 6:15–7:15 p.m. and costs \$2. Regular skate will be from 7:30–9:30 p.m. and costs \$5.

For more information, call 255-9108.

Mom & Me: Dad too!

Army Community Service hosts its Mom & Me: Dad too! playgroup Mondays from 9:30–11 a.m. at



PHOTO BY NATHAN PFAU

Right Arm Night

The Landing Zone will host Right Arm Night March 26 from 4-6 p.m. Right Arm Night is an Army tradition, promoting a night of camaraderie and esprit de corps as leaders come together and treat those who help them accomplish the mission. Complimentary appetizers will be served while supplies last. Right Arm Night is held every month, and both military and civilians are welcome. For more information, call 598-8025.

the Wings Chapel nursery. The playgroup is for families with children ages birth to 3 years old.

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

Newcomers welcome

Army Community Service will host a newcomers welcome Friday from 8:30–11 a.m. at The Landing. Active-duty military, spouses, foreign students, Army civilians and family members are encouraged to attend. A free light breakfast and coffee will be served. For free childcare, people can register their children at the Fort Rucker Child Development Center by calling 255-3564. Reservations must be made 24 hours prior to the newcomer welcome.

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

Relocation readiness workshop

Army Community Service will host its relocation readiness workshop March 27 in Bldg. 5700, Rm. 371D, from 9–10 a.m. Soldiers and spouses will receive information from the military pay office on benefits, entitlements, advance pay, government travel card and more. They will also receive information on Army Emergency Relief and budgeting, preparing for employment before moving (for spouses), compiling the necessary documents and forms for exceptional family members moving overseas, and relocation checklists and websites to help prepare for a move.

Space is limited, so people should register early by contacting the relocation readiness program at 255-3161 or 255-3735.

Children’s Festival

Fort Rucker will host its 11th annual Children’s Festival March 28 from 1-4 p.m. at the festival fields. The Children’s Festival will feature activities, games, crafts, inflatables, a petting zoo, stilt walkers and more, including the area’s largest Easter egg hunt. Youth are encouraged to dress as their favor-

ite superhero for the event. The event’s timeline: 1-4 p.m., photos with the Easter Bunny and petting zoo; 1:30 p.m., egg hunt for ages 4-6; 1:45 p.m., egg hunt for ages 7-9 and 10-12; and 3-3:45 p.m., magic show. For more information, call 255-9810.

Spring Break at school age center

Fort Rucker School Age Center will host its spring break March 30-April 3. Spring break will feature a trip to WonderWorks, bowling and CiCi’s Pizza. The center staff will host other activities for the children at the center. To attend, children must be registered with Fort Rucker Child, Youth and School Services.

For more information, call 255-9108. To register, call parent central services at 255-9638.

Lifeguard Courses

The Fort Rucker Physical Fitness Center will host lifeguarding courses March 30 to April 3 from 9 a.m. to 5 p.m. at the fitness center 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 PFC. The cut-off for registration is three days prior to course start date. The courses may be canceled if minimum enrollment is not met. For more information, call 255-2296.

DFMWR Spotlight

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FORT RUCKER MOVIE SCHEDULE FOR MARCH 19 - 22

Thursday, March 19

Cinderella (PG)
.....7 p.m.

Friday, March 20

Cinderella (PG)
.....7 p.m.

Saturday, March 21

Black or White (PG-13)
.....7 p.m.

Sunday, March 22

Jupiter Ascending (PG-13)
.....1 p.m.

Management chiefs call for efficiencies

By J.D. Leipold
Army News Service

WASHINGTON – Katherine Hammack opened the Association of the U.S. Army’s Hot Topics forum on installation management March 10 by telling the packed house about what she had recently testified before the House Appropriations Committee.

“We know that degraded readiness makes it difficult for us to provide for the common defense,” said Hammack, assistant secretary of the Army (installations, energy and environment). “The Budget Control Act creates risk for sending insufficiently trained and under-equipped Soldiers into harm’s way – and that is not a risk this nation should accept.

“I would be negligent if I didn’t talk about Army Installation Management and the need for another round of BRAC (Base Closure and Realignment Commission) – we need another round of base realignment and closure in 2017 and although our need for a BRAC is more exposed by the downsizing of the Army’s force structure, it is really a way to manage infrastructure that is left over from World War II when we were an Army of 8 million,” she said. “As we shrink to an Army of 490,000 or smaller, we see a growth in excess infrastructure.”

Hammack said that with an



PHOTO BY J.D. LEIPOLD

Lt. Gen. David D. Halverson, commander of the Army’s Installation Management Command, addresses members of the Association of the U.S. Army during the Hot Topics forum on installation management March 10.

Army of 490,000 active-duty Soldiers, excess infrastructure lies at 18 percent. Excess infrastructure will get larger as the Army’s population gets smaller – 475,000 Soldiers by the end of 2016, down to 450,000 by the end of 2017.

Lt. Gen. David D. Halverson, commander of the Army’s Installation Management Command, later said, “There are other loom-

ing concerns ... a near-term threat to our effectiveness is sequestration ... it can’t be ignored. The Army has been on a tight budget for a few years ... fiscal year 2015 doesn’t look any better.”

Halverson said training would be underfunded, which would result in decreased training levels – Soldier and family readiness programs would be weakened, and investments in installation

training and readiness facility upgrades would affect long-term readiness.

He added that base operations support, sustainment, restoration and maintenance funding levels do not allow the Army to fix everything. Hammack had testified about the shortfall, saying the Army had a \$3 billion maintenance backlog and 5,500 major work orders because of reduced sustainment funding in 2013 and 2014.

“Fiscal year 2016 is a breaking point for our Army,” said Halverson, adding that it would be difficult for the Army to lead around the world because installations have bills to pay and utility costs are the largest expense other than civilian pay.

He cited a few examples of those costs. Fort Bliss, Texas, has a water bill of about \$200,000 per month; Fort Bragg, North Carolina, spends nearly \$3 million monthly on electricity; and the power bill at Schofield Barracks, Hawaii, runs a staggering \$5.2 million monthly.

In all, the Army consumes about \$1.3 billion a year for utilities, he said.

Hammack said the Army was not just standing still over utility costs, but was working to manage those costs and operations, installation energy as well as resiliency and sustainability through partnering – one of which is the utility energy savings performance

contract that allows private industry to invest on Army installations to make improvements in energy efficiency at no cost to the Army.

“The Army has the most robust energy savings performance contract in the federal government – over \$2.2 billion in private-sector capital has been invested in improving the efficiency on installations since the program started in the late 1990s,” she said.

In the last five months, the Army Office of Energy Initiatives launched a 28-megawatt biomass system on Fort Drum, New York, and the largest solar array in the Department of Defense at 18 megawatts on Fort Huachuca, Arizona.

She said there were another 12 projects in the pipeline with the potential for more than 400 megawatts at one site, while Fort Benning, Georgia, will soon break ground on a 30-megawatt solar array.

“These are some of the energy partnerships that we have – innovative partnering, leveraging private-sector expertise, leveraging private-sector funding and ... delivering at or below the cost of conventional energy,” said Hammack, adding that Office of Energy Initiatives has not only resulted in energy efficiency, but water efficiency, energy security and small-scale renewable energy investment.

