

DALEVILLE GATE

The outbound lanes of the Daleville Gate will be closed Friday from 5 p.m. to about 6:30 p.m. while work is done to install lane open/closed lights over the third lane. The

gate's inbound lanes will remain open and allow for two-way traffic during that period. Drivers are asked to exercise caution if using the gate during that timeframe.

LAKE FEST

Cool water, free fun
kick off summer

Story on Page C1



DOMINATION

1-145th Avn.
victorious in
intramural play

Story on Page D1



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

MAY 7, 2015

EMPOWERED TO MAKE A CHANGE

Workshop helps Soldiers deter sexual assault

By Nathan Pfau
Army Flier Staff Writer

Empowering Soldiers with the skills to take on the task of defending the nation is what the Army does best, but empowering them with the knowledge to combat drug and alcohol abuse, sexual assault and domestic violence is another invaluable skill that today's Soldier is learning.

Fort Rucker hosted an Empowerment Workshop Friday at Wings Chapel as part of its Sexual Harassment/Assault Response and Prevention efforts to better equip its Soldiers to deal with high-risk behaviors, not only in regards to sexual assault, but with substance abuse and domestic violence, as well, according to Sgt. 1st Class Joseph Blackman, SHARP coordinator for Fort Rucker.

"The purpose of the training that we're going over today is to send a message out about high-risk behaviors, what it means to be an active bystander, and a description and a discussion on intimate relationships," said Blackman. "Not only is this the chief of staff of the Army's No. 1 priority, but above that, it's an issue because we have so many of our young people who may be engaging in these high-risk behaviors, such as drinking and driving or getting into a situation that may potentially

lead to a sexual assault."

This particular iteration of training was more of a conversational-type training that had Soldiers engaged in dialogue with the speakers, which many said they found helpful. One of the discussions that the Soldiers had with the speakers was on the issue of alcohol.

One main common denominator in many of these cases is alcohol, said Blackman, and that's why Rebecca O'Brien, drug and alcohol prevention coordinator for Fort Rucker, was invited to speak to the Soldiers during the workshop.

During the workshop, O'Brien spoke about the danger of substance abuse and how the decisions made while drinking can have life-altering consequences. Videos were shown to the Soldiers of people who made the decision to drink and drive, and ended up changing their lives and the lives of others forever.

Another big issue that was discussed was that of the bystander issue, which Blackman said is all about prevention.

"In the Army we have a terminology called a battle buddy," he said. "You never want to leave your battle buddy behind."

Rather than being a non-engaging bystander, Blackman said, Soldiers should be prepared to recognize high-risk behavior or a situation before



PHOTO BY NATHAN PFAU

Rebecca O'Brien, drug and alcohol prevention coordinator for Fort Rucker, speaks with Soldiers during the Empowerment Workshop at Wings Chapel Friday.

it escalates into something that can cause lasting or even permanent damage.

Representatives from Army Community Service and the Family Advocacy Program were also on hand to speak on the subject of sexual assault, sexual consent and domestic violence, issues that still plague the military and society today.

Although many videos and sound bites were played for the Soldiers throughout the training session, one specific clip seemed to resonate the deepest with the Soldiers.

During the training, a recording of a 911-phone call by a 6-year-old girl was played for those attending the workshop. During the call, the girl was heard crying hysterically asking for help because of a domestic dispute between the parents. In the background, noticeable screaming and shouting can be heard as the child is crying for help, even

telling the dispatcher that her stepfather had knocked out her little sister.

Although calls like that are not something people wish to hear, it's examples like that, that help people see what domestic violence and abuse can be like, and for Pfc. Brandon Filer and Pfc. James Legg, both of C Company, 1st Battalion, 11th Aviation Regiment, it's that phone call that helped the training to stick.

"The one thing that stuck out to me was that 911-phone call," said Filer. "This training session added more detail than other SHARP training that we've received, so the more information was actually very helpful – I think a lot of what they said stuck."

"The conversational nature of the training was absolutely a better way to tackle the issues," added Legg. "More training should engage the Soldiers the way this one did."

SHARP

Social worker talks reponse process

By Jeremy Henderson
Army Flier Staff Writer

Few things are more essential than time when it comes to responding to and resolving cases of sexual assault and harassment.

According to Joni Martin, licensed certified social worker with the Fort Rucker Family Advocacy Program, quick response aids both legal and therapeutic efforts.

"Time is valuable, from a legal standpoint, because you want to collect as much evidence as possible," she said. "As time passes, the likelihood of gathering all the evidence diminishes."

Evidence is essential to any possible investigations and prosecution, which is why Martin advises Soldiers to seek assistance from their unit victim advocate as soon as possible.

"I love the fact that the victim advocates are embedded in the units and accessible to the Soldiers at all times," she said. "They know what to do and how to walk the Soldiers through the process of making a report. They can explain the options for the reporting the assault."

When filing a report, Soldiers may opt to make it restricted or unrestricted. Alleged offenders are unaware of restricted reports, but unrestricted reports create a path to criminal prosecution for the assault, she said.

"If they make the report restricted, they still receive all of the services they need," Martin said. "If the report is unrestricted, then they are also taken to (Criminal Investigation Command) to begin the legal investigation."

SEE RESPONSE, PAGE A5

Fort Rucker thanks spouses for contributions



COURTESY GRAPHIC

By Nathan Pfau
Army Flier Staff Writer

The lives of military spouses are filled with challenges, and Fort Rucker is making sure to let them know they, their contributions and their sacrifices are appreciated.

The Directorate of Family, Morale, Welfare and Recreation will salute military spouses through specials in celebration of Military Spouse Appreciation Day Friday, which has been observed since 1984, as a way to say "thank you," according to Janice Erdlitz, DFMWR marketing director.

"Family and MWR recognizes and appreciates the positive impact military

spouses have on our Soldiers and the Army," she said. "We're excited about the opportunity to help celebrate this day with numerous activities and specials from our MWR programs."

"The strength of our Soldiers comes from the strength of their Families, and the quality of life of our military families is a top priority," she said. "Ensuring that we recognize military spouses' contributions to the Army family is so important and we're proud to be a part of the day's recognition."

The special day was recognized after a proclamation by President Ronald Reagan for the profound importance of

SEE CONTRIBUTIONS, PAGE A5

JUSTICE



PHOTO BY NATHAN PFAU

Soldiers from the Fort Rucker Office of the Staff Judge Advocate dress Sgt. Ted E. Bear to represent 'blind justice' in honor of Law Week, which is designated as the first week in May, to bring awareness of the importance of the U.S. legal and justice systems.

SOLDIERS HELPING SOLDIERS

Golf tournament raises funds for Army Emergency Relief

By Nathan Pfau
Army Flier Staff Writer

Every year, Army Emergency Relief holds its campaign season to raise money to help those in the Army who are in need, and one event is a key factor during the campaign season.

The Army Aviation Center Federal Credit Union hosted the 25th annual Golf Tournament to Benefit AER and, like past tournaments, people came out in droves to support Soldiers, family members and retirees.

Col. Stuart J. McRae, Fort Rucker garrison commander, even decided to dust off his clubs and take to the greens as he participated in the tournament for the first time during his time



PHOTO BY NATHAN PFAU

Col. Stuart J. McRae, Fort Rucker garrison commander, speaks to players before the start of the 2015 AACFCU Golf Tournament to Benefit AER Friday.

SEE GOLF, PAGE A4

PERSPECTIVE

Hanging up the uniform for the last time

By Bryan Tharpe
Fort Rucker Soldier for Life
Center

Every person in the military will hang up their uniform for the last time – some earlier than others.

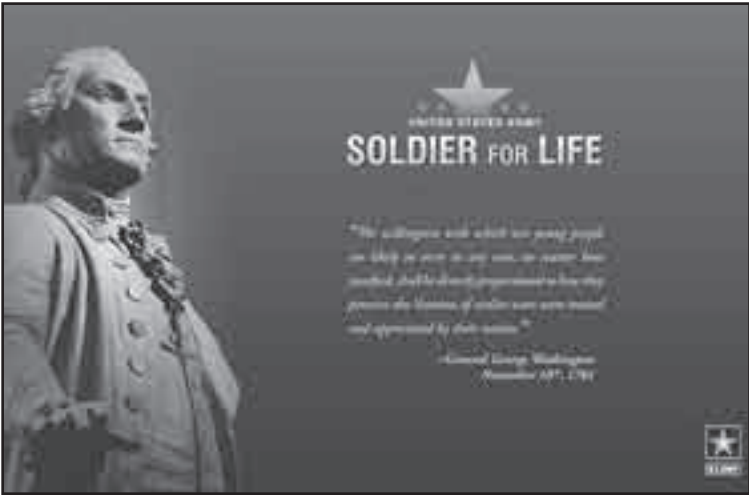
For those who have been in service 20 or more years, transition brings about numerous changes.

• **Decreased Self-worth.** Transitioning Soldiers who are retiring have developed a military life-style and mind set. Don't be surprised if you find yourself feeling a little down when you go to the closet each morning and have to pick out a new set of clothes to wear.

However, you are just continuing to wear a uniform in your new job that is different from the one you wore in the military. You may find this a little hard to do initially, but you will soon get the hang of it.

Also, almost all transitioning service members have to take a job that pays lower, initially, than what they were making before they transitioned. Don't let this hamper your efforts to shine in your new job. You're going to find that promotions will come soon and often in most cases.

• **Communication.** Some transitioning military men and women are fortunate enough to land a job on a military installation. If it is the same service that



ARMY GRAPHIC

they retired from, then they will have no problem with communication.

But for the others who don't get a job with the same service or a job that is unrelated with the military, they are going to have a harder time communicating initially.

Your first days on the job may be challenging just trying to understand what is being said because, just like the military, the corporate world also has its own acronyms that you are going to have to learn. Even if you go to work for a sister service, the acronyms are different from the ones that you learned.

Also, in the military, everyone wore their rank so that you knew where they were in the leadership structure. That won't be the case in the corporate world. You will have to get to know every-

one individually.

You may even find that communicating with other employees at gatherings you are a little more reserved. While in the military you could identify with other patches that the Soldiers were wearing and have instant connections and familiarity; but that won't be the case any longer.

• **A sense of loss.** Don't be surprised if you feel a little down after you transition, especially if you retired. It is normal to go through a grieving process, similar to the loss of a loved one, when you retire. After all, you are changing just about everything that you are accustomed to doing – your whole world may feel upside down.

In some cases, you have given up your familiar surroundings, language, friends and entire life-style. It could take some time

SUCCESS STORIES

(Editor's note: The following are testimonials from Soldiers and companies who hired Soldiers who took advantage of the Army's Soldier for Life transition assistance program. For more, visit www.acap.army.mil).

Down on the Farm

"The Army mechanic repairs and maintains farm field equipment. His skills combined with SFL-TAP preparation for the interviewer's questions "Sure Helped!"

– Clearview Farms

Job Fair Success

"Good preparation at SFL-TAP prior to attending a job fair led to the direct sales job handling transaction for cable and internet services in Twin Cities, Minnesota."

– Time Warner-AOL, Inc.

Sales-BIG \$\$\$

"As a former 92G I transitioned through SFL-TAP where I was able to put into words the many different aspects to my job. Now I am a salary plus commission salesperson for a very large food service sales company. BIG \$\$\$\$\$\$"

– CD-Hartnett

Success with SFL-TAP

"I went to an interview at the Fort Polk SFL-TAP Center for the automation specialist position and was hired. I can credit my success to the 3 day workshop, and my TAP workbook. I wrote my resume by following what the book showed me, and I dressed according to what I learned in the workshop. Thank You SFL-TAP!"

– Resource Consultants, Inc.

before you adopt your new environment, but you will get there – don't give up.

The only other recourse is to stay in the area where you retired

and get a job on the installation.

For more information on this and other transition topics, contact the Fort Rucker Soldier for Life Center at 255-2558.

Rotor Wasn

“Mother’s Day is Sunday. Flowers, candy and cards are traditional gifts. But what are some creative ways to honor your mother and show appreciation for all her sacrifices?”



Jennifer Bateman,
military spouse

"Do something nice for her like taking her to dinner or even cooking dinner for her."



Jenna Dornan,
military spouse

"Get her something meaningful that has a personal connection between the two of you."



Sherli Hampton,
military spouse

"Bring the family together to show her how much she means to everyone."



Derrick Jordan,
military family member

"Spend the day with her or run her errands for her throughout the week. Do for her the things she would normally have to do."



Cliff Mason,
Army veteran

"Take her on a vacation at some point. It doesn't have to be for that weekend, but just for her to have some time off."

COMMAND

Maj. Gen. Michael D. Lundy
FORT RUCKER COMMANDING GENERAL

Col. Stuart J. McRae
FORT RUCKER GARRISON COMMANDER

Lisa Eichhorn
FORT RUCKER PUBLIC AFFAIRS OFFICER

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

ACE SUICIDE INTERVENTION

Ask your buddy

- Have the courage to ask the question, but stay calm.
- Ask the question directly. For example, "Are you thinking of killing yourself?"

Care for your buddy

- Remove any means that could be used for self-

injury.

- Calmly control the situation, do not use force.
- Actively listen to produce relief.

Escort your buddy

- Never leave your buddy alone.
- Escort to the chain of command, a chaplain, a behavioral health professional or a primary care provider.

Survey shows decline in military sexual assaults

By **Jim Garamone**
Department of Defense News

WASHINGTON — An independent survey confirms the prevalence of sexual assault in the military has dropped, Defense Department officials recently said.

Statistics in the 2014 RAND Military Workplace Study show the percentage of active-duty women who experienced unwanted sexual contact during the past year declined from 6.1 percent in 2012 to an estimated 4.3 percent in 2014.

