

**SUPPORT TO THE ALABAMA STATE GAMES/GATE HOUR/VCC CHANGE
SATURDAY, JUNE 13 ONLY**

In order to support the annual triathlon, the Faulkner Gate will open late on Saturday morning. It will be open from 8:30 a.m. to 2 p.m. Saturday. Addition-

ally, the visitor control center at the Denville Gate will be open Saturday from 5 a.m. to 1 p.m. to support the Alabama State Games. They will operate normal

hours on Sunday, which is 8 a.m. to 4 p.m. Officials appreciate people's patience as the post helps host these important games.

HEALTH

Fort Rucker rewarded for improved health, fitness

Story on Page D1



ARMY FLIER

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

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CELEBRATING FREEDOM



Fireworks from last year's Freedom Fest.

PHOTOS BY NATHAN PFAM

Freedom Fest features food, fun, music

By Jeremy Henderson
Army Flier Staff Writer

Freedom Fest returns to the Fort Rucker Festival Fields July 2 with food, live music, fun for all ages and one of the best fireworks displays in the Wiregrass.

Kristi Fink, DFMWR special events coordinator, said the annual event is the perfect opportunity for Soldiers and families to celebrate the nation's independence and experience a full day of local entertainment.

"It's an awesome event," she said. "There is something for everyone to enjoy from the kids' activities to the static displays to the 98th Army Band – and we'll finish it off with a spectacular fireworks display."

Activities begin at 4 p.m. and the 30-minute fireworks display begins around 9 p.m.

According to Fink, attendees can play laser tag this year and view new static displays in addition to the usual full plate of family-friendly activities.

"We have kids' activities like zip line, laser tag, pony rides, inflatables, etc.," she said. "The Fun World contains 16 different inflatables that patrons can purchase tickets for at a cost of \$1 each, or armbands for \$10 each or \$8 each if two or more are purchased."

Food vendors range from funnel

cakes and fried Oreos to roasted corn and barbecue, Fink said.

The 98th Army "Silver Wings" Band takes the stage at 7 p.m. to entertain the crowd until the fireworks begin. W01 Daniel Parker, 98th Army Band commander, said the band's performance will contain a little bit of everything.

"The band has two diverse sets of great popular music to entertain the crowd," he said. "The first set will feature country, classic rock, pop and funk hits from the Vietnam Era to present day. To energize the crowd and honor our nation, the second set will feature a variety of patriotic tunes leading up to fireworks. The whole evening will be a true production celebrating the rich heritage and bright future of this great nation."

Staff Sgt. Christine Permenter, 98th Army Band vocalist, said

Freedom Fest is always a special opportunity for the band.

"Freedom Fest is the 'Silver Wings' Band's most visible and well-attended musical engagement, drawing concert-goers from Fort Rucker and all throughout the Wiregrass," she said. "It's always an honor to entertain so many people in the area."

Sgt. James Old, 98th Army Band vocalist, guitarist and trumpet player, said a great deal of time is dedicated to perfecting the band's performance for Freedom Fest.

"Preparing for Freedom Fest entails a tremendous amount of time, planning, and rehearsals for both musical and non-musical aspects of the production," he said. "Preparation began nearly six months ago, with all phases of the process conceived and

SEE FREEDOM, PAGE A7



The 98th Army "Silver Wings" Band performs at last year's Freedom Fest. This year's event is scheduled for July 2.



PHOTO BY NATHAN PFAM

Col. Stuart J. McRae, Fort Rucker garrison commander and AER campaign chairman, presents a check to Beth Gunter, AER officer, during the AER closing ceremony at the U.S. Army Aviation Museum Monday.

Post raises more than \$138K for AER

By Nathan Pfau
Army Flier Staff Writer

Army Emergency Relief is all about Soldiers helping Soldiers, and Fort Rucker stepped up and did just that with this year's fundraising campaign.

The 2015 AER campaign season came to a close during a ceremony at the U.S. Army Aviation Museum, successfully raising \$138,786.16 to go toward helping Soldiers, retirees and family members in times of need.

"This makes it possible for the mission of providing financial assistance to all of our Soldiers, retirees and family members, and this ceremony today is to celebrate the exceptional performance of those who have influenced the campaign this year," said Col. Stuart J. McRae, Fort Rucker garrison commander and AER campaign chairman. "Over the last three years, (Fort Rucker) has collectively raised over \$400,000, and this is not a large post, so thank you guys very much. Please know that your dollar amounts count as it makes a difference in the lives of Soldiers, retirees and family members who have run into a hardship."

Taking care of those Soldiers and family members is a critical part of the wellness and strength of the Army and the nation, said Russell B. Hall, U.S. Army Aviation Center of Excellence and Fort Rucker deputy to the commanding general, as he offered his gratitude to all who contributed.

"Today, the Army Emergency Relief program provides support for our Soldiers and their families

SEE AER, PAGE A7

1-145th welcomes new command team

Also hosts Vietnam vets

By Nathan Pfau
Army Flier Staff Writer

As veterans of the 145th Combat Aviation Battalion (Vietnam) observed from the stands, the 1st Battalion, 145th Aviation Regiment welcomed a new command team.

Lt. Col. Joseph J. Hodgson assumed command of the unit from Lt. Col. Marcus A. Gengler, and Command Sgt. Maj. David S. Lane assumed responsibility from Command Sgt. Maj. Larry Harris during a change of command and responsibility ceremony on Howze field Friday.