West Point to name barracks after Tuskegee Airman

Army News Service
Staff Report

WASHINGTON – The U.S. Military Academy at West Point, New York, is naming its newest cadet barracks after Air Force Gen. Benjamin Oliver Davis Jr., a Tuskegee Airman and graduate of the academy.

Davis graduated from West Point in 1936 with a commission as a second lieutenant of infantry. He later transferred to the Army Air Corps and then to the Air Force, when that service was established.

“Gen. Benjamin O. Davis Jr., epitomizes the essence of character and honorable living we strive to inspire in every cadet at West Point,” said West Point superintendent Lt. Gen. Robert L. Caslen.

Caslen said it was “particularly fitting” to make the announcement March 16, on the 213th anniversary of the founding of West Point, and to “pay tribute to his demonstrated acts of perseverance, courage and humility throughout a lifetime of selfless service to the nation.”

While at West Point, the academy officials said Davis was “silenced” during his four years there, as no cadets or staff

befriended him or spoke to him except on an official basis.

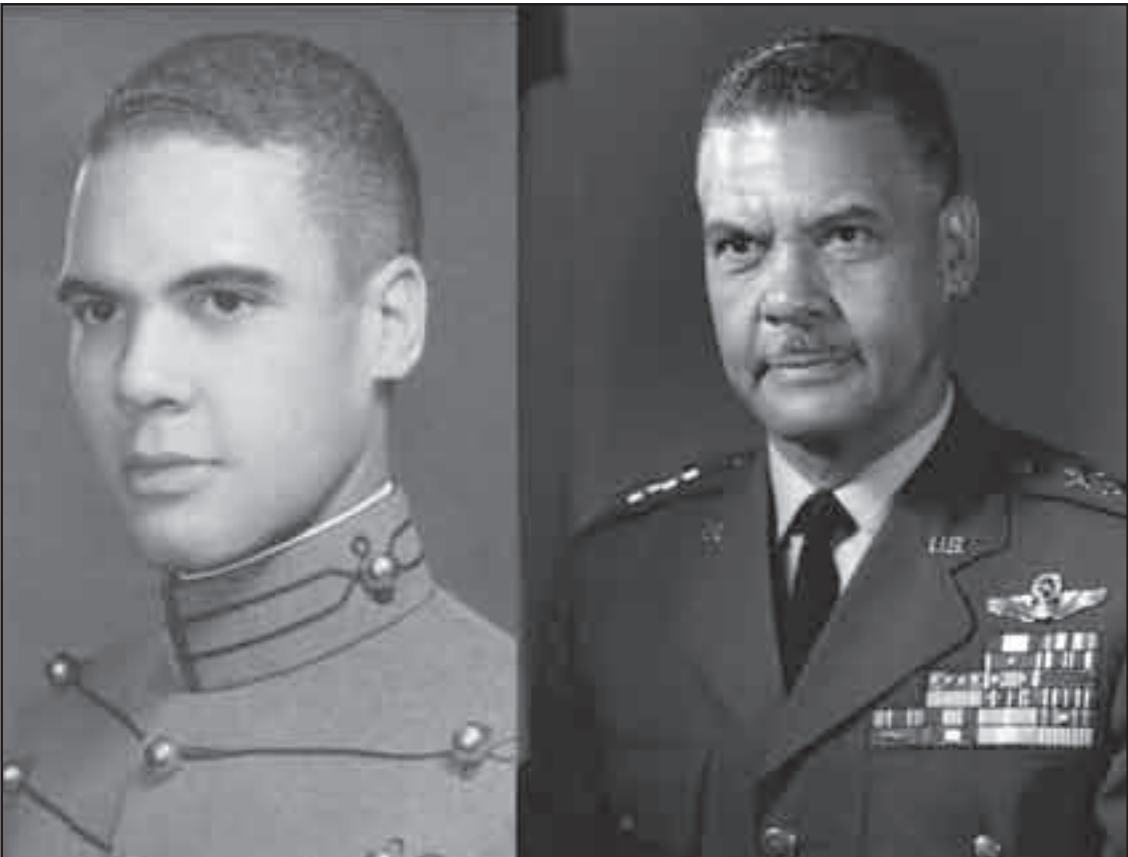
He persevered, becoming the fourth African-American to graduate from West Point. In 1941, he was accepted as one of the first Tuskegee Airmen and received his pilot wings the following year. He transferred to the Army Air Corps in May 1942.

During World War II, as a lieutenant colonel, he commanded the 99th Pursuit Squadron, flying P-40 Warhawks. Following promotion to the rank of colonel, Davis assumed command of the 332nd Fighter Group known as the legendary “Red Tails,” flying P-51 Mustangs and P-47 Thunderbolts.

Under his leadership, the unit was commended for its outstanding combat record and was held in such high regard for their discipline and performance that they were sought by bomber crews to escort the most dangerous missions over Germany.

Davis was awarded the Silver Star, Distinguished Flying Cross, and Air Medal for meritorious service and gallantry. It was his continued love of flight that led him to transfer from the Army to the Air Force in 1947.

In the Air Force, he led the



COURTESY PHOTO

Benjamin Oliver Davis Jr., who was born in 1912 in Washington, D.C., is seen as a young cadet at the U.S. Military Academy at West Point, N.Y., and later as an Air Force lieutenant general.

development of policy improvements for ethnic integration in 1948 and spent the next two decades as a prominent leader focused on ensuring equal treatment and opportunities for all.

After commanding the 51st Fighter Interceptor Wing in Ko-

rea, he held various command and staff positions before culminating his service time as a lieutenant general and the 13th Air Force commander at Clark Air Base, Philippines.

He retired in 1970, but received a final promotion to

four-star general in 1998 during a White House event led by President Bill Clinton.

Davis died in 2002 at the age of 89.

West Point has not announced a date for the dedication ceremony of the barracks.