For active-duty men, the estimated prevalence rate dropped from 1.2 percent in 2012 to 0.9 percent in 2014. Based on these rates, an estimated 18,900 Service members experienced unwanted sexual contact in 2014, down from around 26,000 in 2012.

Maj. Gen. Jeffrey J. Snow, director of the DOD Sexual Assault Prevention and Response Office, said the statistics also show a correlation between sexual harassment and sexual assault, and give more information about the difference between men and women with regard to sexual assault.

“We have suspected this, but this gives us a level of granularity that will be helpful in addressing this as we move forward,” Snow said.

These trends show the department is making progress, Snow



DOD FILE PHOTO

Maj. Gen. Jeffrey Snow, director of the DOD Sexual Assault Prevention and Response Office, makes a point while speaking to reporters during a Pentagon news conference.

said. He acknowledged that sexual assault is an under-reported crime, but noted that since 2012, the DOD has seen a 70-percent increase in reporting.

“While that’s progress ... by no means do we think this constitutes success,” he said, “because we know that we still have three of four victims not coming forward.”

And that is an overall message Snow said he wants to get across:

there is no silver bullet for sexual assault prevention and response. Overcoming this crime will take time, effort, knowledge and persistence.

The statistics show nearly 40 percent of women who are victims of the crime come forward, but only about 10 percent of men report. Because the military is 85 percent men, there are more male victims of sexual assault than female victims in the military in

terms of sheer numbers.

Snow said the survey statistics will allow his office to target programs toward male victims and improve the care victims receive.

On sexual harassment, the survey shows a clear correlation between harassment and assault, the general said.

“In an environment that is perhaps permissive of sexual harassment or gender discrimination, women and men ... are at greater risk of sexual assault,” he said, adding that this suggests more effort may be needed at addressing sexual harassment.

The RAND Military Workplace Study confirmed previous military studies of sexual assault, Snow said.

“We really have two independent measures ... that show there is a significant decrease in prevalence,” he said. “The fact that between 2012 and 2014 we’ve had a 25-percent decrease in the prevalence of this crime is an indication of progress.”

Linking this statistic with the increase in reporting, Snow said he sees the military closing the gap. “I’m encouraged about the dialogue going on about the crime.”

During a Dec. 4 Pentagon news conference on the results of the Defense Department’s annual report on sexual assault, Snow emphasized that although the crime had become less prevalent in the

military, the battle is far from won.

“No one here is declaring success,” he said. “We have much more work to do. However, any decrease in prevalence indicates that there are fewer victims of this horrible crime, and I think we all would agree that is a step in the right direction.”

Leaders get it, the general said, but first-line supervisors still need to work on their skills. Junior NCOs and junior officers – those most in contact with the at-risk population – need more training, and they will get it.

Last year, victims made 4,660 unrestricted reports and 1,840 initial restricted reports of sexual assault. Victims can convert their restricted reports to unrestricted and last year 20 percent did so. This was up from 15 percent in years past.

The survey shows victims were satisfied with their decision. About 72 percent of victims, who responded to the survey, indicated that they reported their sexual assault and would make the same decision if they had to do it over again. Further, 73 percent of respondents would recommend that others report the crime.

“I am encouraged,” Snow said. “I think the process is working, I think the dialogue is working, but, ultimately, we’re trying to (reinforce an ethos of honor and trust) and it’s going to take time.”

SecDef: DOD examines, uses new data to combat sexual assault

By **Jim Garamone**
Department of Defense News

WASHINGTON — The Department of Defense will capitalize on being a learning and growing organization as it takes new data and forms new policies to combat sexual assault, Defense Secretary Ash Carter said Friday.

The secretary told the Pentagon press corps that the fiscal year 2014 annual report on sexual assault in the military helps the services understand and correct flaws in the program.

The report, he said, contains a new measurement to better estimate the number of service members who experienced sexual assaults last year. That number is 20,300.

“That’s clearly far, far too many,” Carter said. “But we judge that it is a more accurate measurement of sexual assault, because it is more in line with the range of

crimes that military law defines as sexual assault.”

An examination of the data also gives a clearer picture of male-on-male assaults, he said.

“Compared to women, men are less likely to report and more likely to experience multiple incidents by multiple offenders, and they’re more likely to view the incident as hazing or an attempt to humiliate,” the secretary said.

Combating sexual assault

Carter has directed the services to examine the data and look for the best ways to meet the needs of men and women seeking treatment for sexual assault.

The survey also suggests that 22 percent of active-duty women and 7 percent of active-duty men may have experienced some form of sexual harassment last year. The secretary said that alone is abhorrent, but it is particularly so as the survey says

those who experience sexual harassment are more likely to be sexually assaulted.

“So we have to better attack permissive behaviors like sexual harassment,” Carter said.

Carter is aiming at this nexus between harassment and assault.

“I’m directing the services to update their prevention training to incorporate what we’ve learned and have that integrated in the training,” he said.

Carter is also taking full aim at retaliation, especially peer-on-peer retaliation.

“Too many service members, the data shows, feel that when they report or try to stop these crimes, they’re being ostracized or retaliated against in some way,” he said.

DOD-wide strategy

Carter ordered DOD to develop a defense-wide comprehensive strategy to prevent retaliation against service mem-

bers who report or intervene on behalf of victims of sexual assault and other crimes.

“The report makes it crystal clear that we have to do more, and it gives insights on how to improve this ongoing campaign to ensure dignity and respect in our institution,” he said. “No man or woman who serves in the United States military should ever be sexually assaulted, nor should they experience reprisals for reporting such crimes.”

The secretary said all in the department are dedicated to eradicating the crime, but that it will take time. Still, the military has particular strengths.

“We believe in an ethos of honor and trust,” Carter said. “We’ve tackled tough problems before, and again, we’re a learning organization, so we’ll keep getting smarter, we’ll keep getting better, we’ll keep doing everything we can to beat back sexual assault, and we won’t let up.”

Army Training Network now accessible without a CAC card

By **Mike Casey**
Combined Arms Center - Training

FORT LEAVENWORTH, Kan. — Soldiers can now use smart phones and computer tablets to access the Army’s primary website for training information.

Previously, they needed a computer with a Common Access Card to find resources on the Army Training Network. The Army recently began allowing users to access ATN with a username and password.

Army Chief of Staff Gen. Ray Odierno directed the implementation of username and password access to the Army’s single point of entry for all things training to ensure widest access to authoritative training information.

“This is a big step forward for the Army. As we create more apps and websites for training and training management, we must include the Soldier and unit-level train-

ing managers at the operational point of need,” said Col. Thomas J. Trossen, director of the Training Management Directorate. TMD is leading the change at ATN.

All users of ATN with a CAC have the option from the ATN landing page to sign up for a username and password through the Defense Manpower Data Center. With their username and password, they can log on to ATN with any device that has an Internet connection.

Charlie Ostrand, technical branch chief for the Army Training Management System, said that users originally needed a CAC card for security reasons, even though the information on ATN is unclassified.

Nevertheless, TMD teams needed to make some changes to ATN. They segregated information that is For Official Use Only, which is only available to CAC card users, Ostrand said.

“Some 93 percent of the information on ATN will be

accessible with an Internet connection, username and password,” he said. “Units in the field can have online access, and commanders will not have to carry stacks of training documents.”

ATN provides access to a number of training resources such as Unit Training Management, NCO Corner, Combined Arms Training Strategies, the Digital Training Management System (CAC users only) and leader development materials.

In addition, the site has links to videos to help with conducting training meetings, event rehearsals, after-action reviews and other topics. ATN’s search feature allows commanders to find the information they need to develop versatile units and innovative leaders.

TMD is a subordinate organization of the Combined Arms Center-Training. CAC-T manages Army training support and training development programs.

News Briefs

Changes of command

- The 1st Battalion, 212th Aviation Regiment will host a change of command ceremony Friday at 8:30 a.m. at Howze Field.
- B Company, 1-145th Avn. Regt. will host a change of command ceremony May 29 at 10 a.m. at Pratt Hall, Bldg. 4901. Capt. Eric Lizama will assume command from Maj. Morgan Laird.

Housing survey

Army Installation Management Command and Corvias Military Living encourage on-post housing residents to complete the 2015 Headquarters Department of the Army Residential Communities Initiative Resident Survey. The survey gives on-post residents an opportunity to provide feedback to the Army, RCI and Corvias Military Living on how their housing needs are being met. An electronic survey will be emailed to all residents today. Residents who do not receive a survey or who have questions should email ARMYHousingsurvey@celassociates.com. Residents must fill out and submit the online survey by June 7.

The survey will ask questions on topics such as residents’ evaluation of their present home, community amenities, resident activities, the community maintenance team, property management team and others. The feedback provides

the Army and Corvias with information to help evaluate the current state of the partnership, and guide future improvements to housing facilities and residential services.

Asian-Pacific Islander American heritage

As part of its Asian-Pacific Islander American Heritage Month celebration, Fort Rucker will host an origami class and book reading Friday from 10-11 a.m. at the Center Library. Also, government I.D. card holders and their families are invited to attend a free tour of the Confucius Institute of Troy University May 15. The bus departs from the U.S. Army Aviation Museum at 9 a.m. and returns at about 3:30 p.m. Attendees only need money for lunch. The deadline to register is Tuesday. Seating is limited and on a first-come, first-served basis.

There will also be a luau May 21 at Yano Hall. The event is free and open to the public, and will feature a wide variety of food samples will be available.

For more information about events or Asian-Pacific American Heritage Month, call 255-2669.

Women’s health event

Lyster Army Health Clinic will host a special after-hours women’s check-up day event Monday from 4-7 p.m. in honor of Women’s Health Month in May. Five female pro-

viders will be available to perform annual well exams and Southeast Alabama Medical Center’s Mammogram Bus will be on site performing screenings. Prizes, free massages and more will also be offered to women. Slots are limited, so people should call beforehand to reserve a seat.

For more information or to register, call 255-7913 or 255-7715.

Lyster activity classes

Lyster Army Health Clinic offers free yoga classes Mondays and Thursdays from 11:45 a.m. to 12:45 p.m. in the Lyster Activity Center, Rm. J-100, of the clinic. People are encouraged to bring their own mat, but the staff has extra if people forget. Also, free Zumba classes take place Mondays and Wednesdays at 4 p.m. in the Lyster Activity Center, Rm. J-100.

Thrift shop

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

For more information, call 255-9595.

Army looks at credentialing Soldiers for jobs

By Lisa Ferdinando
Army News Service

WASHINGTON – While the Army does a great job of training Soldiers for the battlefield, it needs to do a better job of getting members credentialed for the civilian marketplace, said the deputy chief of staff, Army Training and Doctrine Command.

There are “great opportunities” for the Army in this area, Maj. Gen. Rex A. Spitler.

Spitler, a keynote speaker at the American Legion National Credentialing Summit April 28, said it is a large-scale effort for his command since 500,000 people go through TRADOC schools each year.

The Army trains its members to engage in the complex world, where the next battle is “unknown and unknowable,” he said. “We’re not quite sure what we’re going to see when we go into that next battle.”

Under such circumstances, the Army requires a highly-trained force and depends on Soldiers to be able to think innovatively, and be able to survive and thrive in chaos, Spitler said.

“That means in all of the training that the young Soldier receives when he comes in at the beginning of that pipeline, until he gets pushed out at retirement or anytime in between there, he is learning how to operate in chaos,” he said.

That benefits Soldiers far beyond the battlefield, Spitler said.

“We’re training them how to survive and win in any environment that they’re engaged in, which also includes the civilian marketplace,” he said.

Soldier for Life

The Army needs to make sure Soldiers have the best skills that benefit the Army, he



PHOTO BY LISA FERDINANDO

Maj. Gen. Rex A. Spitler, deputy chief of staff, U.S. Army Training and Doctrine Command, speaks during the American Legion’s National Credentialing Summit on the importance of getting Soldiers credentialed in skills for the civilian workforce in Washington, D.C., April 28.

said. But it is also important that Soldiers can get credentialed and transfer those skills to the civilian marketplace once they leave the force, he added.

“Even after 35 years of being in the military, if this is my last year, which I hope it’s not, I have to get another job,” Spitler said. People are living and working a lot longer.

Soldiers embody the values taught to them in the military, he said, making them great employees in the civilian world. The

Army’s Soldier for Life program is an excellent example of showcasing how Soldiers serve their whole lives – from when they enter the Army, through when they re-enter the civilian world and are productive members of their community.

“The work that we are doing here is not just limited to that 18-year-old who is joining the military looking for a skill – that is also applicable to the 50-year-old who is transitioning out of the military,” he said.

It is important for the Army to make sure the message of credentialing, education and opportunity gets out in an understandable fashion, Spitler said.

“We have some work to do, especially associated with credentialing,” he said.

Helps Soldiers, readiness

Credentialing and readiness go hand-in-hand, said Col. Reed Hudgins, TRADOC’s director of credentialing, certification and licensing.

That hand-in-hand walk begins when Soldiers enter the Army, and it continues their entire career, Hudgins told a panel discussion.

“It’s a lifelong process – a lifelong process that speaks to readiness for us inside the military,” he said.

Credentialing saves money since the training or certification could be low- or no-cost to the Army, maintains a professionalized force with industry’s best practices, and keeps members interested and challenged, Hudgins said.

Since industry’s best practices make up credentialing, the skills are in demand, fresh, and viable, he noted.

Credentialing is not just for the active Army, Hudgins said. “It’s applicable to the total force; without the National Guard,

without the Reserve, we can’t do what it is we do.”