Col. Shawn Prickett, 1st Aviation Brigade commander, presided over the ceremony to welcome the new command team, as well as bid farewell to the outgoing leaders.

"We welcome Lieutenant Colonel Hodgson and Command Sergeant Major Lane and their families to the Golden Hawk and Old Warriors family," said the brigade commander. "I have every confidence that you are the right leaders to continue the legacy of this great organization. Thank you for taking on this awesome responsibility."

"To Marcus and Command Sergeant Major Harris, your leadership has certainly shaped the cohort of Aviation leaders and our operational force, and it will for the foreseeable future," he continued. "You have honored those warriors

SEE 1-145TH, PAGE A7



PHOTO BY NATHAN PFAM

Lt. Col. Joseph J. Hodgson, 1st Bn., 145th Avn. Regt., receives the unit colors from Col. Shawn Prickett, 1st Avn. Bde. commander, as he assumes command of the unit from Lt. Col. Marcus A. Gengler during a change of command and responsibility ceremony on Howze field Friday.



PHOTO BY JAMES BODKIN

VETS VISIT

Veterans from the 145th Combat Aviation Battalion (Vietnam) Association and family members check out a static display while being hosted by the 1st Battalion, 145th Aviation Regiment June 4 through Sunday. Nearly 140 members of the unit came together during the reunion to share stories and participate in and attend events, including a ride in a Huey helicopter, static displays of aircraft, a tour of flight simulators, the change of command for the 1-145th Avn. Regt. and to host a picnic for the new unit commander.

PERSPECTIVE

Important steps to understanding job search

By Alfred Alexander
*Soldier for Life
Transition Services Specialist*

Searching for a job is a process, and it can sometimes be a lengthy one. It involves drawing on skills you’ve developed over time, including reflection, research, planning, writing, speaking, problem solving and self-advocacy. You can be successful in the job search, but it will take a reasonable investment of time and energy. Here are some steps to take to help ensure your success.

- Step 1 – Identify and analyze your skills, values and interests.**
- The first step in a successful job search is to think about what you want to do, and how well your skills, values and interest align with the expectations of the job.
 - Take a skills assessment to assist with what career field you want to be in.
 - Determine if you need to gain any additional skill sets or experiences to make you more competitive in the job search process, i.e., licenses or credentials.

- Step 2 – Develop your documents and fine tune your social media presence.**
- You will need to have a great resume that you will later change for each specific job.
 - Work on writing your cover letters.
 - Be prepared to submit a personal statement or letters of recommendation. if requested – some employers ask for them.

SUCCESS STORIES

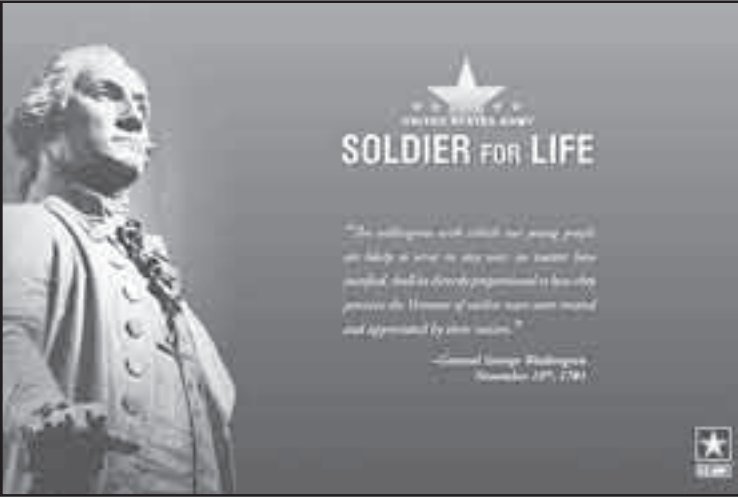
A command sergeant major lands job as associate team leader for Hormel Foods Corporation in Dubuque, Iowa. He will be leading a team of 20-plus employees to meet or exceed company production and safety goals. “My resume was very strong thanks to all the coaching received from Soldier for Life.”

A master sergeant received a job with Computer Science Corporation in Huntsville. He will be the Air Traffic Control technical trainer. He will prepare and conduct training classes for Army Air Traffic Control Systems. “What helped me the most was my resume and interview skills gained in the Soldier for Life classes.”

- Review your social media accounts, e.g., Facebook, LinkedIn, Twitter, to make sure the image you present online is representative of how you want to be seen by prospective internship sites and other professionals.
- Step 3 – Research the kinds of jobs that are out there that match your interests and skill set.**
- Focus your job search by identifying prospective employers by field of interest and geographic area.

- Step 4 – Utilize your network.**
- Employers and job seekers affirm that networking is the most powerful tool you can use to find a job.
 - Many opportunities are filled by candidates known by the employer through networking contacts.
 - Your networking contacts can also help you fine-tune your documents before you submit them for consideration.