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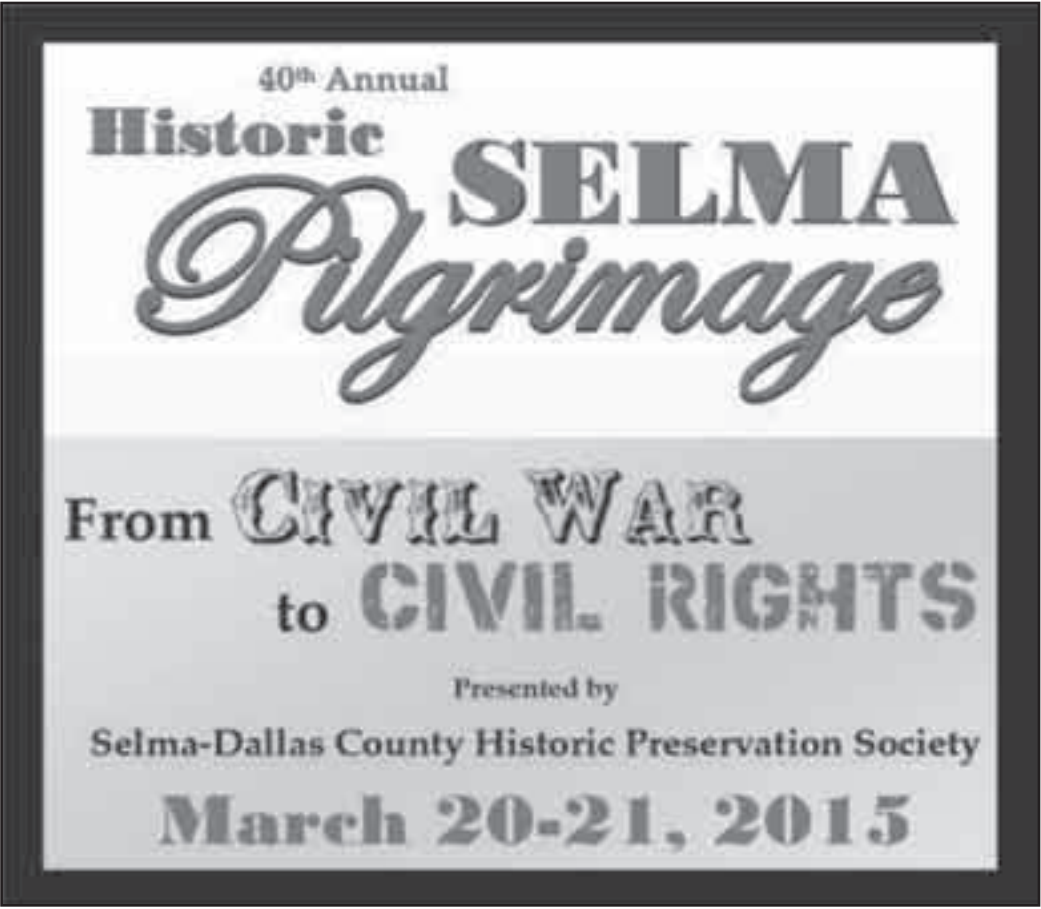
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40th Selma Pilgrimage Celebrates Civil War, Civil Rights Anniversaries

Coffee County Arts Alliance Press Release

SELMA—The 40th Selma Pilgrimage commemorates the 50th anniversary of the Selma-to-Montgomery Voting Rights Marches and the 150th anniversary of the Civil War Battle of Selma March 20-21.

Patrons are invited to tour homes and churches where Martin Luther King Jr. and others planned strategies and led Civil Rights rallies and Civil War generals set up headquarters and Southern Belles saved silver and jewels.

Stop by Pilgrimage Headquarters at the Vaughan-Smitherman Museum, located at 109 Union St., for tickets and refreshments, then experience

southern hospitality through guided tours that include a Welcome Wagon trip through Old Town.

Tours include four homes, eight churches, the 19th Century Heritage Village, 1860's Kenan's Mill, Sturdivant Hall, Vaughan-Smitherman Museum, Old Depot Museum, Selma Civil Rights Interpretive Center, Old Live Oak Cemetery "Ghost Walk," ArtsRevive's Spider Martin Voting Rights Marches photo exhibit, Selma Art Guild and Alabama Plein Air Artists Show and Sale.

On March 21, hear "residents" of Old Live Oak Cemetery tell how they helped shape history. Tours begin at 5:30 and 6:30 p.m.

For more information, visit selmapilgrimage.com or call 412-8550.

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 — 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.

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

DOTHAN

MARCH 21 — Landmark Park will offer visitors a glimpse into what rural life was like over a century ago during the annual Spring Farm Day from 10 a.m. to 4 p.m. The day's activities will include demonstrations of old-fashioned skills and crafts like plowing with mules and horses, blacksmithing, sheep shearing and more. Volunteers will quilt, sew, cook on a wood stove and on the open hearth, wash clothes and make soap. Other activities include music, a quilt display and children's activities. Arts and crafts vendors will be set up during the day to

give visitors a chance to purchase handmade works of art. Food concessions will also be available. Live music will take place throughout the day. Admission is \$8 for adults, \$6 for senior citizens and active military, \$4 for children, and free for children ages 2 and under. Park members are admitted free. For information, visit www.landmarkparkdothan.com or call 794-3452.

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

ENTERPRISE

ONGOING — The American Legion Post 73 meets at the American Legion/Doer's Shrine Club building at 200 Gibson Street on the fourth Saturday of each month, beginning at 8 a.m. The building is across the street from the Lee Street Baptist Church. For more information, call 347-5961 or 447-8507.

ONGOING — Disabled American Veterans Chapter 9 Enterprise-Coffee County, located at 201 W. Watts St., helps veterans with claims Mondays-Thursdays from 9-11 a.m. and other times by appointment. For more information, call 308-2480.

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

MARCH 26 — Disabled American Veterans Chapter 99 will meet at 6 p.m. in the New Brockton Senior Center located one block behind the New Brockton Police

Station. Food and drinks will be served, followed by regular chapter business. Veterans throughout the Wiregrass are invited to join as new members of both the DAV and DAV Auxiliary. New DAV hats will be available for purchase for \$12 each at this meeting. For more information, call 718-5707.

ONGOING — Tuesdays and Wednesdays, from 10 a.m. to noon, Disabled American Veterans Chapter 99 maintains a service office in the New Brockton Police Station at 202 South John Street. The office will assist veterans who were injured or disabled while in military service. DAV Service Officers helps veterans and their spouses with disability compensation claims, Veterans Affairs pensions, death benefits, VA medical care, Social Security disability benefits, veterans job programs, homeless veterans services and other veteran services. All veteran services are provided free of charge. For more information, call 718-5707.

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

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

PINCKARD

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

SAMSON

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

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

TROY

ONGOING — 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

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

Beyond Briefs

Southeastern Livestock Exposition Rodeo

Montgomery will play host to the 58th Annual Southeastern Livestock Exposition Rodeo March 19-21 at the Garrett Coliseum, 1555 Federal Drive. The nation's top cowboys and cowgirls will compete for the Professional Rodeo Cowboy Association Championship.

For ticket pricing and other information, call 334-265-1867 or visit <http://www.slerodeo.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 Protoseratops 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>.

Working Apalachicola Bay

St. George Island State Park, Florida, will host its Ranger Talk: Working Apalachicola Bay March 21 at 1 p.m. The talk will focus on the local seafood industry and how it works and features a presentation on harvesting oysters, shrimp, crab, and mullet in Apalachicola Bay. Participants are welcome to bring a snack item to share. Coffee is provided by the Friends of Franklin County State Parks. The program is free with paid park entry.

The park is located at 1900 East Gulf Beach Dr., St. George Island. For more information, call 850-927-2111.

Lighthouse Full Moon Climb

People are invited to climb to the top of the Cape St. George Light to watch the sunset and the rise of the full moon April 4. The sunset and full moon climb includes light hors d'oeuvres and a sparkling cider toast to the full moon. Cost is \$15 for the general public and \$10 for members of the St. George Lighthouse Association. After sunset, people are invited to climb to the top of the lighthouse for a view of the full moon, as space and time permit. Because space is limited, reservations are recommended.

For reservations or more information, call 850-927-7745. The lighthouse is located at 2 East Gulf Beach Dr., St. George Island.



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/fortruckerstrayfacility/](http://www.facebook.com/fortruckerstrayfacility/) for constant updates on the newest animals available for adoption.

Theatre: Community nurtures growth, supports passions

Continued from Page C1

from 1994 to 2003, is not only an Army veteran, but a veteran of the stage as well, having served in eight SEACT productions and countless more throughout his life.

But whether veterans of the stage or not, for some, like Jayson Altieri, military family member who plays Gavroche in the show, “Les Miserables” was his first big production, and the organization and play serves as an opportunity to broaden not only his horizons, but everyone else’s.