Conference

The American Legion conference brought together veterans, government officials and members of all the services for a two-day event that began April 28.

The conference highlighted the importance of creating a skilled workforce that not only strengthens the military in these challenging times, but also helps the military member, said Steve Gonzalez, assistant director, veterans employment and education division at the American Legion.

The two-day meeting aimed to reassess what is needed to be the “21st-century military force we need,” while also considering the military drawdown and transition of those who served the nation, Gonzalez said.

Those in the military and their Families should find out now what opportunities for credentialing are available to them, so they can make the greatest use of the education, training, and opportunities, to benefit them now and down the road, he said.

Getting the message out

One of the challenges, Spitler said, is to ensure a discussion occurs not only at the individual level through word of mouth, but also from an institutional standpoint so Soldiers are aware of the opportunities the day they join.

He used an example from his experience at flight school in 1981. He said not much has changed since then when he heard through word of mouth and paid out of his own pocket to be credentialed through the Federal Aviation Administration.

“I think we have an opportunity here to change that,” Spitler said.

Golf: Fundraising campaign continues through May 15

Continued from Page A1

at the installation.

“I haven’t played in the last three years, so I’m coming out of retirement, so you guys watch out,” he said before the tournament. “I want to thank everybody for coming out today and I want to thank Army Aviation Center Federal Credit Union and their team who sponsor this every year.”

Each year, AACFCU has consistently donated a substantial amount of money to the cause, up to \$15,000 a year, to help Soldiers family members and retirees who fall on hard times and find themselves in need of financial assistance, said McRae.

“It’s been our pleasure to host this tournament for the last 25 years,” said Lisa Hales, vice president of marketing for AACFCU. “(AACFCU) started in 1966 with seven Soldiers at Fort Rucker, so that’s where our roots are, and we want to do everything we can to support Fort Rucker and the Soldiers who are here protecting our freedoms.”

The game was a four-person scramble, and prizes were given for first through fifth place, closest to the pin on certain holes, longest drive, and people even had the chance to win their choice of a 2015 Nissan Altima or Jeep Wrangler if they were lucky or skillful enough to sink a hole in one.

Unfortunately, no player had the precision to sink

the hole-in-one shot to take home the grand prize, but the real prize is the support and donations raised through the event.

“AER is a very noble cause, and last year we raised over \$126,000 and the year before we almost hit the record with about \$148,000 in fundraising,” said the garrison commander. “This year, we’re over \$100,000 already and

the fundraising will continue until May 15, so if you haven’t given to AER yet, I encourage you to fill out a form and give a little something to AER.”

Having been around for more than 73 years, AER has helped more than 3.6 million Soldiers and contributed more than \$1.7 billion, according to McRae. The funds are given out to Soldiers as loans, grants or

scholarships for those in need.

Although there is little time left in the campaign season, units and organizations still have the chance to win the traveling trophy that will be awarded to the unit that raises the most amount of money, per capita, for the campaign. When the totals are tallied, the winning unit will have their organization, company, battalion and bri-

gade added to the trophy to be forever known as that year’s winner, a lasting mark of their contribution to the cause.

Soldiers in need of AER financial assistance should contact their unit chain of command or visit Fort Rucker’s AER office in Bldg. 5700.

For more information on how to donate or get assistance, call 255-2341.

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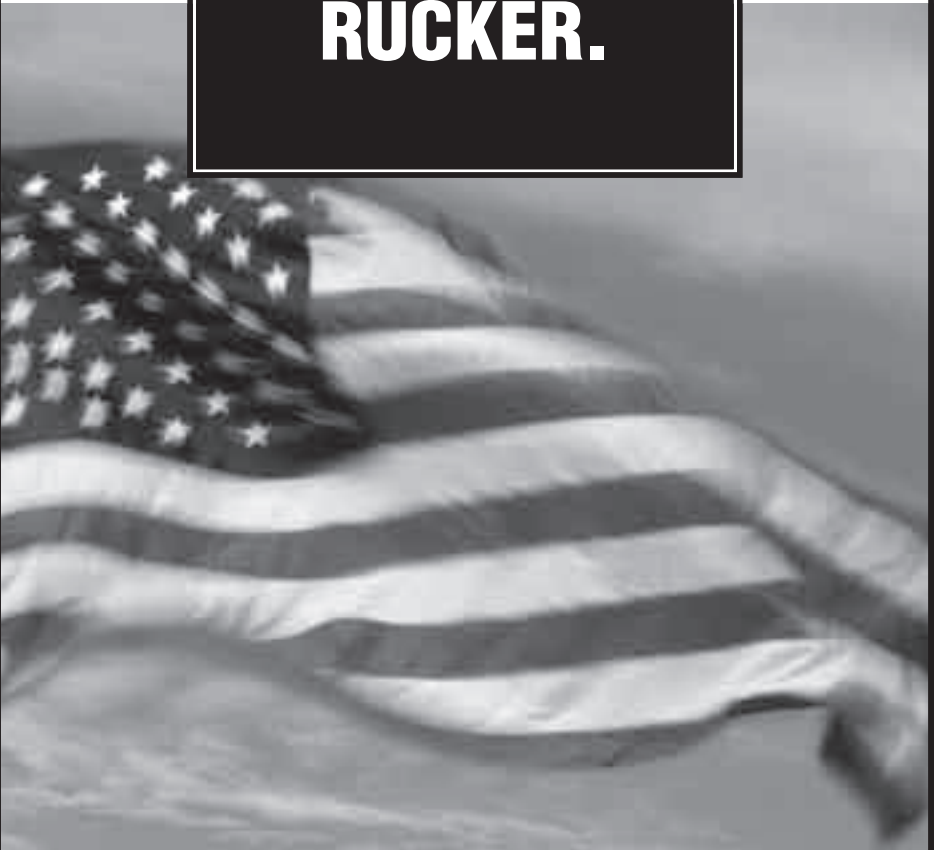
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GRAPHIC BY DAVID AGAN

Response: Quick action shortens road to recovery

Continued from Page A1

Martin said that no matter how the report is filed, Soldiers should always contact their unit victim advocate before they do anything else.

“It is beneficial to have someone there to walk them through the process,” she said. “They should not bathe or get rid of any evidence at the crime scene. They should not get rid of their clothes. The more evidence that can be salvaged from the crime scene, the better the chance of prosecution. These are things victim advocates will advise.”

Quick action aids possible criminal investigation, but it also creates a quicker path to recovery for Soldiers seeking help.

“Therapeutically, from my standpoint, time is also very important,” Martin said. “When someone has a sexual trauma, they begin to think and believe things that aren’t actually true. Like believing it must be their fault because they didn’t fight, say ‘no’ or because they had too much to drink. The more time or distance between the assault and the time treatment starts to reverse some of that negative thinking, the more critical their thinking becomes.

The sooner therapy begins, the quicker victims will recover mentally and emotionally, according to Martin. Quick action lessens damage caused by negative thinking.

However, reports are often

delayed due to a sense of embarrassment, she added.

“Assault isn’t always straightforward,” Martin said. “Many people think, if they weren’t raped or if there was no penetration, then it isn’t a sexual assault. But the category of sexual assault is expansive. Some things people think would be harassment are really assault. Anything that involves contact with a sex organ is sexual assault. It doesn’t have to be rape.

“And a lot of times victims don’t believe it was assault if they didn’t fight or say ‘no,’” she added. “They view themselves as a willing participant.”

That viewpoint can lead victims to feel embarrassed and reluctant to seek help, according to

Martin.

“I work with most of the sexual assault victims on post,” she said. “Of all the people I am actively working with right now, only one of them actually said ‘no’ and fought back. Most of them go into a dissociative state.”

According to Martin, victims often enter the dissociative state as a means of coping with the trauma.

After filing a report through their unit victim advocate, Soldiers have several services available to aid their physical, mental and emotional recovery.

“Besides the unit victim advocate, we also have a nurse practitioner at Lyster (Army Health Clinic) that does sexual assault exams and follows up with them

after the initial assault,” Martin said. “We have a nurse case manager that coordinates services for victims, ensuring they get in touch with everyone they need to receive proper medical and therapeutic care. We also have individual counseling available, as well as a sexual trauma treatment group for group therapy.”

Martin added that the goal is to help Soldiers recover from trauma and educate them to ensure they don’t become a victim again.

For more information about Fort Rucker’s Sexual Harassment and Assault Response and Prevention Program, call 255-9897.

To report sexual assault or harassment, call 24-hour SHARP hotline at 470-6629.

Contributions: Discounts, free services offered to spouses

Continued from Page A1

a spouse’s commitment to the readiness and well-being of military members, said Erdlitz, adding that each year the day is recognized the Friday before Mother’s Day.

Special events run now through Friday, starting with the Military Spouse Appreciation Day Facebook contest, which Army Community Service is inviting service members to submit a photo of their military spouse and complete the sentence “I’m proud of my Military Spouse because....”

Photos and captions should be submitted to the Fort Rucker MWR Facebook page today, and the winner will be announced Friday and will receive two

tickets to Mother’s Day Brunch at The Landing, Sunday.

On Military Spouse Appreciation Day, The Landing Zone will be offering a special for military spouses. Spouses will receive a choice of complimentary appetizer or dessert from selected menu items, with the purchase of a dinner entrée. Additionally, the Coffee Zone at the Landing Zone will offer half off the purchase of any specialty beverage, tea or coffee. For more information, call 598-8025.

Divots Restaurant and Grille at Fort Rucker’s Silver Wings Golf Course will also be offering a special for military spouses: half off the purchase of their lunch for that day.

Spouses can also take advantage of a special offer that day at the Fort Rucker

Bowling Center, where they can enjoy a 2-for-1 Lunch ‘n Bowl with many food options available. The offer includes two games of bowling, shoe rental, fountain drink and food selection.

If spouses think they might be having car trouble, now would be a perfect time for them to stop by the automotive skills center where they can receive a free vehicle check now through Friday. To make an appointment, call 255-9725.

If their car is running fine, they might be more in the mood for some outdoor fun with a day on the water, and Fort Rucker Outdoor Recreation offers one free hour rental of a canoe or kayak Friday. To reserve a canoe or kayak, call 255-4305.

This might also be a good time for spouses to start on their fitness, as the

Fortenberry-Colton Physical Fitness Center is offering one free fitness class Friday. The classes are available on a space-available basis and people should call to reserve a spot in the class of their choice. For more information or to reserve a spot in a class, call 255-3794.

Also, the Arts and Crafts Center is offering a 5-percent-off special on wine box orders taken now through Friday. For more information, call 255-9020.

“Whether spouses want to take advantage of the many dining specials or head to the lake for free use of a kayak, we’ve tried to create several opportunities for spouses to take advantage of on their special day,” said Erdlitz. “We know that taking care of our spouses is just another way of taking care of our Soldiers.”

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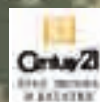
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75 CR 171, NEW BROCKTON, HUNTER RIDGE ~ \$249,900: Great new 4 BR/3 BA brick home on wooded lot. **JACKIE THOMPSON 406-1231 & TERRI AVERETT 406-2072 MLS #20150745**




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102 VINTAGE ~ \$189,000: You will appreciate the love and care that went into this stunning 3 bedroom, 2 bath home. Thoughtful touches like an updated eat-in kitchen with stainless appliances, two wood burning fireplaces, easy-care floors, two living areas and a formal dining room. Nothing to do but relax on one of the two decks overlooking the large landscaped shaded back yard, take a swim in pool, or watch the kids as they play in the custom built tree house. **JUDY DUNN 301-5656 MLS #20150757**



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3094 MORNINGDOVE ~ \$120,000: Great starter home or investment property in a very convenient location. Cute, open floor plan with a wonderful covered balcony/porch for outdoor entertaining or just for relaxing. Shady back yard with lots of privacy and room to play. Washer & dryer convey. Come see it today! **JAN SAWYER 406-2393 MLS #20150744**



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117 FOREST ~ \$126,000: Adorable 3 BR/2 BA home on a large corner lot with fenced in back yard. Beautiful hardwood and tile floors, stainless steel appliances. Large partially covered deck great for outdoor grilling and entertaining! Storage shed. Convenient to schools, downtown and hospital. **JACKIE THOMPSON 406-1231 & TERRI AVERETT 406-2072 MLS #20150759**




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GOODBYE OLD FRIEND

2-17th CAV retires OH-58D Kiowa Warrior

By Sgt. Duncan Brennan
101st Combat Aviation Brigade Public Affairs

FORT CAMPBELL, Ky. — Pilots from 2nd Squadron, 17th Cavalry Regiment, 101st Combat Aviation Brigade, 101st Airborne Division, flew an OH-58D Kiowa Warrior April 22 to the Don F. Pratt Museum at Fort Campbell where it will be permanently displayed.

The helicopter, Tail No. 95-0008, will be on display across the street from the museum, marking a long, storied history for 2-17th CAV.

This Kiowa Warrior began its service in October 1970 as an OH-58A. It would later become an OH-58C. Its last modification was in 1995 when it was fitted with weapons to become a Kiowa Warrior.

“Aircraft 95-0008 – 008 is how we refer to it affectionately – came into the Army as an OH-58A in 1970,” said Lt. Col. Jack Murphy,

the commander of 2-17th CAV. “When I was a platoon leader 19 years ago, we had aircraft like this one, which were alphas in Vietnam that were converted to Charlies and then delta models. Then they were armed to become the Kiowa Warriors. They keep the bones of the aircraft and upgrade the skin and the avionics.

“The first OH-58D Kiowa Warrior helicopters were assigned to 2-17th CAV in the spring and summer of 1996,” he added. “This was one of the very first Kiowa Warriors to be assigned to the 101st Airborne Division.”