- Step 5 – Tailor your documents to fit each job posting you are interested in and then submit your applications.**
- In addition to submitting applications electronically or via mail, you might also try attending a job fair. The Soldier for Life staff can help prepare you with tips on how to handle a job fair.
- Step 6 – Maintain an organizational structure and keep at it.**
- An organizational structure will help you keep track of your network of contacts, dates and follow-up information.
 - Examples of things to track are jobs you applied for, dates you applied for jobs, when to make follow-up contact, dates and times of interviews, names of people to network with, dates when follow-up contact was made and who you spoke with, and weekly or monthly goals.
 - Following up after you have submitted your application can be helpful. SFL has some



ARMY GRAPHIC

- tips for professional communication etiquette.
- Step 7 – Prepare for interviews and practice marketing yourself.**
- Even if you’ve been successful in interviewing for college admission, fellowships, and summer work or service, this is a different type of interview. Practice, practice, practice.
 - Make sure you have the appropriate professional attire.
 - Many interviews will also involve a meal, so make sure you brush up on your dining etiquette.
- Step 8 – Follow up after the interview.**
- Following up with an employer after an interview or even after submitting your application is something many job seekers are reluctant to do because they think it could be viewed as pestering.
 - However, if done professionally, following up can demonstrate your enthusiasm and interest.
 - If the organization has re-

- quested “no calls” or “no emails,” follow their instructions. Be patient and adhere to the request.
- Be patient. For most employers, jobs take months to fill; what may feel like a very long time to wait for you, may be lightning speed for an organization.
- Step 9 – Do your homework to decide if you will accept an offer or not and be prepared to negotiate if necessary.**
- You may want to create a list of pros and cons to help you determine if the job is a good fit for what you want to be doing.
- Step 10 – When you are ready to start, remember to do what you need to do to stay hired and make sure you are prepared to be a successful professional at the workplace.**
- For more on all of these topics and more, call the Fort Rucker Soldier for Life Center at 255-2558 or visit <http://www.cornellcollege.edu/career-engagement/jobs/index.shtml>.

Rotor Wash

“The Army Strong Triathlon is Saturday from 7 a.m. until noon at Lake Tholocco’s West Beach. Why should physical fitness be an important part of daily activity?”



Julia Does, civilian

“It’s important to stay active to maintain health.”



Marcela James, military spouse

“Exercise can help give you energy so that you’re not so tired throughout the day.”



Alicia Rogers, military spouse

“It’s best to learn healthy habits so that you can remain healthy throughout life.”



Karen Harden, military spouse

“It’s not just important for your health, but it makes you feel better when you exercise.”



Charlie Danford, military family member

“Exercising just helps you keep a balanced lifestyle, and it can provide motivation to do other things.”

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FORT RUCKER GARRISON COMMANDER

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PII COMPROMISE

OPM to notify employees of cybersecurity incident

U.S. Office of Personnel Management
Press Release

WASHINGTON – The U.S. Office of Personnel Management has identified a cybersecurity incident potentially affecting personnel data for current and former federal employees, including personally identifiable information.

Within the last year, the OPM has undertaken an aggressive effort to update its cybersecurity posture, adding numerous tools and capabilities to its networks. As a result, in April, OPM detected a cyber-intrusion affecting its information technology systems and data. The intrusion predated the adoption of the tougher security controls.

OPM has partnered with the U.S. Department of Homeland Security’s Computer Emergency Readiness Team and the Federal Bureau of Investigation to determine the full impact to federal personnel.

OPM continues to improve security for the sensitive information it manages and evaluates its IT security protocols on a continuous basis to protect sensitive data to the greatest extent possible. Since the intrusion, OPM has instituted additional network security precautions, including: restricting remote access for network administrators and restricting network administration functions remotely; a review of all connections to ensure that only legitimate business connections have access to the internet; and deploying anti-malware software across the environment to protect and prevent the deployment or execution of tools that could compromise the network.

As a result of the incident, OPM will send notifications to approximately 4 million individuals whose PII may have been compromised. Since the investigation is on-going, additional PII exposures may

come to light; in that case, OPM will conduct additional notifications as necessary.

In order to mitigate the risk of fraud and identity theft, OPM is offering credit report access, credit monitoring and identify theft insurance and recovery services to potentially affected individuals through CSID®, a company that specializes in these services. This comprehensive, 18-month membership includes credit monitoring and \$1 million in identity theft protection services at no cost to enrollees.

“Protecting our federal employee data from malicious cyber incidents is of the highest priority at OPM,” said OPM Director Katherine Archuleta. “We take very seriously our responsibility to secure the information stored in our systems, and in coordination with our agency partners, our experienced team is constantly identifying opportunities to further protect the data with which we are entrusted.”

OPM has issued the following guidance to affected individuals.

Monitor financial account statements and immediately report any suspicious or unusual activity to financial institutions.

- Request a free credit report at www.AnnualCreditReport.com or by calling 1-877-322-8228. Consumers are entitled by law to one free credit report per year from each of the three major credit bureaus – Equifax®, Experian®, and TransUnion® – for a total of three reports every year. Contact information for the credit bureaus can be found on

the Federal Trade Commission (FTC) website, www.ftc.gov.

- Review resources provided on the FTC identity theft website, www.identitytheft.gov. The FTC maintains a variety of consumer publications providing comprehensive information on computer intrusions and identity theft.
- You may place a fraud alert on your credit file to let creditors know to contact you before opening a new account in your name. Simply call TransUnion® at 1-800-680-7289 to place this alert. TransUnion® will then notify the other two credit bureaus on your behalf.

OPM also issued tips on how to avoid being a victim.

- Be suspicious of unsolicited phone calls, visits, or email messages from individuals asking about employees or other internal information.
- If an unknown individual claims to be from a legitimate organization, try to verify his or her identity directly with the company.
- Do not provide personal information or information about your organization, including its structure or networks, unless you are certain of a person’s authority to have the information.
- Do not reveal personal or financial information in email, and do not respond to email solicitations for this information. This includes following links sent in email.
- Do not send sensitive information over the Internet before checking a website’s

IDENTITY THEFT CLEARINGHOUSE

Federal Trade Commission
600 Pennsylvania Avenue, NW
Washington, DC 20580
www.identitytheft.gov
1-877-IDTHEFT (438-4338)
TDD: 1-202-326-2502

security (for more information, see Protecting Your Privacy, <http://www.us-cert.gov/ncas/tips/ST04-013>).