“When my mom told me about this, I just really wanted to do it,” he said. “I like that I get to make people happy. They get to live an experience. In this show, you’re talking to the audience, so I think they’re getting the experience of the show and that’s why I really like this production.”

As the son of Col. Jayson A. Altieri, 110th Aviation Brigade commander, Jayson comes from a structured but supportive family, so they wanted to make sure he had every opportunity to let his creative side flow.

“He is the entertainer of our family, and he is constantly singing and acting or doing something to make people laugh,” said his mother, Shelle. “As we started to explore the community more, these opportunities came along (with SEACT) and it’s just been an amazing experience.

“I think the one thing that we have learned, especially now that the kids are getting a little bit older, is that life is about the experience,” she said. “The opportunities outside of Fort Rucker are many, and what is certainly to be realized is just how much is available just right outside the gate. And just a little bit further into the other communities, there are incredible opportunities, and incredible talent and a great community that is very supportive for the young actors.”

That community can help nurture growth and help people like Gwen King, military spouse, live out her passions. Having been acting in plays since she was 4 years old growing up in Mississippi, King is no stranger to the stage, so she feels she’s lucky to have found her passion in life and grateful to be able to take part in it.

“Everybody has to have a passion. If you can find your passion and live out your passion, you’re going to be a happy person, regardless of what that is,” she said. “SEACT is kind of my home base and it’s just fabulous to have it here – not just to be in the show, but to even have it to watch the show.”

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

Thursdays

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

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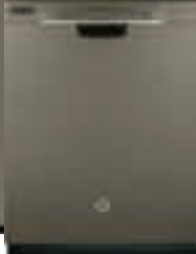


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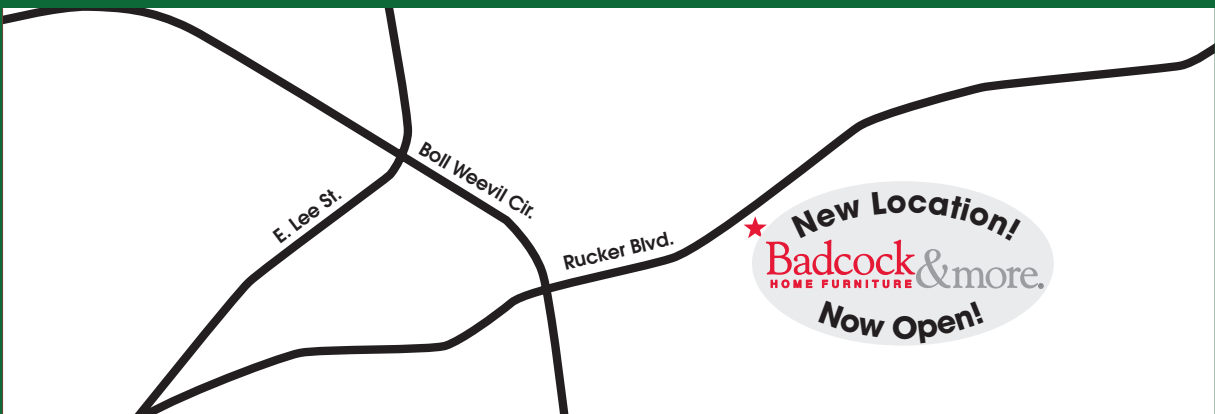


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MARCH 19, 2015

THE CHAMPS

Black Hawks clip Eagles' wings, 57-49

By Nathan Pfau
Army Flier Staff Writer

Despite a short season, the 2015 Fort Rucker Intramural Basketball season ended with a game fit for any championship bout.

The 1st Battalion, 58th Airfield Operations Battalion Black Hawks took on and beat two-year reigning champs 1st Bn., 11th Aviation Regiment Eagles during the 2015 Fort Rucker Intramural Basketball Post Championship Game in a double-elimination bout that went into a second game at the Fort Rucker Physical Fitness Center March 10.

"It feels really good to finally win this. It feels good to get one (of the championship titles) before I leave," said Donavan Murdock, coach for the Black Hawks. "I'm getting ready to PCS, so this one was really special."

The Black Hawks went undefeated during the season and had the advantage since they only had to win one game to take the title, but they struggled in the first game, losing by 14 points. But Murdock said his team's dedication and hard work made it able for them to pull out a win in the final game to take the championship.

"We just kept fighting – that's all you can do is to keep fighting," he said. "We got discouraged at one point, but we continued to trust each other as a team and we came through together."

The first game started with the Black Hawks in possession, but they got off to a slow start as the



PHOTO BY NATHAN PFAU

Eric Sullivan, player for the Black Hawks, goes up for a layup during the 2015 Fort Rucker Intramural Basketball Championship Game at the Fort Rucker Physical Fitness Center March 10.

Eagles managed to get the rebound and get on the scoreboard first with a three-point shot.

The 1-11th defense started strong as managed to hold their opponents off and score another two points before the Black Hawks got on the scoreboard.

The 1-58th AOB team was able to stay on the heels of their oppo-

nents, but despite how hard they tried, they were unable to close the small gap early on, despite constant fouls by the Eagles, allowing for multiple free throws.

About halfway through the first period, the Black Hawks managed to tie the game with a three pointer by Murdock, followed by a free throw, which allowed them

to take the lead for the first time in the game.

They wouldn't hold onto the lead for long as the Eagles pushed back hard offensively and took back the lead and then some, but continued to foul their opponents, allowing the Black Hawks to stay within 10 points before the half.

The free throws wouldn't be enough to keep the 1-58th on their opponents trail as they seemed to get discouraged going into the second half.

The Eagles took possession to start the half and kept their momentum going, maintaining a comfortable lead throughout most of the half.

The Black Hawks managed to rally at one point, and inch closer toward their opponents, but that was short lived and they lost their stride as the clock wound down.

The 1-11th's superior passing allowed them to keep two steps ahead of their opponent's in the first game, to take the win, 55-41.

The championship was still up for grabs going into the second game, but both teams were noticeably worn.

The Eagles took possession to start the second game, and although they didn't make their first shot, a foul by the Black Hawks gave the 1-11th a chance at a free throw that put them on the board first.

The 1-58th AOB team allowed their opponents to pull six points ahead within the first few minutes of the half. It seemed the Eagles quick footwork and superior pass-

ing would win them the game as they took a comfortable lead against the Black Hawks.

However, as the game progressed on, both teams seemed to visibly tire, as neither was able to progress further on the scoreboard for much of the half. The Eagles managed to break the stagnation with only minutes remaining in the first half, and the Black Hawks quickly followed suit, sinking two three pointers and a layup to creep up on their opponents.

The 1-58th AOB seemed to catch their second wind as time ran out in the half, sinking multiple three-point shots, and managed to tie the game.

The Eagles weren't giving in so easily, though, as they started to match, point-for-point, what their opponents were doing. But the Black Hawks managed to take the lead for the first time with a buzzer-beating three-pointer to end the half up 26-25.

Riding off the high of the buzzer beater, the Black Hawks kept their momentum going in the second half, but the 1-11th wasn't going down with out a fight.

The lead jumped back and forth throughout much of the half as both teams fought hard, but as the Eagles seemed to tire, the Black Hawks found their stride.