It, like many who flew it, went through multiple deployments and duty stations. As it closed in on nearly 50 years of service, the aircraft remained true to the mission and eventually came home to 2-17th CAV.

“In the nearly 45 years this aircraft has been in service, it’s been assigned on-and-off to



PHOTO BY SGT. DUNCAN BRENNAN

CW5 Bud Kenney, brigade maintenance officer, 101st Combat Aviation Brigade, 101st Airborne Division, and Lt. Col. Jack Murphy, the commander of 2nd Squadron, 17th Cavalry Regiment, 101st CAB, pose in front of an OH-58D Kiowa Warrior helicopter before transferring it to the Don F. Pratt Museum, Fort Campbell, Ky., April 22.

SEE WARRIOR, PAGE B4

SUGAR BEARS



PHOTO BY JOHN PENNELL

An Aviator from D Company, 1st Battalion, 52nd Aviation Regiment stands outside a CH-47F Chinook helicopter at the Kahiltna Glacier base camp on Mount McKinley, Alaska, in the shadow of 13,965-foot Mount Hunter April 27. Soldiers and Chinooks from the 1-52nd Avn. Regt. “Sugar Bears” made short work of delivering several thousand pounds of equipment to base camps at 7,000 and 14,000 feet for this year’s climbing season – saving money and time for the National Park Service, and gaining invaluable experience operating at altitudes and in terrain not available for training missions outside Alaska.

LIFESAVER

2nd ID Aviator earns Soldier’s Medal

By Staff Sgt. John A. Mattias
2nd Infantry Division Public Affairs

CAMP CASEY, SOUTH KOREA — An Aviation officer with the operations section, 2nd Infantry Division was awarded the Soldier’s Medal on Camp Casey’s Indianhead Field April 23.

Maj. Richard “Ned” Hull “risked his life to save the lives of five individuals from the dangers of an unmanned boat circling around them and a strong current pushing them towards a rock jetty while he was on a vacation visiting his friend in Nantucket, Massachusetts,” said Maj. Gen. Thomas S. Vandal, former commanding general, 2nd ID.

Hull, a St. Petersburg, Florida native, and John Perrone, his friend, had planned to go fishing Sept. 2. However, what began as a fishing trip became a rescue operation.

“We knew five people were trapped and needed our help,” said Hull. “We looked at each other and said ‘let’s go.’”

Four passengers and the driver aboard a small hard-bottom inflatable boat were approaching man-made rock jetties, which were used as a channel to enter and exit a harbor.

“At first, I thought the small craft would safely pass through the small opening of the east jetty, but it became apparent that the operator of the small boat was going to miss the opening and hit the jetty at a fast speed,” said Perrone.

Although Hull warned the passengers, their boat struck the rocks, ejecting all five passengers about 10-15 feet into the water near the rocks.

“There were three males and two females screaming for help, and a



PHOTO BY PAK, CHINU

Maj. Richard E. Hull receives the Soldier’s Medal from Maj. Gen. Thomas S. Vandal April 23 for actions in September in Nantucket, Massachusetts, when he and a friend risked their personal safety in aiding in the rescue of five people who had been ejected from a private boat.

couple of them were saying they couldn’t swim,” said Hull.

Perrone positioned his boat in order to throw life preservers to the five individuals in the water. However, their boat continued to run, dangerously circling them at a high rate of speed.

“We maneuvered my boat between the five trapped in the water and the jetties to shield the five from the oncoming unmanned inflatable boat,” according to Perrone.

The smaller boat then struck Perrone’s boat, disabling its engine.

Ignoring any threat of injury to himself, Hull leaped out of Perrone’s boat, barely reaching the unmanned boat circling around the individuals trapped in the water.

Hull shut off the motor and took control of the smaller boat.

Once the unmanned boat came to a halt, Perrone threw life preservers to the five and Hull pulled them in to

safety.

Despite limited experience with nautical equipment, Hull turned the engine back on and steered the small boat to retrieve them from the water.

“My motor was disabled ... as I was approaching the rocks in the jetty, I called Mayday on my radio for additional help for the individuals being pulled out by Major Hull and for help with my boat,” Perrone said. “A lot of times you do things without thinking of the danger and without thinking of recognition. You hop into action because of your past training and who you are.”

Luckily, a Coast Guard vessel from the Brant Point station was nearby conducting a training exercise and arrived five minutes after the Mayday call.

“Originally the Coast Guard boat

SEE MEDAL, PAGE B4

‘WHETHER ON GROUND OR IN AIR’

Soldiers receive more than land training at Saber Junction 15

By Sgt. Amy Wieser Willson
116th Public Affairs Detachment

HOHENFELS, Germany — Moments after a CH-47 Chinook landed in a field, Soldiers race from the lowered loading ramp with hoses, spill kits and fuel nozzles.

As one of the many training exercises for Saber Junction 15, which took place April 1-30, Soldiers scrambled to prepare a refueling jump site for two AH-64 Apaches, said Spc. Jarid Cobb, Distribution Platoon, E Company, 2059th Squadron, 12th Cavalry Regiment.

It takes “a lot of preparation and planning, and then it’s game time, pack up, roll out and get ready,” Cobb said.

It’s a chance to refine their skills to expedite potential real-world missions in the future.

“It enables us to have quick operations,” Spc. Edward Bonner, also with the platoon, said of the exercise. “So, we get on the ground, we set it up as fast as possible and as safe as possible, and then after we set it up we fuel the birds ... and fly to the next grid coordinate to do the same thing. So, it just helps us to move fast, and set up the fuel and keep moving.”

The multinational exercise took place across the Joint Multinational Readiness Center’s 40,000 acres. It’s the far northwest corner where the Chinook landed April 16, carrying a Fat Cow bladder filled with 820 gallons of fuel.

In a mere 10 to 15 minutes, Soldiers ran a 100-foot fuel line from the bladder and then attached two more lines, forming a Y pattern leading toward two landing pads where the Apaches were expected to set down.

Not far away, near a short runway, 2nd Cavalry Regiment Soldiers were training with aerial assets, but of a different kind.

Soldiers from the 2nd Cavalry Regiment Shadow Platoon, Military Intelligence Troop, Regimental Engineering Squadron performed pre-operational checks on an RQ-7B Shadow unmanned aircraft system. The aircraft may be small, with a wingspan of 20 feet, but it provides immeasurable value in a war-time situation.

Upon the request of commanders on the ground, the platoon deploys the Shadow to specific grid coordinates over the training area to scan for enemy activity as part of the force-on-force role-playing scenarios taking place. The commanders then know if oppositional forces are moving their direction, and they have a better feel for the battle space.

“It’s basically giving the commander a snapshot of the battlefield,” said Spc. Laronn Horton with the platoon.

It’s an important asset to U.S. and allied forces.

“We’re going to be working with allied forces downrange, so we should practice before we find ourselves in combat,” he said.

That theme – whether on the ground or in the air – proved a common theme throughout Saber Junction.



PHOTO BY SGT. 1ST CLASS AMY WIESER WILLSON

Spc. Raymond Muthig and Staff Sgt. Tomas Rivera work to secure fuel lines as Spc. Edward Bonner (center) approaches April 16 at Joint Multinational Readiness Center, Hohenfels, Germany.

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Warrior: Legacy represented by ‘008’ ripples across Army

Continued from Page B1

3-17th CAV at Fort Drum (New York) and 2-17th CAV,” said Murphy.

This helicopter served a tour in Kosovo, three tours in Iraq – leading the original assault up to Mosul during 101st’s 15-month deployment in 2003— and back-to-back rotations in Afghanistan, he said.

The Kiowa Warrior had humble beginnings and has grown with the changing demands of the Army. Since the program started in the 1966, the OH-58 platform has served faithfully.

“The Kiowa has a long and proud history,” said CW5 Bud Kenney, the brigade maintenance officer, Headquarters and Headquarters Company, 101st CAB. “It started out as an artillery-spotting platform. The artillery branch actually paid for the mast-mounted sight. They wanted something that could laser designate targets.

“In the mid-to-late 80s, there was a lot of trouble in the Persian Gulf,” he added. “The Navy needed a small, armed helicopter to intercept small boats that targeted oil tankers in the Gulf of Hormuz. The Army had the 58D and they decided to arm it. In a 90-day period, the engineers went from concept to operational weapons platform. That’s how the 58D became the Kiowa Warrior.”

The removal of the Kiowa Warrior from the Army inventory affects everyone in the squadron. Many feel the loss.

“Even though I never personally worked on [008], it’s still in the squadron and it has the history behind it,” said Sgt. Joshua Izer, an OH-58D Kiowa Warrior



PHOTO BY SGT. DUNCAN BRENNAN

Lt. Col. Jack Murphy, commander of 2nd Squadron, 17th Cavalry Regiment, 101st Combat Aviation Brigade, 101st Airborne Division, and CW5 Bud Kenney, the brigade maintenance officer of the 101st CAB, land an OH-58D Kiowa Warrior helicopter near Don F. Pratt Museum, Fort Campbell, Ky., April 22. The helicopter, Tail Number 008, was transferred to the museum for display as all Kiowa Warriors are being retired out of the Army inventory.

helicopter crew chief for Troop A, 2-17th CAV. “For us, it’s just cool that we’ll have a piece of history in that museum that means something to us. It’s a great honor for us to have that position at the museum.”

The legacy of the Kiowa Warrior that is represented by 008 ripples across the Army. The cavalry is known for its history on horseback. The Kiowa is the latest

in a line of mounts that have been retired.

“It is a very bittersweet moment knowing that we will never again use that airframe in a combat situation,” said Izer. “The Kiowa Warrior helicopter holds a special place in our hearts that I don’t think will ever be replaced. You’re not going to see anything special mechanically about it.

“You know it is special when you go out

and talk to an infantry or artillery unit that used our support,” he said. “When I tell people that I’m a Kiowa mechanic, their eyes light up and they tell me that we are the reason that they are alive. Soldiers tell me that when the Kiowas are on station that they can do their jobs better because they know everybody is coming home. We make people feel safe and that’s the most important thing to me.”

Medal: Soldier given highest non-combat-related award

Continued from Page B1

was going to John’s [Perrone] boat, but I was able to flag them down and yell that we were taking on some water. They came over to us and threw us some ropes to attach the two boats together,” said Hull. “I helped transfer the passengers to the Coast Guard boat and stayed on the smaller boat to pump water out.”

The Soldier’s Medal is the highest non-combat-related award for Soldiers and Department of the Army civilians who perform heroic acts.

Hull’s military and civilian education in-

cludes the United States Military Academy at West Point, Georgetown University Executive Master of Business Administration Program, the Command and General Staff College Interagency Fellowship Program, including one year as an Interagency Fellow at the Federal Aviation Administration Headquarters, Air Assault School, the Rotary Wing Aviator Course, the Aviation Officer Basic and Career Courses, Command and General Staff College and the UH-60 Aircraft Qualification Course.

His decorations include the Army Aviator Badge, Air Assault Badge, Bronze Star and the Soldier’s Medal.

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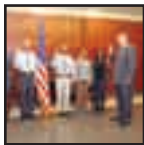
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Cool water, free fun kick off summer at LAKE FEST

By **Jeremy Henderson**
Army Flier Staff Writer

It's beginning to feel a lot like summer, but cool water and free fun are just around the corner.

The Directorate of Family, Morale, Welfare and Recreation hosts Lake Fest May 16 from noon to 6 p.m. at Lake Tholocco's West Beach.

"Lake Fest is a great way to celebrate the beginning of summer," Kristi Fink, DFMWR special events coordinator, said. "There are a lot of fun and free activities.

"Two of my favorite activities are the sand castle contest and the frozen T-shirt contest," she added. "Building a sand castle together as a family creates memories to last a lifetime. We will also have a volleyball tournament, so grab some friends and get a team together. Families are always on the go, so busy with everyday activities. Fort Rucker Lake Fest brings families together for a fun-filled, free day at the beach."

Participation in the sand castle contest and volleyball tournament is free and there is no need to register in advance, Fink said. The sand castle contest is 12:20-3:30 p.m.

"We have award categories for individuals and families building sand castles," Fink said. "I would suggest bringing buckets and shovels, but we will have some available on a first-come, first-served basis."

The volleyball tournament begins at 12:30 p.m. and lasts until all games are completed. Each team must have at least four people.

"If someone does not have a team, they can check in at the registration table and be added to a team," Fink said.

Canoes and paddle boats will be available to use for free. Children under the age of 16 must be accompanied by an adult while using a canoe or paddle boat. All patrons will need to wear a life jacket.

This year's Lake Fest features a car show. All vehicles are welcome. Registration will cost \$10 and will be held from 10 a.m. to noon. The car show will take place from noon to 4 p.m. with an awards presentation immediately after the show.

Lake Fest is free and open to the public. Families need only bring money to purchase food from vendors on site.

"Please make sure to bring sunscreen and life jackets, although we will have life jackets available for use, but



FILE PHOTOS

Kaeleigh Mascolo and Reagan Mascolo, Army Family members, eat snow cones at last year's Lake Fest. This year's event is scheduled for May 16 from noon to 6 p.m. at Lake Tholocco's West Beach.



Jake Porter, veteran, takes a shot at a volleyball with teammate, Jeff Dukes, civilian, at last year's Lake Fest.

it is first come, first served," Fink said. "Patrons should also bring what they need for a day at the beach. Towels, beach chairs, umbrellas, etc. We do not allow pets or glass containers."



Zyon McKenzie, Army Family member, builds a sandcastle at last year's Lake Fest.