- Pay attention to the URL of a website. Malicious websites may look identical to a legitimate site, but the URL may use a variation in spelling or a different domain (e.g., .com vs. .net).
- If you are unsure whether an email request is legitimate, try to verify it by contacting the company directly. Do not use contact information provided on a website connected to the request; instead, check previous statements for contact information. Information about known phishing attacks is also available online from groups such as the Anti-Phishing Working Group (<http://www.antiphishing.org>).
- Install and maintain anti-virus software, firewalls and email filters to reduce some of this traffic. For more information, see Understanding Firewalls, <http://www.us-cert.gov/ncas/tips/ST04-004>; Understanding Anti-Virus Software, <http://www.us-cert.gov/ncas/tips/ST04-005>; and Reducing Spam, <http://www.us-cert.gov/ncas/tips/ST04-007>.
- Take advantage of any anti-phishing features offered by your email client and web browser.
- Employees should take steps to monitor their personally identifiable information and report any suspected instances of identity theft to the FBI’s Internet Crime Complaint Center at www.ic3.gov.

Potentially affected individuals can obtain additional information about the steps they can take to avoid identity theft from the following agencies. The FTC also encourages those who discover that their information has been misused to file a complaint with them.

SERE training helps POWs, families reintegrate

By Nathan Pfau
Army Flier Staff Writer

The Army tries to make sure its Soldiers are prepared for anything, and Fort Rucker plays an important role in that preparedness by facilitating training for not only the Soldiers, but their families as well.

The installation’s Survival, Evasion, Resistance and Escape school partnered with U.S. Army South to provide reintegration training for family assistance teams who work to reintegrate Soldiers back to normal life following a period of captivity against their will, according to Jim Bryan, family assistance team training lead for Army South.

The three-phase process is used to take the individual who was held captive and return them to a healthy life, he said.

“For the isolated individual, when they come out, depending on how long they’ve been in captivity, they may have been controlled every minute of every day for a year or more,” said Bryan. “Some may not have even spoken English for years, so for them it’s very important that they go through the appropriate channels and through a process to reintegrate them into

normal lives.”

Bryan also said it’s important for family members to understand how they can better integrate with their loved one after such an incident, therefore, family assistance teams are utilized to help families during the transition period.

“Many of these Soldiers have been on deployments, and they know the difficult transitions from being on a deployment where they’ve been able to share letters and write to each other,” he said. “In this type of situation, they’ve not been able to speak to each other for a period of time, so we’ve got to prepare them for what’s going to happen and all the real-world type questions they might have.”

This portion is the culmination of training for the family assistance teams, who are dealing with families of Soldiers going through SERE school on Fort Rucker, a process that removes the Soldier from the family for 21 days.

“We make sure that the Soldiers transition back to their loved ones smoothly,” said Bryan.

Although the training is invaluable for the reintegration teams, it also serves a dual purpose in preparing some families for a terrible situation.



PHOTO BY NATHAN PFAU

W01 Bradley Cole, B Company, 1st Battalion, 145th Aviation Regiment, greets his wife, Amanda, and son, Bradley, after 21 days of SERE training Sunday. The Coles were part of a reintegration training program hosted by Fort Rucker and Army South.

For Sue Nys, military spouse who participated in the reintegration training, the process has been stressful, but one that she feels is necessary and helpful.

“I think it’s important because it gives us a realistic look at how it actually would happen, so I feel a little more prepared should anything actually happen,” she said.

“It is a little bit scary to hear those things and obviously you never want this to happen, but it’s nice to know that they’re going to do everything that they can to care for the Soldier and the family.”

“It’s an eye-opening experience, as well, because you go through this and you don’t realize how much goes into bringing a Soldier back and the emotional distress involved –not just for the (spouses), but the community and the other family members,” added Amanda Cole, military spouse and fellow participant. “It helps to know what the Soldier has gone through because they’ve got to bring that baggage home with them.”

Lindsay Dunne, another participant in the training, said she finds solace in the fact that what they are doing is helping Soldiers and families who might go through that type of scenario.

“I feel good that we’re helping out because they’re going to be working with future families, so it’s for progress,” she said. “I’m not normally somebody who likes to be involved in things, but I actually enjoyed it because I knew that it was something that was helping something bigger than myself. I was happy to be a part of it.”

News Briefs

Opportunity Knocks

The Fort Rucker Thrift Shop has an opening for a cashier/assistant bookkeeper. Hours are Tuesdays, 9 a.m. to noon; Wednesdays, Thursdays and Fridays from 9 a.m. to 2:30 p.m. There may other days and hours as determined by the manager. The cashier is responsible for ringing customer transactions, customer service and money management, although there may be additional duties assigned. The pay is \$8.50 an hour.

Employment applications can be downloaded from the thrift shop’s website at <http://www.fortruckerthriftshop.org/employment.html> and submitted during business hours.

Veteran appreciation

Alabama State Games XXXIII opening ceremonies are coming to the National Peanut Festival Fairgrounds in Dothan Friday. The opening ceremonies will honor past and present military members and their families. As per resolutions passed by both houses of the Alabama legislature and signed by the governor, along with the cities of Dothan and Ozark and the counties of Dale and Houston, Friday has been declared “Thank You for Your Service Day in Alabama.”