The 1-58th took full advantage of their newfound momentum, scoring shot after shot, and the Eagles couldn't keep up as the Black Hawks earned the title with a 57-49 victory.

CLEAN UP YOUR DIET

Experts offer easy steps for proper nutrition

By Claudia Drum
U.S. Army Public Health Command

It is time to stop faking it. Stop faking your way through a diet consisting of highly processed, pre-packaged foods with long ingredient lists.

Ever wonder why you crave sugar or salt? Highly processed foods oftentimes add in extra sugar or salt to make their products more enticing – not to mention addicting. Celebrate this year's theme for National Nutrition Month – Bite Into a Healthy Lifestyle – by committing to cleaning up your diet – and your palate – with three easy steps.

1. Simplify. Compare the ingredient lists on your pre-packaged foods and choose the product with the fewest number of ingredients. The product with the fewest number of ingredients usually contains less fat, saturated fat, sodium and sugar, and it more closely resembles its original form – making it more wholesome.

2. Go natural. Enjoy more fruits and vegetables throughout the day. Fresh fruits and vegetables are nutrient dense – meaning they are packed with nutrients, but at a lower calorie cost. Eating five or more whole fruits and vegetables a day has been linked to a reduced risk of certain types of cancer, Type 2 diabetes, heart disease, high blood pressure and even weight gain. Choose a variety of colorful fruits and vegetables (fresh, frozen or canned without added salt or fat) to maximize your nutrition intake.

Here are some easy ways to increase your fruit and vegetable intake during the day.

- **Breakfast** – Replace your usual glass of orange juice with a fresh orange or top your cereal or yogurt with fresh berries or a banana.
- **Lunch** – Pack a large, green salad topped with lean protein – hard-boiled egg, grilled chicken or beans – extra veggies and a small amount of light vinaigrette dressing.



ARMY GRAPHIC

• **Snack time** – Replace your usual bag of chips with a medium-sized piece of fruit and save 100 calories.

• **Dinner** – Double up on your veggies and eat fresh fruit for dessert.

3. Be proactive not perfect. Eating healthy isn't about being perfect 100 percent of the time – it has more to do with knowing yourself and planning ahead so you can better handle those situations that can offset even the best of intentions. For example, when dining out, expect to be served larger than normal portions.

To prevent overeating when dining out and help you control your calories, follow these tips.

- Eat only half of what's on your plate, share a dish or order portions – focus on internal cues – how full you feel – rather than what's still left on your plate.
- Skip dessert or share it – ask the waiter to divide the dessert before bringing it to the table.
- Drink water instead of regular soda, sweetened tea or alcohol. Your body doesn't recognize the calories that come from sweetened or alcoholic beverages – making it easier to rack up empty calories.
- When ordering a salad, ask for high-fat condiments – dressing, cheese, etc. – to be placed on the side so you can control the portions and save hundreds of calories.



PHOTO BY STEPHANIE P. ABDULLAH

Lt. Gen. Patricia Horoho, Army surgeon general, stands with other awardees during the 2015 Heart Ball.

AHA recognizes Army for program

By Stephanie P. Abdullah
Army News Service

WASHINGTON — The American Heart Association recognized Lt. Gen. Patricia D. Horoho, Army surgeon general and commanding general of U.S. Army Medical Command, with its Heart Hero award at the annual Heart Ball Feb. 28.

Now in its sixth year, the American Heart Association's Heart Hero program recognizes local contributors to the field of health, who have also served in the military or are currently serving. Its aim is to highlight commitment to duty, and passion for medicine within the military and outside.

Horoho was nominated in recognition of the Performance Triad and its visibility throughout the Army. Prevention of cardiovascular disease is the American Heart Association's largest platform, and the Performance Triad's focus on prevention through better sleep, activity and nutrition behaviors, supports those efforts.

"Better sleep, activity and nutrition behaviors help improve the readiness of our Army fam-

ily," said Horoho, who is the first female and first nurse to serve as the U.S. Army surgeon general. "We are moving away from that disease model of care and we are really turning that around and focusing more on improving, restoring and maintaining."

Horoho was nominated by Army cardiologist Lt. Col. Todd Villines, who is also the president of the American Heart Association board of directors. Army Reserve retired Col. William C. Devries and Army Medical Corps officer Col. Frederick Lough were also honored.

"They are at the tip of the spear, improving outcomes as a result of their strong leadership in research, education and healing, which has made them true heroes and we salute them by telling their story," said Cheryl Campbell, senior vice president of CGI and board chair for the American Heart Association's Greater Washington Region.

Former first daughter Chelsea Clinton was the guest of honor at this year's event.

For more information on the Performance Triad, visit www.ArmyMedicine.mil.



ARMY GRAPHIC

DOWN TIME



Just Like Cats & Dogs

by Dave T. Phipps



Trivia test

by Fifi Rodriguez

TRIVIA

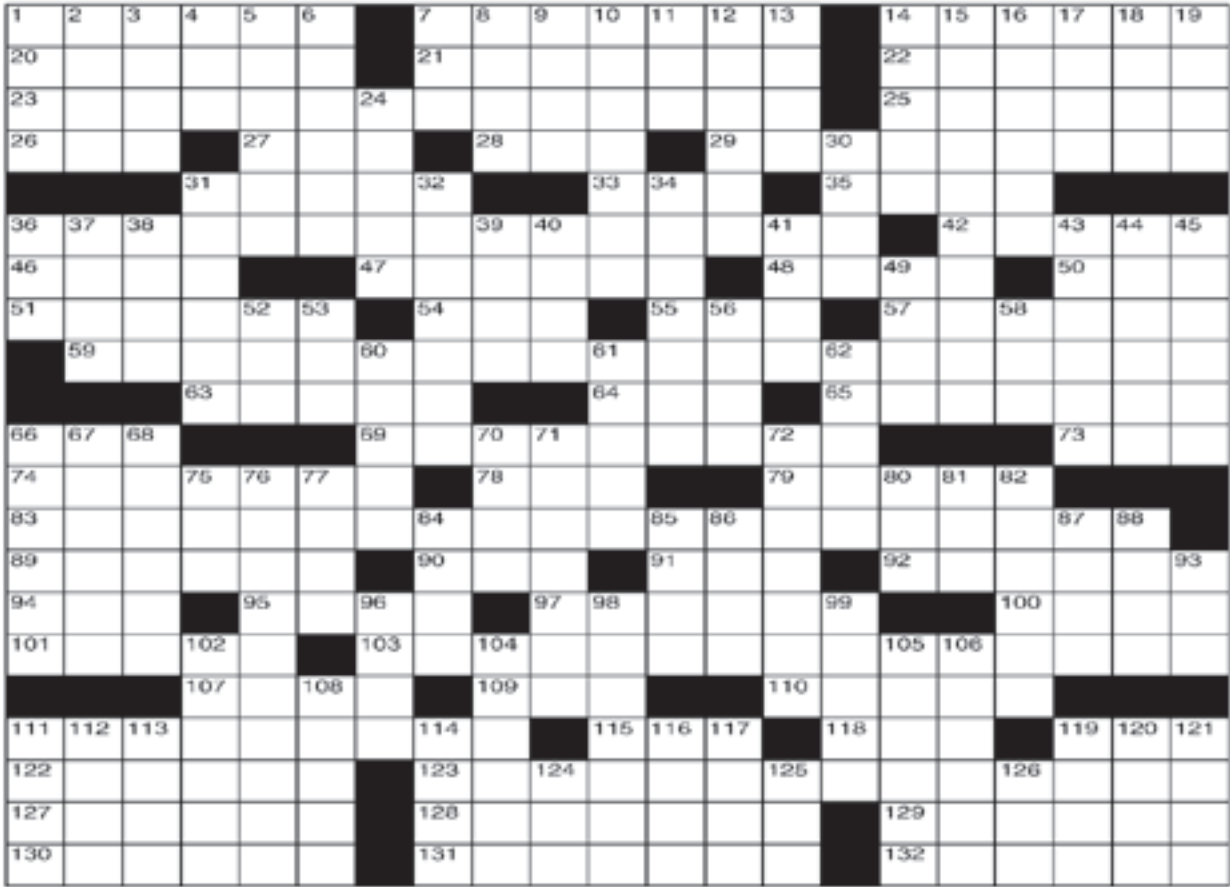
1. GEOGRAPHY: In what nation might you hear the Xhosa language?
2. U.S. PRESIDENTS: Which president nationalized U.S. steel mills to avert a strike? (The U.S. Supreme Court later ruled that he lacked authority to do so.)
3. LANGUAGE: In cowboy lingo, what's a maverick?
4. MEASUREMENTS: About how many pounds does one U.S. gallon of water weigh?
5. POLITICS: In what country did the communist guerrilla group The Shining Path operate?
6. GENERAL KNOWLEDGE: What is the origin of the international distress signal "mayday"?
7. MATHEMATICS: What is the Arabic equivalent of the Roman numeral DLX?
8. HISTORY: When were the first Olympic Games held in Greece?
9. TELEVISION: Who portrayed Festus on TV's long-running drama "Gunsmoke"?
10. ASTRONOMY: What is the largest moon of all the planets in our solar system?