Approximately 2,500 patrons attended last year's Lake Fest. Fink said she believes the car show will draw an even larger crowd to this year's event.

For more information, call 255-1749.

Enterprise celebrates military children

By **Nathan Pfau**
Army Flier Staff Writer

It's no secret that Fort Rucker appreciates its surrounding communities throughout the Wiregrass, so it's no surprise when the surrounding communities show their support for the military and their families.

Enterprise City Schools hosted a Family Day at Bates Memorial Stadium in Enterprise April 30 where hundreds turned out to celebrate Month of the Military Child and the strong connections between school, family, military and community, according to Christie Faulkner, military family support liaison for Enterprise City Schools.

Faulkner has held many events

throughout the schools in support of military families, working with Fort Rucker's own Kim Kozel, Fort Rucker Youth Education Support Services school liaison officer, to host events to make sure military family members feel welcome.

"We're excited that their family is here in Enterprise and that their family chose our city to live in, so we just want to make sure that all of their needs are being met," Faulkner said. "Fort Rucker's support is very important to us."

Throughout the festivities, people were able to enjoy a host of activities, ranging from a dunking booth, petting zoos, inflatable slides, free food and live entertainment, including the Fort

Rucker Elementary School Choir who performed for the crowd.

A static display of a UH-1 Huey helicopter was also set up for people to get in to explore, which Marie Santiago, Enterprise native, and her family took full advantage of.

"I just think it's great what they're doing out here today," she said. "It's not just a day for military families, but for all families to get to come out and share some time and experiences together."

Santiago's daughter, Cynthia, said her favorite parts of the event were the petting zoo, where she was able to hold a rabbit, and the inflatable slide.

"I really liked the bunny because it was really soft," she said, adding that she wanted one to take home.

The event wasn't just a chance for people to have a good time and let loose, but also a time for people to learn. That's why Rebecca O'Brien, drug and alcohol prevention coordinator for Fort Rucker, set up a table during the event to educate people on the dangers of substance abuse.

"This is the Month of the Military Child, and it's also National Alcohol Awareness Month, so we're here to support our military community," she said. "Last year when we participated in this event, they had a large number of military family members and it was just a great outreach program, and not just for military families – we had quite a mix – so, it was a good way to reach out to all ages regarding drinking, drugs and things like that."

O'Brien said that by the age of 8, many U.S. children – one in four – have had some type of exposure to some illicit drug, prescription or otherwise.

"It's never too early to start talking to your children about it," she said.



PHOTO BY NATHAN PFAU

A stilt walker entertains families during the Enterprise City Schools Family Day at Bates Memorial Stadium April 30.

VOLUNTEER OPPORTUNITIES

Position: Army Family Team Building Instructor

Duties: Prepare for and teach at least one class each quarter following the instruction and lesson plans provided in the AFTB Instructor Guides. Attend quarterly AFTB Instructor Council Meetings. Ensure students complete class evaluation forms and forward to the AFTB program manager. Maintain personal records, documenting volunteer hours, training received and awards received. Serve as a spokesperson for the AFTB program. Attend professional development. Five-10 hours per month.

For more information, call 255-1429.

Position: AFTB Council Secretary

Duties: Serve on the advisory council and instructor council. Receive agenda items from IC and AC members prior to meetings. Compile, type, and distribute agenda for AC and IC meetings and forward to program manager no later than three working days following meetings. Record minutes of AC and IC meetings. Maintain and update, as needed, volunteer and instructor rosters. Send out notices for upcoming meetings via email. Be responsible for maintaining AFTB correspondence. Provide administrative support to the AFTB program manager and volunteer program manager.

For more information, call 255-1429.

Fort Rucker Vacation Bible School

June 8-12, 8-11:30 a.m., Main Post Chapel and Spiritual Life Center

Positions: Tribe leader, Bible storyteller, role player, craft leader and assistant, music leader and assistant, and playground assistant

This event involves Bible activities, crafts, music, games and more. It is for Ages kindergarten through sixth grade (Fall 2015). Child care is provided for preschool children of VBS staff only. Parents or adult caregivers of preschool children may attend VBS with the child under their care. No minor caregivers are accepted. Youth and adult volunteers are needed. The biggest need is for tribe leaders to escort children to all VBS activities.

For more information, call 255-3946.

ON POST

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

Military Spouse Appreciation Day

In celebration of Military Spouses Day Friday, Army Community Service invites service members to submit a photo of their military spouse and complete the sentence “I’m proud of my Military Spouse because” People can submit their photo and caption to the Fort Rucker MWR Facebook page now through May 7. The winner will be announced Friday and will receive two tickets to Mother’s Day Brunch at The Landing Sunday.

The following are specials offered in honor of Military Spouse Appreciation Day.

Landing Zone – Spouses will receive a choice of complimentary appetizer or dessert from selected menu items with the purchase of a dinner entrée Friday. Spouses must present their dependent military ID. For more information, call 598-8025.

Divots – Military spouses get half off the purchase of their lunch Friday. Spouses must present their dependent military ID. For more information, call 598-1632.

Rucker Lanes – Military spouses who “bring their better half” Friday will get to enjoy a two-for-one Lunch ‘n Bowl. The offer includes two games of bowling, shoe rental, fountain drink and food selection. For more information, call 255-9503.

The Landing Coffee Zone – Spouses who present their dependent military ID Friday will receive half off the purchase of any specialty beverage, or tea or coffee. For more information, call 598-8025.

Automotive skills center – Military spouses will get a free vehicle check today and Friday. To make an appointment, call 255-9725.

Outdoor recreation – Military spouses will receive a free one-hour rental of a canoe or kayak Friday. To reserve a canoe or kayak, call 255-4305.

Fortenberry-Colton Physical Fitness Center – Military spouses will get a free fitness class Friday on a space-available basis. To reserve a spot in a class, call 255-3794.

Arts and crafts center – Military spouses will get 5-percent off on wine box orders taken today and Friday. Visit the center or call 255-9020 for selections.

Deep sea fishing trip

Outdoor recreation will host a deep sea fishing day trip to Destin Saturday aboard the Vera Marie. The bus will depart Fort Rucker at 4 a.m. and return at 8 p.m. ODR staff recommends people bring a small cooler with drinks and snacks – no glass containers. The staff will stop on the way back for people to get food, but the cost for food is not included in the price. The cost is \$65 per person, plus a tip. The price includes transportation to and from Destin, bait, rod, reel, fishing license, six-hour fishing trip, and getting fish cut and cleaned at the end of the trip. The trip is open to the public, but limited to 36 participants.

To sign up or get more information, visit or call ODR, 255-4305, or MWR Central, 255-2997.

Mother’s Day brunch

The Landing will host its Mother’s Day brunch Sunday from 10 a.m. to 2 p.m. The brunch will feature an array of breakfast buffet items, such as an omelet bar, meat carving station, dessert bar and more – including a flower for mom. The price for adults is \$18.95; for ages 6–12, \$8.95; ages 3–5, \$4.95; and 2 and younger eat for free.

To make a reservation or get more information, call 598-2426.

Resilience training

Army Community Service will host resilience training Tuesday from 9–11:30 a.m. at The Commons to help people learn the skills that



FILE PHOTO

SPLASH! opening

SPLASH! Pool and Spray Park is open for weekends and holidays from 11 a.m. to 5:30 p.m. in May. The park will open full time beginning May 29 – open six days a week, closed on Tuesdays. SPLASH! Daily and season passes can be purchased at SPLASH!, MWR Central and the Fort Rucker physical fitness centers. SPLASH! is open to the public. For more information, call 255-9162.

will make them and their family more resilient. Participants will receive training in two to three skills, such as problem solving, put it in perspective and mental games. People need to register by Friday.

For more information and to register, call 255-3735.

EFMP focus group

Army Community Service will host an Exceptional Family Member Program focus group May 14 from 9–10 a.m. at The Commons, Bldg. 8950. The purpose of the group is for people to share their ideas and suggestions on providing services to eligible active-duty Soldiers with exceptional family members or disabled family members. The group is open to all interested eligible parents, guardians and spouses.

For more information, call 255-9277.

Lake Fest

Fort Rucker will host the annual Lake Fest at West Beach, Lake Tholocco May 16 from noon to 6 p.m. The free event will feature games, swimming, vendors, inflatables, a sandcastle contest, a volleyball tournament, and the free use of life jackets, canoes and paddle boats. Additionally, a car show will run from noon to 4 p.m. – registration will take place at West Beach from 10 a.m. to noon, with awards for the Top 10 cars presented at 4 p.m. Registration is \$10 per vehicle. All types of cars are welcome. The event is open to the public.

For more information, call 255-1749.

Newcomers welcome

Army Community Service will host a newcomers welcome May 15 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.

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multi-

purpose room, with the next session May 14. People who attend will meet in Rm. 350 at 8:45 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about 10:45 a.m. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.

For more information, call 255-2594.

Lifeguard Courses

The Fort Rucker Physical Fitness Center will host lifeguarding courses May 16–17 from 8 a.m. to 5 p.m. 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.

Stone Mountain getaway

Outdoor recreation will host a Memorial Day weekend getaway to Stone Mountain, Georgia May 22–24. The bus will depart from the Lake Tholocco West Beach parking lot May 22 at 5 p.m. and return May 24 at 5 p.m. Patrons will spend all day May 22 at Stone Mountain Park. Attractions include the Summit Sky Ride, Stone Mountain Museum, the great barn, miniature golf course, Geyser Towers, Sky Hike and Camp Highland Outpost. Saturday evening features a laser light show on the main lawn to honor the country’s military. The cost is \$140 per person, based on two people per room. A single person in a room will cost \$211. Additional persons per room over age 3 will be \$70 each, or \$45 under age 3 – add \$8 if adult

DFMWR Spotlight



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**OPENS
MAY 9**

**The Landing,
Bldg. 113, Novosel St.**

SPLASH! Pool & Spray Park
will be opening for weekends
and holidays in May. The park will
be open full time beginning
Friday, May 29 (open six days/week,
closed on Tuesdays).

Hours of Operation
11:00 am - 5:30 pm
Open weekends only: May 9 - May 25
Open Memorial Day: May 25
Open Wednesday - Monday: May 29 - Aug. 3
Closed: Aug. 4 - 7
Open Labor Day: Sept. 7
Open weekends & holidays only: Aug. 8 - Sept. 27

**SPLASH! Daily and season passes can be
purchased at SPLASH!, MWR Central, and the
Fort Rucker Physical Fitness Centers.**

Swimming and Aquatics, (334) 255-9162
Fort Rucker Physical Fitness Center,
(334) 255-2296 or MWR Central, (334) 255-2997
www.ftruckerfitness.com



Fort Rucker Fitness
Sports, Fitness and
Aquatics Branch



is a civilian and \$3 if child is a civilian, and active-duty members will receive \$22 off of the price. The cost includes transportation to and from Stone Mountain, one-day entry pass to Stone Mountain Park, two nights at Comfort Inn and Suites, and a hot breakfast both mornings.

The trip is open to the public, but limited to 28 participants. People need to sign up by May 18 at ODR, 255-4305, or MWR Central, 255-2997

Relocation readiness workshop

Army Community Service will host its relocation readiness workshop May 29 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.

FORT RUCKER MOVIE SCHEDULE FOR MAY 3-10

Thursday, May 7

The Avengers: Age of Ultron (PG-13)
.....7 p.m.

Friday, May 8

The Avengers: Age of Ultron (PG-13)
.....7 p.m.

Saturday, May 9

Home (PG)
.....4 p.m.

Sunday, May 10

Furious 7 (PG-13)
.....2 p.m.

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

McHugh scales up civilian workforce transformation

By David Vergun
Army News Service

WASHINGTON — A new roadmap for Army civilian professional growth has been announced by Army Secretary John M. McHugh — and more changes are coming over the next year or so.

“Our Army demands that civilian employees commit to a lifetime of professional and personal growth,” said McHugh in a memo April 10 introducing Army Directive 2015-24.

“I hold each Army civilian accountable for mapping and navigating a progressive program of self-development,” McHugh wrote, adding that commanders, supervisors and managers have a shared responsibility in that endeavor.

The changes described in the directive affect a large portion of the 298,000 Army civilians, who make up about 22 percent of the total force. Future changes will impact the remainder of the civilian workforce.

The full title of 2015-24 is “Department of the Army Senior Enterprise Talent Management Program and Enterprise Talent Management Program.”

Explaining some of those changes was Gwendolyn R. DeFilippi, deputy assistant secretary of the Army - Civilian Personnel, Office of the Assistant Secretary of the Army for Manpower and Reserve Affairs.

SETM

SETM, a leader development program for GS-14s and 15s, was launched a few years ago, DeFilippi said. It originally offered civilians a chance to increase their knowledge through a residency at the Army War College, with a follow-on reassignment to broaden their experiences.

Now, that program has been expanded with a senior fellow program, where civilians can become part of a “think tank” for a year. Another program enhancement, she said, is participants can be detailed into a senior executive service-level position for up to a year to gain broader experience and see what it is like leading at that level.

There is also a SETM-TDY module, which gives selectees a six-month career-broadening assignment where they gain valuable experience in another organization before returning to their unit. SETM modules present huge incentives for leaders to further develop in their current jobs or move on to larger enterprise positions, DeFilippi said.

Those who are interested need to immediately begin the application process, which closes May 15. To apply, go to the SETM automated website. Those who are selected will begin the program in 2016.

ETM

The ETM program is new - this is its first year. It is designed for GS-12s and 13s, with most of the openings at the 13 level, she said. If GS-12s have the right level of civilian education system and a bachelor’s degree, they can apply for two of the modules while GS-13s can apply for all four modules.