The National Peanut Festival Fairgrounds has been de-

clared in the resolutions as the venue for honoring all military and family members, past and present, at 7 p.m. in the amphitheater during the opening ceremonies. There will be limited seating in the amphitheater, so people are welcome to bring lawn chairs, blankets and an American flag. Gates will open at 3 p.m. and vendors will be on hand.

The 98th Army “Silver Wings” Band will also perform at the event. Admission and parking at the National Peanut Festival Fairgrounds will be free to the public. The ceremonies will be broadcast statewide on Alabama Public Television and a fireworks show will follow the proceedings.

For more information, visit www.alagames.com or call 379-6981.

Changes of command

- The 1-14th Avn. Regt. will host a change of command ceremony June 18 at 8:30 a.m. at Howze Field.
- Headquarters and Headquarters Company of the 164th Theater Airfield Operations Group will host a change of command ceremony June 19 at 9:30 a.m. at the Corvias Building, Bldg. 2908. Capt. Nathan Houston will assume command from Capt. Alvaro Galvez.
- The 1st Avn. Bde. will host a change of command ceremony June 23 at 8:30 a.m. at Howze Field.

- The 1-223rd Avn. Regt. will host a change of command ceremony June 26 at 8:30 a.m. at Howze Field.
- The 110th Aviation Brigade will host a change of command ceremony July 1 at 9 a.m. on Howze Field. Col. Kelly E. Hines will assume command of the brigade from Col. Jayson A. Altieri.

Blood drive

The Sullivan Memorial Blood Center from Fort Benning, Georgia, will host a blood drive at Fort Rucker June 25 from 10 a.m. to 6 p.m. at the Fortenberry-Colton Physical Fitness Center. Blood donated through the Armed Forces Blood Program supports combat operations, military treatment facilities and Veterans Affairs hospitals.

For more information, visit <http://www.militaryblood.dod.mil/benning/>.

Clinic closure

Lyster Army Health Clinic will close at noon Wednesday for monthly training and reopen at 7:30 a.m. June 18. The appointment lines open at 7 a.m. People who need medical care or advice should call the Nurse Advice Line at 800-874-2273. For emergencies, people should go to the nearest emergency room, according to clinic officials.

EAS proves successful

By David Vergun
Army News Service

WASHINGTON — “The European Activity Set proved so successful that the Army chief of staff approved growing it to a full brigade combat team,” said the deputy commander of Army Materiel Command.

These activity sets allow a combatant commander to have a forward capability without permanent stationing of troops, Lt. Gen. Larry Wyche said while he was keynote speaker at the Association of the United States Army’s Institute of Land Warfare-sponsored Hot Topics: “Strategic Sustainment for a Globally Responsive and Regionally Engaged Army,” June 3.

The EAS are combined-arms, battalion-sized groups of vehicles and equipment that are pre-positioned in Europe to outfit Army regionally-aligned forces when they rotate into theater for training, disaster relief, theater security or contingency operations, he said.

The activity set includes vehicle systems and equipment, which would outfit a combined-arms battalion, such as M1A2 SEP v2 Abrams Main Battle Tanks and M2A3 Bradley Infantry Fighting Vehicles, as well as the standard array of tracked and wheeled support systems, according to the U.S. Army Joint Multinational Training Command.

Pre-positioning vehicles and equipment in Europe allows the Army to save time, money and resources by only rotating personnel into theater, rather than shipping large equipment back and forth across the Atlantic Ocean, according to JMTC, he said.

Wyche revealed that the Army is also building activity sets for U.S. Africa Command and for U.S. Pacific Command. The latter sets will likely be located in Southeast Asia. Activity sets will also be built for Special Operations Command, he said.

Other pre-positioning

Positioning of forward-deployed equipment is not limited to activity sets. The Army Pre-positioned Stocks program positions warfighting equipment ashore and afloat worldwide to reduce the deployment response times.

While Wyche did not mention all of the APS locations in the world, he touched on a few, noting that mine-resistant, ambush-protected vehicles and bridging capability are being pre-positioned in the United States.



PHOTO BY 1ST LT. HENRY CHAN

Tank commander Sgt. Anthony Malagoli, from Forked River, N.J., with the 2nd Battalion, 5th Cavalry Regiment, fields a European Activity Set M1A2 Abrams Main Battle Tank with this driver, Pfc. Ryan Spelick, from Mount Hamilton, Calif., at the Grafenwoehr Training Area as part of a European Activity Set test drive last year.

Also, an APS set consisting of an added sustainment brigade and route-clearing package are being added to South Korea. And, he said, the Army is fielding a humanitarian-assistance and disaster-relief set with U.S. Southern Command and adding an infantry battalion to U.S. Central Command.

All of that equipment needs a place to stay, and much of it is now outside in the weather.

AMC is constructing 15 climate-controlled warehouses, which will “extend equipment shelf-time and realize annual savings of \$100 million in reduced lifecycle costs just by removing equipment out of the weather,” he said.

Logistics modernization

Wyche addressed a number of other AMC initiatives, including the Logistics



Wyche

Modernization Program.

“LMP is a \$1.1-billion investment, replacing 35-year-old legacy systems, improving accuracy, reliability, speed to better deliver readiness support in global environment,” Wyche said.