See Page D4 for this week's answers.

Super Crossword

SOUL RESCUER

- ACROSS**
- 1 Sop up
7 Liquor
14 Spins
20 "Amen to that!"
21 Actress Hudgens
22 Abate
23 Start of a riddle
25 Batter's miss
26 Do wrong
27 Pol with a six-yr. post
28 Me, to Michel
29 Riddle, part 2
31 Pinchpenny
33 Sue Grafton's "— for Moose"
35 Steak order
36 Riddle, part 3
42 Food holder
46 Goddess with a cow's head
47 McCartney of fashion
48 Kailua Bay locale
50 Scam
51 Agree (with)
54 "Yoo—!"
55 Paintball need
57 Circus clown — Kelly
59 Riddle, part 4
- DOWN**
- 1 "Even — speak ..."
2 Atom studier Niels
3 Movie draw
4 Meal leftover
5 Putin's land
6 Command
7 "Law & Order: —"
8 Hand part
9 — European languages
10 Another name for vitamin A
11 Suffix with fool or owl
12 Fearsome fly
13 "Don't — didn't warn you!"
14 Inventor Nikola
15 Radiator hoses may lead to them
16 Haiti's land
17 Harness part
18 Leia's twin
19 Spurt out
24 "No — to blame!"
30 "— little kindness"
31 Capital of Oman
32 Alternative to a 401(k) or a Keogh
34 Envision
36 [not my error]
37 "Time — the essence"
38 Rake part
39 Inert element
40 Pipe problem
41 Ringing sound
43 — acid (vinegar flavor)
44 Added (up)
45 Not broken
86 Yankees slugger, to fans
87 It's often preheated
88 Nonflowering plant
93 Sun setting
96 Sortie, say
98 Most musty
99 Fishtank pest
102 Speaks bombastically
104 Recite ritually, as a spell
105 Large sofas
106 Air Force pilot, in slang
108 Three-piece pieces
111 Ringing sound
112 Choir range
113 Slim vermin
114 "Pretty — pretty does"
116 Notion, to Jean-Luc Rand
117 "Deutschland — alles"
119 Landed (on)
120 Cut and run
121 Time in office
124 By the agency of
125 Football field units; Abbr.
126 Letter for Superman



See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★ ★ ★

★ Moderate ★ ★ Challenging
★ ★ ★ HOO BOY!

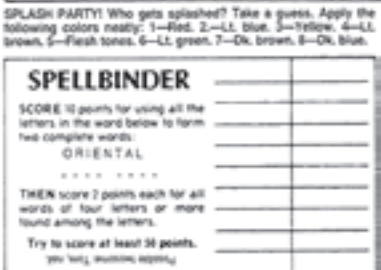
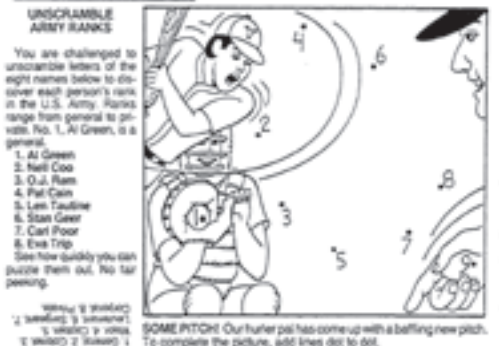
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See Page D4 for this week's answers.

KID's CORNER

Junior Whirl

by Hal Kaufman



Wishing Well



HOCUS-FOCUS

BY HENRY BOLTHOFF



Database provides MRE nutritional information

By Bob Reinert
USAG Natick Public Affairs

NATICK, Mass. — When Soldiers rip open meals, ready-to-eat in a combat zone, most people are probably thinking more about flavor and filling their stomachs than about the nutrition.

However, that does not mean nutrition is not important. The new online combat rations database, formally launched earlier this month by the Department of Defense’s Human Performance Resource Center, provides warfighters, military dietitians, food service officers and leaders the opportunity to learn more about the nutritional value of what is inside those packages.

ComRaD is the result of a collaborative effort between HPRC, the Natick Soldier Research, Development and Engineering Center and the U.S. Army Research Institute of Environmental Medicine at Natick Soldier Systems Center. The database contains nutrition information about the MRE, First Strike Ration, Meal, Cold Weather, and Food Packet, Long Range Patrol.

Before ComRaD, military customers needed to contact experts at NSRDEC’s Combat Feeding Directorate to obtain accurate nutritional information. The lack of public access to this information has left customers to obtain nutritional information from alternate sources that are sometimes unreliable and inaccurate.

Today’s increased emphasis on performance nutrition in the military provided the boost needed to get the website up and running.

“Military dietitians expressed



PHOTO BY MICHAEL STEPIEN

A Soldier digs into a First Strike Ration in the mountains of Afghanistan. Nutritional information about the First Strike Ration and other individual rations is now available at the online combat rations database.

a need for publicly available nutrition information that could be used to help educate warfighters on how to properly fuel themselves before a mission, during a mission and post mission,” said Julie Smith, senior food technologist with the CFD.

In the past, one had to rely on the nutrition fact labels provided on the food component packages to have any idea what was in them. Holly McClung, a research dietitian at USARIEM, said those labels are not always accurate.

“That’s why the website’s so important,” McClung said. “That’s where we want the warfighter and the dietitians to go to, because we know that the nutrition info is accurate and up to date.”

How does McClung know this?