Those who are accepted to the program can be assigned to a 90-day project that requires some tough problem-solving skills, she said. Accomplishing this will enhance one’s resume and boost the chance to be selected for a future job.

Secondly, up to 20 participants will get the opportunity to attend a 10-month

Command and General Staff College residency on Fort Leavenworth, Kansas. In the coming years, the number eligible will increase to 90, she said.

Thirdly, participants will get the chance to shadow a Senior Executive Service or GS-15 at their installation, or on a temporary-duty assignment if necessary. “When we say shadowing, we mean working alongside the executive and getting in on the nuts and bolts of decision-making techniques,” DeFilippi said.

Finally, there’s a 10-week structured experiential leader development module that is spread out over 10-months, which allows Army civilians to participate in an existing DOD program. Called the Executive Leadership Development Program, it allows civilian employees to gain a greater understanding of the DOD mission, which in turn develops a cadre of future leaders with joint and interagency perspectives and skills.

The deadline for applying for this program is also May 15 and applications can be made using the SETM Automated website.

EEL

Still in development is the Emerging Enterprise Leader initiative, a program for GS-11s and 12s, DeFilippi said.

EEL components will include a local developmental assignment, a group project and problem-solving challenge at one’s installation, connecting with a mentor and self-study opportunities, she said. The goals are to broaden participants’ perspectives and build leadership competencies, but at a more localized level.

Acculturation

Traditionally, new civilian hires are thrust into the workforce from Day 1 without ever getting exposed to the Army culture and way of doing things, DeFilippi said. Soldiers get all of that in their initial military training.

The Army is conducting pilots at 18 locations, where new hires are presented with a more-infor-



PHOTO BY RODNEY E. SPEED

Thomas Greco, right, a Senior Executive Service officer with the Office of the Deputy Chief of Staff, G-2, administers the oath of office to six newly-hired Army civilians at the civilian personnel office on Joint Base Langley-Eustis, Va., in 2014.

mative introduction into Army life, she said.

On the first day, instead of a human resources person administering the oath of office, an SES or general officer will do that.

Then, the civilians are told what the Army profession means and their part in it, she said. They are also introduced to the organizational structure.

Of course, the entire professionalization process cannot occur in the space of just one day, so it is spread out throughout the first year, DeFilippi said.

Supervisors are an important part of the acculturation plan, she said. They are responsible for sitting down with their new employees and letting them know what the expectations are performance-wise. This occurs during the first week.

Then, supervisors will provide formal feedback at the six-month point and ensure performance appraisals are completed on time, she said. The importance is getting the personnel fully engaged with their supervisor and to understand the mission.

DeFilippi said the acculturation program will likely launch Army-wide in fiscal year 2016.

She said that although it is still a pilot, many federal agencies have adopted much of the Army materials. The U.S. Department of Agriculture has already adopted the entire program and NASA has adopted parts of it for their new hires.

ACT

In 2011, all Army civilians were mapped to one of 31 career programs. The Army Career Tracker allows civilians to track their progress in their respective career program.

Each of those 31 career programs has a leadership chain and professional staff that includes career management support and career program managers, she said. It also provides supervisors access to career maps for their careerist to help with coaching and mentoring.

ACT is a web-based leader development tool that allows users to search through and select education and training opportunities, monitor their career development, get personalized advice from their leaders about which opportunities may be the most helpful and complete an Individual Development Plan, she said.

Fortunately, more than half of the civilian workforce uses ACT, DeFilippi said. The challenge is to get leaders on board to realize the value and benefit of using ACT to develop their careerists, she said, and to also get the other civilians that are not yet using ACT to realize how valuable it is for planning their careers.

Intern program

The Army is “refocusing” the intern program by matching job opportunities to what the Army’s needs are anticipated to be in the future, DeFilippi said.

For example, it is anticipated that more openings will need to be filled in the science, technology, engineering and cyber specialties so placement will be increased in those areas relative to other areas, she said, with more decision-making authority made at the Army headquarters level vice at the installation level.

Voices heard

DeFilippi said all of the aforementioned program changes came about with the input of Army civilians and leaders. “These programs and a few more that we are working on are the result of focus groups,

questionnaires, the 2013 and 2014 FEVS [Federal Employee Viewpoint Survey] results and feedback from Army leaders and Army civilians to build a more professional foundation for the Army civilian corps.”

The Federal Employee Viewpoint Survey and other forms of feedback have shown that Army civilians want opportunities to grow developmentally throughout their careers, she said.

As the Army civilian workforce continues to draw down, those who are left will have even greater responsibilities in preparing Soldiers to fight our nation’s wars, she said.

Army needs dovetail with civilians’ desire to grow, so it makes perfect sense to offer those opportunities, she said.

DeFilippi said that civilians want to know that what they are doing in making a positive impact on the Army.

“We want to make that happen,” she said. “We want Army civilians to know their voices have been heard and workforce engagement, along with civilian hiring, career management, training, development and sustainment are a priority for all of us.”

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Church Directory

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Contemporary Worship - New Connection
8:45AM & 11:00AM

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5:45PM

Sunday School
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cfumc@adelphia.net
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Fort Payne: The view from Lookout Mountain

By **Brian S. Jones**
Alabama Tourism Department

The largest city along the Alabama portion of Lookout Mountain Parkway is Fort Payne.

For more information, call (887) 805-4740.

It is located on what was originally an important village in the Cherokee Nation and was home to Sequoyah, who created the Cherokee alphabet that made reading and writing in that language possible. History tells us that Sequoyah is the only person ever to conceive an alphabet in its entirety.

A canvas of scenic beauty year-round is the best way to describe the Lookout Mountain area of northeastern Alabama, especially in DeKalb County, near Fort Payne. Native poplars, dogwoods, maples and hickories explode throughout the area in the fall and provide a panoramic showcase of vibrant yellow, gold and orange. Chock-full of natural splendor, the area is also known for its protected forestlands, which are rich with greenery in the spring. Little River Canyon, considered a marvel of nature and a recreational wonder, boasts a river that begins and ends entirely on top of a mountain and attracts visitors throughout the year.

History of Fort Payne

Fort Payne derived its name from the fort commanded by

Maj. John Payne that was built in the 1830s by the U.S. Army and used to house American Indians, whose Cherokee ancestors had lived in the area for thousands of years, before removal to the West. As a stop on the railroad line between Birmingham and Chattanooga, Fort Payne flourished and became a boomtown during the late 1880s. Unlike the gold rush out West, this area experienced a coal and iron rush when an influx of workers came here from New England with the lure of instant riches. Many of the town's historic buildings date from this period, including the Fort Payne Opera House, the W.B. Davis Mill Building and the Fort Payne Depot Museum.

Sadly, the boom that brought attention to the town in the latter 1800s was soon a bust. The area fell into decline before coming back in the early 1900s as the center of hosiery manufacturing — an industry that earned Fort Payne the nickname of “Sock Capital of the World.”

Fort Payne is credited with developing athletic socks.

Fort Payne Depot Museum

When visiting the area, there are a number of attractions you'll want to be sure to see. Among them is the Fort Payne Depot located at 105 Fifth St. N.E. For more information, call (256) 845-

5714. Constructed in 1891 out of pink sandstone in the Richardson Romanesque style of architecture, the depot was a main stop on the railroad line with two express mail trains and six passenger trains passing through daily. With its central location, the depot also became the town's unofficial community center. Locals used it as a gathering place to catch up with friends and family who would come into town from their farms.

Fort Payne Opera House

The Fort Payne Opera House located at 510 Gault Ave. North. For more information, call (256) 845-3137. It was built in 1889 and is still in use today. It began life as a venue for live performances and was used for public forums before being converted to use as a theater during the silent movie era. The Fort Payne Opera House has been completely restored and is today used as a cultural center for the community. It is on the National Register of Historic Places and the National Register of 19th Century Theaters in America.

Mountain Music

“My home's in Alabama,” so sing the members of the legendary music group who grew up in Fort Payne and took the state's name for their band. When visiting their hometown, you'll find life-sized bronze statues of group

members on display on the corner of Union Park facing the intersection of Gault Avenue and Fourth Street North downtown.

A must-see for any fan or country music lover is the Alabama Fan Club and Museum located at 101 Glenn Blvd. S.W. For more information, call (256) 845-1646. It is located at the intersection of Alabama Highway 35 and U.S. Highway 11 less than a mile off I-59 at Exit 218. This museum houses the group's many awards, collections from their touring days and a great gift shop.

Little River Canyon National Preserve

Little River Canyon was carved out by the river after thousands of years and is one of the deepest canyons in this part of the United States. To get there via AL Highway 35, take the I-59 exit and go east about 10 miles.

There are three major waterfalls in Little River Canyon. Little River Falls marks the beginning of the canyon and is located off Highway 35 next to the bridge separating the town of Gaylesville from Fort Payne. This is your first stop on a scenic tour entering from the north. An expanded boardwalk project completed in 2012 leads you directly to the 45-foot waterfall. Next is DeSoto Falls, which is located on the West Fork of the river and is

104 feet high. Grace's High Falls is the last of the major three and is Alabama's highest waterfall at 133 feet. The falls are seasonal. The best time to view them is in the fall, winter or spring. Lack of rain often diminishes the falls in the summer.

DeSoto State Park

DeSoto State Park, located at 7104 DeSoto Parkway N.E., is eight miles northeast of Fort Payne. For more information, call (256) 845-0051. One visit and it's easy to see why DeSoto was voted as one of America's Top 10 State Parks by Camping Life magazine. The park spreads over 3,500 acres along the outer ridge of Lookout Mountain and embraces some of the state's most dazzling natural wonders.

The best way to enjoy this wonderful state park is to get out and experience it.

DeSoto State Park has 12 miles of hiking trails. The Azalea Cascade Boardwalk Trail offers a 360-yard walk designed for hikers of all experience levels. There is a 20-foot octagon deck at the end of the trail that overlooks a natural pool created by the Azalea Cascade. The area was named for the beautiful wild azaleas that bloom here in mid-April. During the summer and fall seasons, weekend interpretive programs and guided hikes are offered.

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.andalusiale-gionpost80.org.

DALEVILLE

MAY 9 — The Daleville Department of Public Safety will host the Alabama Police Week Shooting Championship with the first shots being fired at 9 a.m. and an awards ceremony at 5:30 p.m. at the Tri State Gun Club on County Road 437. Members of the public are encouraged to participate. The match will consist of 10 stages – not including optional side stages – and 175 rounds fired. Stages will be a combination of scenario-based practical shooting exercises complete with barriers, cars, obstacles and stages pertaining to shooting-skills based standards. Organizers said it is designed as a fun yet competitive match. For more information or to register, visit www.Osage-Combatives.com/shootingchampionship.

DOTHAN

MAY 9 — The Dale, Geneva, Henry and Houston County Sheriff's Offices and the Wiregrass H.O.G. Chapter will host the third annual Brian Brackin Memorial Blue Ribbon Ride to benefit the Southeast Alabama Child Advocacy Center at Harley Davidson of Dothan. Registration begins at 9 a.m. and the first bike is scheduled out at 10 a.m. Family activities are scheduled for 11 a.m. Cost is \$25 per bike and \$10 per rider – includes T-shirt and lunch. Along with the motorcycle ride, the event features food, entertainment, games and inflatables. For more information, call 671-1779 or visit www.southeastcac.org.

ONGOING THROUGH JUNE 27 — The Wiregrass Museum of Art offers a

display of the Gee's Bend Quilters Collective with more than 15 quilts from Alabama quilters on display in the main gallery of the museum. Admission is free for museum members and \$5 for the general public. The museum will also host a free Quilting Bee May 23 from 10 a.m. to 3 p.m. For more information, call (334)794-3871.

ENTERPRISE

MAY 9 — The Enterprise Lions Club sponsors the 13th annual Boll Weevil 100 Bicycle Ride and 10K run through the streets of Enterprise and the hills of Coffee County. The bike event starts at 7:30 a.m. at the First United Methodist Church. Price is \$10-\$40 depending on activity and participants' ages. Cyclists may choose from four rides: a 7-mile fun ride, a 25-mile ride, a Century (100K) ride and a challenging 100-miler. The running events include a 10K run and a 3K fun walk or run that will start immediately after the bikers depart. In cooperation with Veteran's Warrior Transition Units in the Southeast, the Boll Weevil 100 hosts wounded veteran bikers and runners. To register or get further information on the Boll Weevil 100, or to sponsor a wounded veteran participant, visit <http://www.enterpriselionsclub.com/boll-weevil-100/information>.

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

GENEVA

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

MIDLAND CITY

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

NEW BROCKTON

ONGOING — Tuesdays and Wednesdays, from 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 help veterans and their spouses with disability compensation claims, Veterans Affairs pensions, death benefits, VA medical care, Social Security disability benefits, veterans job programs, homeless veterans services and other veteran services. All veteran services are provided free of charge. For more information, call 718-5707.

OZARK

MAY 8 — St. Michael's Episcopal Church, 427 Camilla Ave., will host its final Spring Classical Guitar Concert at 7 p.m. The free concert will feature internationally known classical guitarist Andrew Stroud. Following the concert will be a meet-the-musician reception in the parish hall.

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

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

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.

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

MAY 24 — New Hope Freewill Baptist Church at 3819 County Road 31 in Abbeville will celebrate its annual choir anniversary at 2:30 p.m. All churches, choirs, soloists, and soloist groups are invited to attend and bring two selections. Refreshments will be served.

Beyond Briefs

Party with Animals

Panama City, Florida, will host Party with Animals May 9 from 10 a.m. to 3 p.m. at the Bay County Fairground – Central Panhandle Fair, 2230 East 15th St., in celebration of Endangered Species Day. The event will feature a hands-on marine life touch tank, live insects, animals, animal mascots and food. Admission is \$3.