Before the LMP was conceived, AMC depended on “ponderous, 30-year-old (information technology) systems to manage its logistics operations and supply critical equipment and repair parts to the Soldiers,”

according to AMC.

These systems – the largest of which were the Commodity Command Standard System and the Standard Depot System – “evolved into a complex web of software solutions that were difficult to maintain and almost impossible to update to address the Army’s rapidly expanding supply needs,” according to AMC.

Eagle initiative

Another AMC initiative is the Enhanced Army Global Logistics Enterprise, a strategic sourcing strategy to integrate supply, maintenance and transportation service requirements across the Army, Wyche said.

For example, there are transport agreements with 146 companies, he said, and EAGLE streamlines the acquisition of logistics services at 73 logistics readiness centers at Army installations.

EAGLE also promotes better buying power by increasing competition and increasing opportunities for small businesses to become prime contractors, he added.

In the past, many installations placed separate contracts for maintenance, supply and transportation support services. The EAGLE acquisition strategy centralizes functional responsibility, eliminates redundancy, and maximizes efficiency by combining these, according to AMC.

Lastly, and on an unrelated topic, Wyche announced that AMC just launched a program called AMC 1000, which will offer 1,000 high school and college students intern opportunities for the next five years throughout AMC starting this month.



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Robots from South Korea, U.S. win DARPA

By Cheryl Pellerin
Department of Defense News

POMONA, Calif. – A robot from South Korea took first prize, and two American robots took second and third prizes June 6 in the two-day robotic challenge finals held by the Defense Advanced Research Projects Agency.

Twenty-three human-robot teams participating in the DARPA Robotics Challenge finals competed for \$3.5 million in prizes, working to get through eight tasks in an hour, under their own onboard power and with severely degraded communications between robot and operator.

A dozen U.S. teams, and 11 from Japan, Germany, Italy, South Korea and Hong Kong competed in the outdoor competition.

DARPA launched the DRC in response to the nuclear disaster at Fukushima, Japan, in 2011 and the need for help to save lives in the toxic environment there.

Progress in robotics

The DRC’s goal was to accelerate progress in robotics so robots more quickly can gain the dexterity and robustness they need to enter areas too dangerous for people and mitigate disaster impacts.

Robot tasks were relevant to disaster response – driving alone, walking through rubble, tripping circuit breakers, using a tool to cut a hole in a wall, turning valves and climbing stairs.

Each team had two tries at the course with the best performance and times used as official scores. All three winners each had final scores of eight points, so they were arrayed from first to third place according to least time on the course.

DARPA program manager and DRC organizer Gill Pratt congratulated the 23 participating teams and thanked them for helping open a new era of human-robot partnerships.

Robot fans
The DRC was open to the public, and more than 10,000 people over two days watched from the Fairplex grandstand as each robot ran its course. The venue was formerly known as the Los Angeles County Fairgrounds.

“These robots are big and made of lots of metal, and you might assume people seeing them would be filled with fear and anxiety,” Pratt said during a press briefing at the end of Day 2.

“But we heard groans of sympathy when those robots fell. And what did people do every time a robot scored a point? They cheered!” he added.



DARPA PHOTO

Team Kaist’s robot, DRC-Hubo, uses a tool to cut a hole in a wall during the DARPA Robotics Challenge Finals June 5-6 in Pomona, Calif.

Pratt said this could be one of the biggest lessons from DRC – “the potential for robots not only to perform technical tasks for us but to help connect people to one another.”

Winning team

Team Kaist from Daejeon, South Korea, and its robot DRC-Hubo took first place and the \$2 million prize. Hubo comes from the words humanoid robot.

Team Kaist is from the Korea Advanced Institute of Science and Technology, which professor JunHo Oh of the Mechanical Engineering Department called “the MIT of Korea,” and he led the team to victory.

In his remarks at the DARPA press conference, Oh noted that researchers from a university commercial spinoff called Rainbow Co., built the Hubo robot hardware.

The professor said his team’s first-place prize doesn’t make DRC-Hubo the best robot in the world, but he’s happy with the prize, which he said helps demonstrate Korea’s technological capabilities.

Runner-up

Coming in second with a \$1 million prize is Team IHMC Robotics of Pensacola, Flor-

ida – the Institute of Human and Machine Cognition – and its robot Running Man.

Jerry Pratt leads a research group at IHMC that works to understand and model human gait and its applications in robotics, human assistive devices and man-machine interfaces.

“Robots are really coming a long way,” Pratt said.

“Are you going to see a lot more of them? It’s hard to say when you’ll really see humanoid robots in the world,” he added. “But I think this is the century of the humanoid robot. The real question is what decade? And the DRC will make that decade come maybe one decade sooner.”

In third

In third place is Team Tartan Rescue of Pittsburgh, winning \$500,000. The robot is CHIMP, which stands for CMU highly intelligent mobile platform. Team members are from Carnegie Mellon University and the National Robotics Engineering Center.

Tony Stentz, NREC director, led Team Tartan Rescue, and during the press conference called the challenge “quite an experience.”

That experience was best captured, he

said, “with our run yesterday when we had trouble all through the course, all kinds of problems, things we never saw before.”

While that was happening, Stentz said, the team operating the robot from another location kept their cool.

Showing promise

“They figured out what was wrong, they tapped their deep experience in practicing with the machine, they tapped the tools available at their fingertips and they managed to get CHIMP through the entire course, doing all of the tasks in less than an hour,” he added.

“That says a lot about the technology and it says a lot about the people,” Stentz said, “and I think it means that there’s great promise for this technology.”