“The nutrition information that feeds into the database comes from actual chemical analysis of the food component,” McClung said. “That’s ... where USARIEM came in. We funded the chemical analysis of food components in the 24-menu MRE and other ration lines, which is difficult, expensive and time consuming.

“This is why it’s taken us so long to complete the process. At this website, the user will be able to get nutrition on every individual component, the composition of complete ration lines and individual MRE menus that are 100-percent chemically analyzed, so we feel confident in the nutri-

tional data.”

A quick look at the website would seem to reveal that warfighters are consuming too many calories and that their intake of ingredients such as sodium is too high. The numbers are deceiving, however.

“A civilian might look at what the energy needs are for a warfighter, or look at how much is provided in a ration, and think the rations are providing too many calories and/or fat, etc.,” McClung said. “What they have to realize is that the rations are constructed to meet the energy and nutritional needs of physically active warfighters. So, while there may be excessive energy available in the ration for a Soldier sitting at

a desk, the ration may just meet the requirements of a physically active Soldier (who is) on (his or her) feet for a 12-hour patrol.

“That’s why we hope the warfighter will use the website, as it will help them to figure out how many calories they need and guide them to make good decisions on what they should be choosing to eat,” McClung said.

Combat Feeding developed the ComRaD website in collaboration with HPRC, but it is hosted by HPRC.

“Part of their mission is to educate the warfighter,” said Smith of HPRC. “Their website provides warfighters and their families with a one-stop clearinghouse for evidence-based information and key resources in all aspects of performance to achieve total fitness and, ultimately, human performance optimization.”

The ComRaD website will change over time, Smith said.

“We’re already working on ... additional features to the website that will provide ComRaD users with Unitized Group Ration nutrition information, as well as a cart feature that will allow users to track what they have eaten by adding and removing ration components in order to view their overall daily nutritional intake.

“I think that it will be an evolving website [with] future improvements based upon the feedback that we get from users,” said Smith, adding “which is really going to be invaluable.”

For more information about ComRaD, email usarmy.natick.nsrdec.mbx.nati-amrds-nsc-ad-b@mail.mil.

Resiliency lessons helped Soldier beat cancer



COURTESY PHOTO

Greg Cheek runs a marathon in Munich, Germany.

By Lisa Ferdinando
Army News Service

WASHINGTON – Retired Soldier and current Department of Defense civilian Greg Cheek says the resiliency skills he learned from the military helped him overcome the biggest challenge of his life: cancer.

Diagnosed with Stage 3 cancer in his head and neck, quickly followed by surgery, Cheek, a father of two who works in Germany for the United States European Command, said he did not have time to absorb all that was happening.

“Two weeks later, I had my first post-treatment CAT scan/body scan and they found a lymph node in my neck that came up ‘hot,’ so it looked like the cancer might be in my lymph nodes,” he said.

Resiliency was instilled in him during his years in the military, and then as a civilian when he recently took the Master Resilience Trainer Course.

“It was amazing because I had just gone to this training, and so whereas a month ago, if I got this news, who knows what would have happened,” he said. “The Master Resilience Trainer Course and a host of other life experiences were key in my successful recovery and enthusiastic outlook on life.”

Cheek said he was a homeless teen who camped outside the Air Force recruiting office until the service let him enlist. He was an Airman for four years, then left the Air Force and went to college and got his Reserve Officers Training Corps commission in the Army. He retired from the Army in 2005 as a lieutenant colonel.

The very enthusiastic Cheek said he has always had a great outlook on life, but getting the diagnosis of possibly more cancer was a shock.

“That was probably the most significant event I had in my entire life, probably more so than initially being diagnosed with cancer,” he said, noting that he then had the time to think about the magnitude of the situation.

“I’ve always been positive,” he said. “I’ve been positive and resilient and happy and proactive and all these things – but I was a little bit stunned.”

It was his medical team, he said, who told him that even though the statistics show how tough the diagnosis is and how tough the treatment is, which includes a stomach tube, radiation and chemotherapy, that it is those who have served in the military who tend to have the coping skills and resiliency needed in these health battles.

A member of the medical team said those who survive his type of diagnosis “‘are those who know how to be given a plan, stick to a plan, be resilient as you go up and down during this treatment,’” Cheek said.

The surgery took out 13 lymph nodes, he said, but everything turned out OK. He credits his ability to handle the stress, having gratitude and saving his energy as ways that helped him cope.

“All I had to worry about was basically doing what I was taught in the military – and that is being healthy, being strong and being positive,” he said.

The support he received from those all around him was tremendous, Cheek said.

“I didn’t have to do anything. Everybody came to see me every night. I had somebody visiting me in treatment every day,” he said. “They just said, ‘When you feel well, Greg, you come back to work, until then, just take care of yourself, your job will be here waiting for you.’”

Cheek, who recently finished his seventh marathon, writes about being resilient in his new book, “Three Points of Contact.”

FORT RUCKER SPORTS BRIEFS

Softball coaches meeting

Intramural men and women softball coaches meetings will be held Tuesday at 9:30 a.m. and 5:30 p.m. at the Fort Rucker Physical Fitness Center Conference Room, Bldg. 4605. The meetings are open to anyone interested in coaching an intramural softball team. Games will be played Mondays-Thursdays at 6, 7, and 8 p.m., depending on the number of teams entered.

For more information, call 255-2296.

Fitness challenge

Fortenberry-Colton Physical Fitness Center instructors will hold a two-hour fitness challenge each month, with the next scheduled for March 26. The challenges are open to all authorized fitness center patrons. Each class is \$3.50, or people can use their class cards. Each session will feature door prizes and refreshments. All challenges are held at Fortenberry-Colton PFC at 5:30 p.m.

For more information, call 255-3794.

2-Man Buddy Bass Tournament

Outdoor recreation will host a Two-Man Buddy Bass Tournament March 28 from 6 a.m. to 2 p.m. at Lake Tholocco. Prizes will be awarded, including cash prizes for the top three weigh-in totals, a special prize for the biggest fish, and door prizes. Participants must have a valid Alabama State Fishing License, a Fort Rucker

Post Fishing Permit and a Fort Rucker Boating Safety Completion Card. The event is open to the public and costs \$100 per team. There are 25 slots are available for the tournament, so people are encouraged to register early.

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

April Fools Pindemonium

Rucker Lanes will host its April Fools Pindemonium April 1 from 10 a.m. to 5 p.m. The event features games and shoe rentals for 10 cents each. For more information, call 255-9503.

SHARP 5K run

The Fort Rucker Physical Fitness Center will host the Sexual Harassment/Assault Response and Prevention 5K race April 4 in awareness of Sexual Assault Awareness Month. The campaign slogan this year is “Eliminate sexual assault: Know your part. Do your part.” The race will start at Howze Field at 8:15 a.m. Cost is \$3 for race entry. Refreshments will be provided. This race is open to the public. Participants are encouraged to pre-register at either physical fitness center.

For more information, call 255-2296.

Gobbler Classic Turkey Hunt

Fort Rucker Outdoor Recreation will host its Gobbler Classic Turkey Hunt now through 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.

Member Guest Day at Silver Wings

Silver Wings Golf Course Members can invite up to three guests for a round of golf at a discounted rate from 7 a.m. to 1 p.m. the first Wednesday of every month from March to December. The cost is \$25 per guest, which includes cart rental, green fee, one bucket of range balls and lunch. Members that bring a guest will receive 50-percent off lunch at Divots.