For more information, call 850-769-2645.

Taste of the Beach

Panama City Beach will host Taste of the Beach May 16 from 2-6 p.m. at Pier Park, 600 Pier Park Drive. People can purchase a wristband with 10 taste tabs, each redeemable for a tasting at one of the participating restaurants set up along the drive. There will also be live music, cooking demonstrations and more. Wristbands cost \$10 for one or \$15 for two and can be purchased at the Pier Park Mall office.

For more information, call 850-236-9974.

Freedom Run

The inaugural Elwood Hintz Freedom Run is scheduled for May 16 at 8 a.m. in Montgomery. The 5-k and 1-mile run will go through the Dailraida neighborhood behind St. Paul Lutheran Church. May 16 is Armed Forces Day across the country and the run is designed to honor the nation's military. All proceeds will go to Operation Warm Heart at Maxwell Air Force Base. Inflatable moon bounces and slides will be on site, along with food and refreshments. Registration is \$15.

For more information or to register for the race, call 334-451-1699 or visit www.facebook.com/events/824610277618158/.

River Jam

Montgomery will host two free nights of music at Riverfront Park at the River Jam Music Festival May 15-16. The event is presented by Wind Creek Hospitality, the Alabama Roots Music Society and the city. Gates open at 6 p.m. May 15 and 4:30 p.m. May 16.

For more information, call 334-625-2100 or visit www.funinmontgomery.com/announcements/river-jam.

Hot Air Balloon Festival

Decatur will host the Alabama Jubilee Hot Air Balloon Festival May 23-24 at Point Mallard Park. The festival is one of the largest free hot air balloon gatherings in the Southeast, featuring more than 60 balloons with races, key grab, tether rides and a balloon glow. It also features arts and crafts, food vendors, an antique car and tractor show, musical entertainment and children's activities.

For more information, visit <http://www.alabamajubilee.net>.

SEC Baseball Tournament

Hoover Metropolitan Stadium will host the 2015 Southeastern Conference Baseball Tournament May 19-24. The tournament features the conference's top twelve teams competing for the conference tournament title while an expected 100,000 fans cheer on their alma mater.

For more information, visit <http://www.secsports.com>, and for tickets, visit <http://www.secticketoffice.com/events/secbb.html>.

President Obama sends pay, retirement commission recommendations to Congress

By **Jim Garamone**
Department of Defense News

WASHINGTON — President Barack Obama sent the recommendations of the Military Compensation and Retirement Modernization Commission to Congress April 30.

In the letter accompanying the report, Obama thanked the commission members and said their recommendations “represent an important step forward in protecting the long-term viability of the all-volunteer force, improving quality of life for service members and their families, and ensuring the fiscal sustainability of the military compensation and retirement systems.”

The president is prepared to support specific proposals for 10 of the Commission’s 15 recommendations.

Since the commission released its report to the president in January, DOD officials have been over the recommendations with a fine-toothed comb. The department and the White House want to move slowly on four of the commission’s 15 recommendations and will begin executing the remaining 10.

The four that require more study are: the proposal for a blended retirement system, reserve component duty statuses, exceptional family member support, and commissary and exchange consolidation.

The 10 recommendations the president is prepared to support either in toto or with modifications are: the Survivor Benefit Plan, financial education, medical personnel readiness, DOD and Department of Veterans Affairs collaboration, child care, service member education, transition as-

sistance, dependent space-available travel and the report on military-connected dependents.

Defense Secretary Ash Carter will submit proposals for legislation to Congress on some of the recommendations. For his part, Carter also praised the commission for its 18-month independent review. The commission looked at retirement and compensation programs administered both inside and outside DOD.

“Their work confirmed many positive changes that we’re making to uphold our commitments to our people and also pointed out areas where we can do better,” Carter said in a Pentagon release.

The commission’s last recommendation on the military TRICARE health benefit program needs more work, the secretary said.

“While we agree with the commission that reforms to the military health care system are needed, we also believe that the TRICARE proposals in President Obama’s fiscal 2016 budget serve as a good first step by offering service members, military families and retirees greater choice and control over their health care decisions,” Carter said in the release.

The department will work with the commission, interagency partners and Congress this year to develop additional reform proposals for the fiscal year 2017 budget proposal.

Former Assistant Secretary of Defense for Force Management and Policy Alphonso Maldon Jr. chairs the commission. Other members are former U.S. Sen. Larry L. Pressler from South Dakota, former U.S. Rep. Stephen E. Buy-

er from Indiana, former DOD Comptroller Dov S. Zakheim, former Capitol Hill staffer Michael R. Higgins, retired Army Gen. Peter W. Chiarelli, retired Navy Adm. Edmund P. Giambastiani Jr., former U.S. Sen. J. Robert [Bob] Kerrey from Nebraska, and former U.S. Rep. Christopher Carney from Pennsylvania.

The commission was chartered as part of the fiscal 2013 National Defense Authorization Act. The commission held public hearings at military posts across the country and solicited advice from veterans service organizations, think tanks and the general public.



President Barack Obama

WHITE HOUSE PHOTO

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I FURIOUS 7 - PG-13
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Sat-Sun: 1:50, 4:10, 7:00 & 9:30
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II NEW! HOT PURSUIT - PG-13
Mon-Fri: 7:10 & 9:10
Sat-Sun: 2:00, 4:00, 7:10 & 9:10

WESTGATE CENTER Entertainment Information 354-347-2531

III AGE OF ADALINE - PG-13
Mon-Fri: 7:00 & 9:10
Sat-Sun: 2:00, 4:10, 7:00 & 9:10

IV HOME - PG
Mon-Fri: 7:00 • Sat-Sun: 2:00 & 7:00

THE LONGEST RIDE - PG-13
Mon-Fri: 9:00 • Sat-Sun: 4:00 & 9:00

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I AVENGERS: AGE OF ULTRON - PG-13
2D - Mon-Fri: 7:00, 7:30 & 9:40
Sat-Sun: 1:00, 1:30, 4:00, 4:30, 7:00, 7:30 & 9:40

II AVENGERS: AGE OF ULTRON - PG-13
3D - Sat-Sun: 2:00, 5:00 & 8:00
Mon-Fri: 7:00 & 9:40

B.J., Student Criminal Justice

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Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday

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

Main Post Chapel, Bldg. 8940
9 a.m. Catholic Mass Sunday
11 a.m. Liturgical Protestant Service
12:05 p.m. Catholic Mass (Tuesday - Friday)
4 p.m. Catholic Confessions Saturday
5 p.m. Catholic Mass Saturday

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

Spiritual Life Center, Bldg. 8939
10:45 a.m. CCD (except during summer months).

BIBLE STUDIES

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

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

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

Wednesdays

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

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

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

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

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

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

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

Thursdays

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

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

Saturdays

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



COURTESY PHOTO

Pick-of-the-litter

Meet Odie, an approximately 3-year-old male Yorkshire terrier available for adoption at the Fort Rucker stray facility. He is sociable and well-behaved. 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.



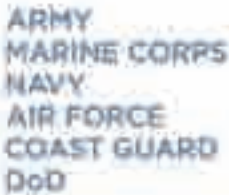
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MAY 7, 2015

DOMINATION

1-145th Avn. victorious in intramural play

By Nathan Pfau
Army Flier Staff Writer

As the 2015 Fort Rucker Intramural Softball Season gets fully under way, some teams are beginning to shine over others while keeping their eyes on the championship.

The 164th Theater Airfield Operations Group Guardians took on the 1st Battalion, 145th Aviation Regiment Brew Jays in a bout that had the Brew Jays soaring over their opponents, beating them 24-4.

The Guardians' lack of a strong defense early on allowed the Brew Jays to gain an extensive lead in the beginning, making it difficult for the 164th TAOG to catch up.

The 1-145th's formidable offensive capabilities and ability to keep the ball in the gaps of their opponent's defense sealed the deal to pull out a win for the Brew Jays, said team coach 2nd Lt. Kyle Applegate, adding that working on fundamentals helped the team to victory.

"We hadn't been able to hit our cutoffs, but today we finally started doing that pretty well," said Applegate. "We've been kind of just throwing the ball all around, so we've just been tightening things up as we go along."

"Also, we have a lot of speed, and fortunately we were able to put the ball in spots that made it hard for them to make plays," he said. "It was hard for them early on because once you get behind like that, you start to feel the pressure."

The Brew Jays took to the plate first and started off with multiple



PHOTO BY NATHAN PFAU

Jeremy Deas, player for Brew Jays, takes a swing during an intramural softball game at the Fort Rucker softball fields Monday.

base hits. Within minutes, they brought the first run home to start the onslaught.

The Guardian's defense struggled to keep up, and allowed a two-run RBI with only one out just minutes into the game. The 1-145th managed to keep up their pace and keep the ball on the ground to continue to bring

in runs with base hits, including another two-run hit and a three-run in-the-park home run to take enormous lead in the first inning.

A pop fly to center field finally ended their time at bat, leading the Guardians 13-0.

The 164th TAOG had their work cut out for them if they wanted to stay in the game, and

an error by the Brew Jays' short stop allowed for a base hit giving the Guardians a good start. But despite a second base hit, the Brew Jays' defense tightened up for the out at second base to slow their opponent's advance.

The Guardians managed to find the gaps in the 1-145th's defense for a double, followed by a sacri-

fice to get on the scoreboard.

Now with two outs in the bottom of the first with only a single run, things were looking bleak for the Guardians, but they managed another run before heading back into the outfield, ending the inning 13-2.

The Brew Jays kept their aggressive pace going to get base hit after base hit to bring in seven more runs during their time at the plate, leaving their opponents well behind.

The TAOG team took their time at the plate once again and pushed hard against the Brew Jays, but their offense wasn't strong enough to close the gap, and despite multiple base hits, the Guardians only managed to bring in two runs, ending the inning 20-4.

The Brew Jays weren't able to keep up their pace, however. As they seemed to tire, the 164th TAOG seemed to tighten up their defense, holding the 1-145th team back and allowing only four runs through to the bottom of the fifth.

Down by 20 points, the Guardians needed to score in this inning in order to stay in the game, but the Brew Jays weren't having it and stopped their opponents at every turn, ending the game 24-4 in the fifth inning.

With the Brew Jays' commanding victory, the team is optimistic about their chances in 2015, said Applegate.

"The championship is a long way away, but we'll just keep trying to get better and see where it goes from here," said the coach. "We're a good group of guys and we've been together for a long time."

Lyster event focuses on women's health

By Jenny Stripling
Lyster Public Affairs Officer

Lyster Army Health Clinic will host a women's health event Monday from 4-7 p.m. in the Lifespace Center area.

The event is part of National Women's Health Week, Sunday through May 16.

"National Women's Health Week serves as a time to help women understand what steps they can take to improve their health," said Alexa Manley, clinical nurse officer in charge at Lyster. "The goal is to empower women to make their health a priority. Women typically take charge of the family's health and may have a tendency to neglect their own."

Lyster's after-hours event makes it easier for women to attend who may not usually be able to make an appointment during daytime hours. The free event offers several activities that encompass nutrition, relaxation and physical activity, such as energetic Zumba classes, free reflexology and massage, nutritional demonstrations and body composite testing.

Women attending the event will receive a giveaway bag and be entered into door



COURTESY GRAPHIC

prize drawings. In addition to the fun, appointments can be made for essential health check-ups, including mammograms, Pap tests and well-woman appointments. The Southeast Sun Mammogram bus will be on-site helping with check-ups. Well-woman appointments will be available from 11 a.m. to 6 p.m. and mammograms from 2-6:45 p.m. the day of the event.

A well-woman visit is, simply put, a checkup, according to Julee Wood, Lyster population health nurse,

"It's a time to see your doctor or nurse

to discuss family history, family planning and personal habits, such as alcohol and tobacco use," said Wood. "During a well-woman visit, you can receive or schedule necessary tests, such as screenings for blood pressure and cholesterol or learn about ways to maintain a healthy weight."

Wood said that well-woman visits are recommended annually, but the Pap test screening will only be performed every three years for women ages 21 to 29 and every five years for women ages 30 to 65 in conjunction with HPV testing, as a rule

of thumb.

According to Wood, there are currently about 967 Lyster women beneficiaries overdue for a Pap test and they are encouraged to take advantage of the event to schedule their exam.

For more information on the event or to schedule a check-up time for the day of the event, call the Lyster Population Health Department at 255-7913 or 255-7715.

More information on National Women's Health Week can be found at www.womenshealth.gov/nwhw.



PHOTO BY JENNY STRIPLING

What's cooking?

Lyster Army Health Clinic registered dieticians pass out food samples during the clinic's healthy Mexican food cooking demonstration Friday. Participants were given step-by-step instructions on how to cook a heart-healthy meal, and went home with a recipe card and a taste of each dish. The next class will be May 29 at 11 a.m. in the Lyster Lifespace area. Demonstrations are free and open to everyone.

DOWN TIME



TRIVIA

1. ENTERTAINERS: What was Irving Berlin's name at birth?
2. MOVIES: How old in years was Yoda when he died in "Return of the Jedi"?
3. ACRONYMS: What does the first "A" in NASA stand for?
4. GENERAL KNOWLEDGE: Which pro baseball team calls Citi Field its home?
5. TELEVISION: Who played the bumbling Sgt. Schultz on TV's "Hogan's Heroes"?
6. LITERATURE: Who wrote the children's book "The Tale of Benjamin Bunny"?
7. HISTORY: How long did it take for Charles Lindbergh to make his famous first solo flight across the Atlantic?
8. INVENTIONS: What consumer product was invented by Walter Diemer in 1928?
9. BIBLE: How many pieces of silver did Judas receive for betraying Jesus?
10. ANIMAL KINGDOM: What is the largest primate on land?