All the winners said they would put most of the prize money into robotics research and share a portion with their team members.

After the Day 2 competition, Arati Prabhakar, DARPA director, said this is the end of the three-year-long DARPA Robotics Challenge, but “the beginning of a future in which robots can work alongside people to reduce the toll of disasters.”

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SMA discusses evaluation

By C. Todd Lopez
Army News Service

FORT MEADE, Md. — The debut of the new NCO evaluation report, expected as a cure for rating inflation, has been pushed to next year.

During an Army birthday town hall meeting with Soldiers June 4, Sgt. Maj. of the Army Daniel A. Dailey said the new NCOER, which was originally slated for release in October, would instead be pushed to 2016. The additional time will allow for a fine-tuning of the process and procedures for tracking rater profiles to ensure Soldiers have a fair chance at promotions while also preventing rating inflation.

During the town hall meeting at the Defense Media Activity, Dailey answered questions from more than 100 Soldiers in the audience. He also answered questions, which came into the studio via social media, and via pre-recorded video message from Soldiers throughout the world.

In terms of training military human resources specialists on how the new NCOER will work - that training has already been completed, Dailey said. Those human resources Soldiers will in turn train their units on how to use the new NCOER web system and forms.

One of the biggest changes to the new NCOER, Dailey said, is that it introduces rater accountability as a way to address the issue of rating inflation.

The NCOER was both “out of date” with Army doctrine and subject to rating inflation, Dailey said. “We have to get at that. We have to make sure, that our people we ask to run promotion boards, have the full capability to understand and know who is best for promotion. This new NCOER is going to help do that.”

Dailey said that for years, those who have rated Army officers have been held accountable for how many they rate as being “the best.” The new NCOER introduces a similar concept for enlisted Soldiers.

Under the current NCOER, he said, “everybody in the Army had the potential to get a number 1 block. In most cases, that’s what happened.”

When every Soldier is rated as the best, he said, it makes it difficult to decide who gets promoted.

“With a rater profile, your rater is going to be limited on the total number ‘1 blocks’ they can give out,” he said.

The new standard for Soldiers, he said, will be “fully qualified.” Only those exceeding the standard will be marked higher. He told Soldiers that those of them who rate “fully qualified” will still be getting promoted.

“We are designing the system so that you can get promoted; you will get promoted if the rest of your records are consistent with the good order and discipline of the U.S. Army,” he assured them.

Addressing a related question regarding promotions, the Dailey told Soldiers that one thing they should be doing each month – something many Soldiers fail to do, and pay a price for by not getting promoted – is ensure that their personnel records are maintained and accurate.

“Later on in your career, when you get evaluated by a board, that’s what your representation is – your file,” he said.

Dailey also said that there are some daily activities Soldiers can do to get a leg up on promotion: physical training and education.

“Challenge yourself every day,” he said. “It starts at 6 a.m. You can make a difference as early as tomorrow morning. You can add points to your promotion standing just by doing better at PT. Once more pushup is one more point. One more sit-up is one more point. And study hard, do your structured self-development.”

The sergeant major acknowledged that, as the Army draws down, there will be fewer actual promotions because there will be fewer Soldiers. But he said the Army still needs to promote Soldiers to have the right leaders in the right positions. He said Soldiers will still get promoted in the same percentage in order to ensure the Army structure is maintained.

“As Soldiers transition and the need arises, the Army will continue to promote in accordance with these needs,” he said “We will continue to, and have to continue to promote our Soldiers. Be persistent, do your best.”

Compensation

Today, Soldiers must serve 20 years before earning a retirement. Soldiers who serve less than 20 years get no retirement benefits at all. Dailey said there is discussion within the Department of Defense, the Army and the other services about how that might change.

“We are doing this because we need reform,” he said. “We have an old retirement system – it only compensates those that stay 20 years. What we are trying to do is make sure that we (provide) compensation and a retirement system that can carry over to all Soldiers, whether they stay three years or 30 years. They will be able to put some in, but yet take some out when they leave.”



PHOTO BY STAFF SGT. CHUCK BURDEN

Sgt. Maj. of the Army Daniel A. Dailey discusses Soldier evaluation, education and compensation during an Army birthday town hall meeting with Soldiers at Defense Media Activity on Fort Meade, Md., June 4.

Dailey said the concept is not exclusively an Army effort, but involves all services and the Department of Defense. Changes to the retirement system for service members would also require input from lawmakers. Dailey also said that he and other senior leaders are working to ensure that if changes ever come to the retirement system, Soldiers already in uniform will be “grandfathered in” under the retirement system that was in place when they joined the military.

For Soldiers and their families, which use TRICARE medical services, Dailey said there is no charge for when Soldiers or dependents miss an appointment with a military doctor.

But the sergeant major said that might not always be the case. Missed appointments, he said, are costly. He told Soldiers that missing an appointment is also unfair to other Soldiers, who tried to make an appointment but were unable to because of a doctor already being scheduled.

Dailey also told concerned Soldiers that he believed for the time being that military medical care would remain unchanged, rather than being affected by the Affordable Care Act.

He said that some 51 percent of dollars the Army gets from Congress are used for personnel costs, rather than equipment. Personnel costs include medical care for Soldiers. That being the case, he said the military is pressed to find cost savings.

“We are taking a look at how we can find efficiencies in our healthcare for both our Soldiers and families,” he said. “I don’t think in the foreseeable future that we’ll be doing (the Affordable Care Act). I think in the foreseeable future, it is in the best interest of our Soldiers and our families to maintain healthcare within our military health system.”