For more information, call 598-2449.

Enterprise baseball

Enterprise’s semi-pro baseball team needs players. For more information, call Joe Jackson at 464-1729.

Outdoor recreation mentorship

The Fort Rucker Outdoor Mentorship Program is being created to foster an environment of good stewardship in all areas pertaining to the great outdoors, according to ODR officials. Mentors will be connected

IT'S AUTOMATIC

Army researching uniforms that automatically decontaminate

By C. Todd Lopez
Army News Service

ABERDEEN PROVING GROUND, Md. — One day, Soldiers may wear uniforms and chemical protective suits that decontaminate themselves and are cool enough to wear for extended periods.

Researchers, such as chemist David McGarvey, Ph.D, at the Army's Edgewood Chemical Biological Center on Aberdeen Proving Ground, are part of a team led by the Natick Soldier Systems Center that is developing just those technologies.

The idea is that uniform items are pre-treated with a chemical that can render things harmless including nerve or blister agents.

"We have collaborators at the Air Force Research Laboratory that design reactive chemical components that can be placed on fabrics," McGarvey said. "If Soldiers are in the field, they may not know they have been contaminated. They might be going through a foliage area that had been previously contaminated, something might brush off on the uniform, or they might be in a position where logistically they can't get to a decontamination area — either because of the mission or because there isn't a decontamination setup available. We are trying to increase Soldier survivability through that type of capability."

In such cases, McGarvey said, the chemicals built into the Soldier's uniform begin working immediately to neutralize that contamination.

McGarvey is not developing those reactive components himself. Instead, he is taking swatches of uniform fabric — just one centimeter square — that have been treated with those reactive chemicals, applying one milligram of simulated chemical warfare agent — or the real thing — and then using a nuclear magnetic resonance spectrometer to determine what those chemical warfare agents are broken down into when they come in contact with the fabric treatment.

What he wants to determine is how the reactive agents work, and what is created as part of the reaction, and if the byproducts of that reaction are themselves dangerous to Soldiers.



PHOTOS BY C. TODD LOPEZ

Chemist David McGarvey, Ph.D, of the Army's Edgewood Chemical Biological Center, on Aberdeen Proving Ground, Md., inserts a swatch of fabric into a nuclear magnetic resonance spectrometer. The swatch of uniform fabric has been treated with chemicals that can break down chemical warfare agents. The spectrometer is used to determine what those chemical warfare agents are broken down into when they come in contact with the fabric treatment.



McGarvey inserts a swatch of fabric into a nuclear magnetic resonance spectrometer.

"We are able to observe the chemical weapon material and we are able to identify the breakdown products and determine how well it works for decontamination," McGarvey said. "We determine how effective the fabrics are at doing their job and determine what the breakdown products are. We explain the mechanism of how these agents work, so the fabric developers can change their formulation and then make better fabrics."

Sweating Soldiers

It is not just regular Army uniforms that may one day be pre-

treated with such chemicals. At the forefront of the effort are replacements for chemical warfare protective suits that not only decontaminate themselves, but which are also lighter weight so they put less of a burden on the Soldiers who wear them.

Any Soldier that has worn the Joint Service Lightweight Integrated Suit Technology knows how uncomfortable the uniform can be. The ensemble usually includes the JSLIST suit itself, which is designed to keep chemical warfare agents from ever reaching a Soldier's body, along with rubber

gloves, rubber boots, a gas mask and a hood.

The JSLIST suit is a challenge for Soldiers. For one, the suit decreases Soldier mobility. Additionally, while the suit provides chemical protection, it also comes with a significant heat burden — especially in warm climates — that greatly decreases the effectiveness of Soldiers.

"A lot of our theater operations are taking place in very hot climates," McGarvey said. "The main problem the Army is worried about is, even if they don't run into a chemical weapon, the Soldier could be rendered combat-ineffective just by wearing the suit. Within a few hours, for the JSLIST suit that is being currently used, there is a heat burden. In the desert sun it gets to be a problem."

McGarvey said development is under way for a new product called the Uniform Integrated Protective Ensemble. The UIPE is meant to one day replace the JSLIST. Important requirements for the UIPE include a different design so that it is easier for Soldiers to move while wearing the suit: improved mobility. Also, the fabric used is meant to be thinner. Additionally, he said, the UIPE is being designed with specially

designed vents that provide some breathability to the uniform.

The first iteration of UIPE — UIPE 1 — has already undergone field testing at Aberdeen Proving Ground, though it is not yet fielded, McGarvey said.

The UIPE 2, the follow-on design, is expected to include self-decontamination features, as well, and will be a boon to those units that are most likely to come into contact with chemical warfare agents.

"We're looking at special operations and things like that," McGarvey said. "They want people to maintain a high level of mobility. There is less certainty that they are going into a contaminated area. So the idea is to have something that is flexible, lightweight, and which provides a certain level of protection."

For Soldiers in the rest of the Army, the UIPE could be equally effective.

"They have the possibility, even if they are not aware they have been contaminated, that they can remain safe in that circumstance," McGarvey said. "It is a way to reduce the logistical burden to the Army and a way to protect Soldiers who have been contaminated."

On the horizon, McGarvey said, is UIPE 3. He said goals there include more efficient chemicals built into the fabric that can handle a wider variety of chemical warfare agents, as well as a larger volume of such agents.

"We are always looking for something that is faster, more effective, and that can handle a higher amount of agent," he said. "It's also important that the materials be compatible with human skin."

McGarvey said that some of the chemicals in testing now are already approved for human use. Some, for instance, are related to chemicals found in hand sanitizers.

"They've been [Food and Drug Administration] approved, approved for consumer use for human skin contact. And they've already been shown to be biocidal — one of the points of the suits is to protect against biological threats as well as chemical threats," he said. "Since these compounds are known to be biocidal, it's a good starting point. And we've also seen very good results against chemical weapons with some of them."

PUZZLE ANSWERS

Super Crossword

Answers

ABSORB	SPIRITS	TWIRLS
SOTRUE	VANESSA	EASEUP
WHATSHOULDTHEY	STRIKE	
ERR	SEN	MOI
TITLE	ANEW	
MISER	NIS	RARE
SITUATION	COMEDY	PLATE
ISIS	STELLA	OAHU
CONCUR	HOO	GUN
EMMETT		
FEATURING	SINGER	PATTI
TAMER	ANI	NASTIER
SOS	BAYONETED	CDE
OCTAVIA	OKD	NORAH
PLAYING	THE	LEAD
ROLE	OF	
HORNET	WOE	TRU
DELVES		
ICE	TORI	FSTOPS
PERK		
AKRON	AGIFTED	ANDFUNNY
RAVI	NEA	TAILS
PARAMEDIC	LIU	IVY
AFT		
ELATES	SAVED	BY
LABELLE		
ATTEST	ANISEED	NOSIER
LOSSES	STATERS	SYSTEM

Weekly SUDOKU

Answer

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

Trivia

Answers

1. South Africa
2. Harry Truman
3. An unbranded range animal
4. 8.34 pounds
5. Peru
6. The French term "m'aidez" or "help me!"
7. 560
8. 776 B.C.
9. Ken Curtis
10. Jupiter's Ganymede



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