See Page D4 for this week's answers.

Super Crossword TWO-CHANNEL CONNECTION

- ACROSS**
- 1 Old Glory, for one
 - 5 Up in smoke
 - 11 Refluxes of tides
 - 15 Ankle-knee connector
 - 19 I, to Greeks
 - 20 "Speak up!"
 - 21 Ark captain
 - 22 Chipotle item
 - 23 "Great job, play more!"
 - 25 Be sweet on
 - 26 Wilson of film
 - 27 One half of a 45
 - 28 Eat
 - 29 Stingy type
 - 30 Get a B, e.g.
 - 31 Mauna
 - 33 Sharp rise in new findings?
 - 36 Napoleon's birthplace
 - 40 Gem, e.g.
 - 41 Writer — Jackson Braun
 - 42 — out (supplement)
 - 43 ice melter
 - 45 — word (coinage for one occasion)
 - 48 Throbs
 - 49 Perpetual pampering?
- DOWN**
- 53 Country singer Evans
 - 55 Born, to Gigi
 - 56 Gridiron gp.
 - 57 Repulsive
 - 59 Fiennes or Macchio
 - 62 Fishermen, often
 - 65 "Hear No Evil" star
 - 67 Really move on the dance floor
 - 71 Round of applause all for oneself?
 - 73 Company symbol on a container of breathing gas?
 - 75 Capital of Croatia
 - 76 Scrape the bottom of
 - 78 Flushes
 - 79 Antipasto bit
 - 81 Loved by
 - 83 "— Beso" (1962 hit)
 - 84 56-Across stats
 - 87 Old phone part
 - 89 Distinctive feature of blasting material?
 - 93 Is on hold, say
 - 96 Spanish for "silver"
 - 98 Draft-eligible
 - 99 Item in a pod
 - 100 Congenital
 - 102 Bands of three
 - 105 Most morose
 - 107 Quaint theater where everyone hung out?
 - 111 Post-it note abbr.
 - 112 Soccer immortal
 - 113 Change formally
 - 114 Slugger Willie
 - 116 Evade artfully
 - 120 "Woe is me"
 - 121 — de foie gras
 - 122 Alternate title for this puzzle
 - 124 Madison Avenue prize
 - 125 Hens and cows
 - 126 Bright-shining
 - 127 Appellation
 - 128 Composer Jerome
 - 129 Acoustic pair
 - 130 Pint-size
 - 131 Otherwise
 - 1 Small lies
 - 2 Actress
 - 3 Just slightly
 - 4 Judges' mallets
 - 5 Bar drink
 - 6 Cherished
 - 7 Intelligible
 - 8 Hunky guy
 - 9 Most scant
 - 10 Before, to Kipling
 - 11 Spices up
 - 12 Idaho city
 - 13 Cake creator
 - 14 Singer Crow
 - 15 Cork up, as a bottle
 - 16 Maui native
 - 17 Emulate Tara Lipinski
 - 18 "Baloney!"
 - 24 Certain woodwind player
 - 29 Early hi-fi format
 - 32 Berry rich in antioxidants
 - 34 See eye to eye (with)
 - 35 Sis, say
 - 36 Frame of a cartoon
 - 37 Japanese island
 - 38 Calling the shots
 - 39 Nearly
 - 44 WJM anchor
 - 46 Pop singer
 - 47 Chunk of history
 - 50 Animal at "una corrida"
 - 51 East — (Asian nation)
 - 52 Spotted, as money
 - 54 Playwright Edward
 - 58 Ad catchphrase
 - 60 Little lake
 - 61 Texas — (poker game)
 - 62 Singer Scaggs
 - 63 Stunt legend Knievel
 - 64 Very zealous
 - 66 Put out
 - 68 Freaks out
 - 69 Tunes out
 - 70 Canon — Rebel
 - 72 Best possible
 - 74 Bad-pun responses
 - 77 Keep waiting
 - 80 Mr. Big
 - 82 However, briefly
 - 84 Pair of identical products sold as a unit
 - 85 Writer Steel
 - 86 "Babbitt" author Lewis
 - 88 White Rabbit's woe
 - 90 Tree flutterer
 - 91 New royal of 1981
 - 92 Kit —
 - 94 Confronts
 - 95 Canonized Fr. woman
 - 97 Walked (on)
 - 101 Slip away
 - 103 Electrical resistance measure
 - 104 Subject to legal action
 - 106 Singer Warwick
 - 108 Large city in Nebraska
 - 109 Ward off
 - 110 Ordinance
 - 115 Withered
 - 117 "You're on!"
 - 118 Mouth parts
 - 119 Lightish sword
 - 122 Salary ceiling
 - 123 Actor Bruce



See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★ ★

★ Moderate ★ ★ Challenging
★ ★ ★ HOO BOY!

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See Page D4 for this week's answers.

KID's CORNER

Junior Whirl

by Hal Kaufman

FOUR OUT! Twelve of the 16 numbers from 0 through 15 are in place in the diagram at right. You are asked to insert the missing four numbers — 6, 8 and 13 — in the blank at center so that each four-number row, across, down and diagonally, totals exactly 30. How quickly can you arrange numbers as required?

NAME TAGS! There's a flat of butter, a 68 of rights, a file of cash, a hope of fair, a hope to fail, a bowl of 50s, a work of art, a fly of noise, etc. See if you can think of some.

PUTTING MA TO A TEST! Mom is peeking to see if you can puzzle out the missing words above. One letter is added per row, and letters rearranged as necessary.

DEFINITIONS:
1. Mom, for short (already in place).
2. Doggies searched for an honest one.
3. "What's in a name?" William Shakespeare asked.
4. After copy.
5. Order back, as to job.
6. Wonder father and you anatomy.
Time limit: 2 min.

BACK LOG! Which of four goings above is headed back to its mother? Take a guess, then follow clues to find out.

Wishing Well

DAY CARE! Here's to Mom, on her very special day! Apply the following colors neatly: 1=Red, 2=Blue, 3=Yellow, 4=Green, 5=Orange, 6=Purple, 7=Pink, 8=Gray, 9=Black.

SPELLBINDER

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

BRIGHTEN

THEN score 2 points each for all words of four letters or more found among the letters.

Try to score at least 30 points. (Not very, honest, really!)

Wishing Well

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

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

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HOCUS-FOCUS

BY HENRY BOLTHOFF

Find at least six differences in details between panels.

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Small changes help fit exercise into schedule

By Justine Springer
U.S. Army Public Health Command

We all know that physical activity and exercise are important for overall health. However, many people find themselves struggling to get the recommended amount of physical activity in a day. Research has shown a minimum of 10,000 steps per day is necessary maintain a healthy lifestyle. Despite these recommendations, however, many Americans are only reaching about 6,000 steps. Common complaints are not having enough time to exercise, with busy schedules and long workdays as reasons for why individuals do not exercise. For most, it is often hard to find an extended period of time to get physically active. The good news is that small changes can make a big difference over time. It's not necessary to get all your physical activity in one burst. Finding time in your busy day to fit in an hour or two of physical activity at one time is often unrealistic. Incorporating physical activity into your routine in shorter intervals, even a few 15-20 minutes walks, is much more manageable and sustainable in the long term. Over time, these small changes will add up toward an ultimate physical activity goal.



Runners participate in the annual Turkey Trot 5k last year.

PHOTO BY NATHAN PFAU

The U.S. Department of Agriculture, the American College of Sports Medicine and the American Heart Association have many suggestions as to how to incorporate physical activity into daily life. The following are some quick suggestions of things to try.

- Take a walk during lunch or other

- break, or have a walking meeting instead of sitting in a conference room or colleague's office.
- Take a walk with the family after dinner instead of turning on the TV.
- Walk the dog instead of just letting the dog out in the yard.
- Walk up and down the soccer or foot-

- ball field while your child is playing instead of just sitting on the sidelines.
- Get outside and play with your children by throwing a ball around or playing tag for 10 minutes.
- Park your car in a space or location that is farther away from the office door.

Some people have had their desks converted into a standing workstation and alternate between sitting and standing throughout the day.

To keep things interesting, try different activities. Try hiking or biking on a local trail. Join an exercise or yoga class. Try working out to a video. Go on a skiing or snowboarding trip. In the winter, go sledding or snow tubing when it snows. In the summer, take advantage of the local pool and go swimming with the family or a friend. Play a sport, like tennis, basketball, volleyball or racquetball. The key is to pick activities that are interesting to you.

Remember, small changes add up. Any exercise is better than no exercise. Aim for at least 10-minute bouts of exercise spread out throughout the day. Smaller bouts of exercise may be more manageable and allow you to take advantage of the small breaks of time in your busy schedule.

PUZZLE ANSWERS

Super Crossword

Answers

FLAG	AFLAME	EBBS	SHIN
IOTA	LOUDER	NOAH	TACO
BRAYO	ENCORE	LIKE	OWEN
SIDEB	DINE	MISER	PASS
LOA	DISCOVERY	SPIKE	
CORSICA	STONE	LILLIAN	
EKE	SALT	NONCE	BEATS
LIFETIME	TLC	SARA	NEE
NFL	ODIOUS	RALPH	
BAITERS	MARLEE	BOOGIE	
OWNOVATION	OXYGEN	LOGO	
ZAGREB	DREDGE	REDDENS	
OLIVE	DEARTO	ESO	
TDS	DIAL	TNTHALL	MARK
WAITS	PLATA	ONEA	PEA
INNATE	TRIOS	SADDEST	
NICKEL	ODEON	HUB	FYI
PELE	AMEND	MAYS	DODGE
ALAS	PATE	CABLE	LINEUP
CLIO	SHES	AGLARE	NAME
KERN	EARS	PEEWEE	ELSE

Weekly SUDOKU

Answer

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

Trivia

Answers

1. Israel Baline
2. 900 years
3. Aeronautics
4. New York Mets
5. John Banner
6. Beatrix Potter
7. 33 1/2 hours
8. Bubble gum
9. 30
10. Eastern lowland gorilla

SPORTS BRIEFS

Youth Extreme Fitness

Youth can sign up now through May 18 for Fort Rucker Child, Youth and School Services' Youth Extreme Fitness sessions that will be held Tuesdays and Thursdays May 19-June 18 from 6-7 p.m. at the youth sports football field. CYSS officials said that this program will be both challenging and rewarding, adding that parents should keep in mind that the program is intended to push children beyond their normal comfort zones – mentally and physically. The cost is \$20 and it is open to youth ages 8-18. A current sports physical and valid CYSS membership are required for participation.

People can sign up at parent central services, 255-9638. For more information, call 255-225.

Mother's Day at Rucker Lanes

Rucker Lanes offers moms the chance to bowl three free games when a child bowls with them on Mother's Day, Sunday. For more information, call 255-9503.

Stars and Strikes

Rucker Lanes will offer its Stars and Strikes special on Memorial Day, May 25, from 10 a.m. to 10 p.m. Games will cost 25 cents per person and shoe rentals will be 50 cents. Regular pricing will apply to other menu items.

For more information, call 255-9503.

Memorial Day Flag Golf Tournament

Silver Wings Golf Course will host its Memorial Day Flag Tournament May 25 with tee times from 7-9 a.m. People can register up to 9 a.m. May 25. Entry cost is \$5, plus green and cart fees. Players must have a valid handicap.

For more information, call 598-2449.

Fitness Challenge

Fortenberry-Colton Physical Fitness Center instructors will hold a two-hour fitness challenge each month, with the next one taking place May 28. The challenge is open to all authorized PFC patrons. Each class is \$3.50 or people can use their class card. 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.

Enterprise baseball

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

Family Fun Day at Silver Wings

Silver Wings Golf Course will host its Family Fun Day every Sunday starting at 1 p.m. now through December. This family experience is intended to

introduce people to the game in a fun environment and help develop life-long golfers. The cost is \$20 for one adult and one junior, which includes cart rental, any applicable green fees, and one bucket of balls for nine holes.

For more information, call 598-2449.

Ladies Guest Day at Silver Wings

Ladies are welcome to bring a guest to Silver Wings Golf Course every Tuesday from 7 a.m. to 1 p.m. now through September. The cost for guests is \$25 and includes cart, green fee, one bucket of range balls and lunch. Members who bring a guest will receive 20-percent off lunch at Divots.

For more information, call 598-2449.

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 now through 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.

Senior Golf Tournament

Silver Wings Golf Course will host a senior tournament every third Thurs-

day of the month with a 9 a.m. shotgun start now through December. The format will alternate between scramble and better ball formats with two-person teams. The cost is \$35 for members, or \$45 for non-members, and the cost includes cart fee, green fee, one bucket of range balls, lunch and prizes.

For more information, call 598-2449.

Lunch and a lesson

Silver Wings Golf Course will host a one-hour clinic on the range with lunch every Wednesday in May and June from 11:30 a.m. to 12:30 p.m. The cost is \$15, which includes an item from a limited lunch menu, a drink, range balls and a lesson. The clinics are limited to a maximum of eight participants. Registration, payment, and lunch selection will be due the day before the event.

To sign up, call 598-2449.

SNAG Golf

Silver Wings Golf Course will offer SNAG Golfing the fourth Saturday of the month from noon to 2 p.m. now through August. SNAG is an alternate form of golf and a way to introduce new players to the game. The cost is \$10 for adults and \$5 for juniors. The cost includes play, a hot dog, chips and small fountain drink.

For more information, call 598-2449.

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