BAH

For Soldiers at the town hall concerned that their basic allowance for housing might be cut, Dailey said that is not the case. Rather, he said, it is the intent of the Army that the unbridled growth of the BAH entitlement should be slowed.

Dailey said that BAH continued to grow through the recession. He said the allowance wasn’t ever designed to pay 100 percent of housing costs for Soldiers, though that is what ended up happening. Nevertheless, the Army doesn’t plan to “cut” BAH, he said.

“What we are saying is we are going to slow the growth,” Dailey said, adding that every time BAH is raised, those who rent homes and apartments to Soldiers raise the rents they charge to take advantage. “If we slow the growth of BAH, it shouldn’t be hurting Soldiers.”

Uniforms

During the town hall, Dailey brought forward a Soldier in the audience who was wearing the new Operational Camouflage Pattern uniform, which the Army will make available in July.

He told Soldiers not to go out and buy it. “One thing I want to make important and let everybody know is we don’t all need to rush out and get the new uniform. Be patient,” he said. “We pay you to replace your uniforms every year with your clothing allowance. Part of that clothing allowance builds up to the amount of uniforms you have in your clothing bags. That’s how we determine the wear-out dates.”

Dailey said that Soldiers have until Oct. 1, 2019, four years and three months from the time the new uniforms appear on shelves, before they will be required to wear the new uniform to work.

“I expect Soldiers to use their clothing allowance to do that, over time, so we don’t place a significant burden on our young

Soldiers and their families,” he said.

Dailey said the Army doesn’t have enough OCP in stock for all Soldiers to get the new uniform immediately. Instead, he said, the Army will distribute the new uniform to commands based on operational need. Those units deploying will get the uniform first.

Dailey said that he will continue to wear the Army Combat Uniform until such time he needs to replace it, and only then will he begin purchasing the new OCP uniform. He also told Soldiers that he has asked commanders to respect the required wear date for the new uniform, and to not require Soldiers to spend their own money on the new uniform before the Army requires them to have it.

“Allow your clothing allowance dollars to work for you,” he said.

Dailey also polled Soldiers at the town hall regarding the wear of black socks with the new Army Physical Training uniform. Soldiers all agreed that the uniform would be better with black socks – and Dailey said he’s gotten similar input from around the force. He said the message has been conveyed to Army leadership.

He also said that he is happy with other Army uniforms, including the Army Service Uniform, and doesn’t believe any additional changes need to be made to the current uniform lineup.

“I think we need an era of stabilization for our Soldiers and our uniforms,” he said. “I think our uniforms right now are well-designed. I like our new dress blue ASU uniform and I know that our civilian population likes it, as well. I get complimented on it quite often.”

Following the informational portion of the town hall, Dailey and Soldiers did 24 pushups together, one for each decade the Army has been in existence. Then Dailey and a Soldier cut an Army birthday cake, to be shared by those in attendance at the meeting. The U.S. Army turns 240 years old Sunday.

Education

From basic training, to learning their military occupation specialties in advanced initial training, attending leadership development courses, professional military edu-

cation, and structured self-development, Soldiers spend a lot of time in the Army learning and developing their skills and leadership potential.

Dailey said the Army wants to make sure that what those Soldiers learn is not wasted when they move on to the civilian world after an Army career.

The ongoing “NCO 2020” study, in its second year, has identified that the Army must get better at certifying and credentialing Soldiers for the things they learn while serving, Dailey said. What knowledge and skills Soldiers learn in uniform must be easier to translate into jobs in the private sector – as all Soldiers eventually leave the Army.

Already, Dailey said, the Army has found a way to ensure Soldiers get civilian-equivalent credit for their NCOES education.

“The common core curriculum – not your specific MOS (military occupation specialty) – from the time you start your first NCOES course to the time you graduate your last one, is worth 100 college credits,” Dailey said. “That’s the largest it’s ever been throughout our history. But that’s not enough. We are going to continue to do that, to make sure we give you the valuable credit that you have earned.”

The Army is still making changes to the NCOES to make it more challenging, valuable and relevant to Soldiers, Dailey said.

The Army is planning on adding another level of NCOES for master sergeants, for instance, called the master leader course. Curriculum at the Sergeants Major Academy has also been re-rated, and the Army is in the process of accrediting that education at the masters level. For younger Soldiers and NCOs, he said, the Army is working with civilian counterparts to get them maximum credit for their NCOES education.

Dailey said that 18 months ago drastic changes were made to what is called the warrior leader course. An additional change to that course will be a new name – the basic leader course. He said the name change is meant to help those in the private sector who might see it on a résumé better understand what it means. The SMA said that for now, beyond the name change, there are no additional changes expected for the WLC.

Next year, the Army plans to bring Army University online – part of the Combined Arms Center on Fort Leavenworth, Kansas. The Army University represents a multiyear plan to better align Army education programs.

The university organizes professional military education institutions across the Army into a single educational structure. Army University will supplement the current education system in the Army and help streamline the system to ensure education earned there can transfer to civilian schools. The university will also find ways for Soldiers to earn private-sector equivalent credentialing for the work they do in the Army so they don’t need to be re-credentialed when they go look for private-sector work.

“The intent is to be our own university, to give you the equivalent credit for the things that you do in the Army,” Dailey said. “(With Army University), you can capitalize on and maintain use of your tuition assistance and partner with a university outside our gates and use your transcripts from Army University in the future to help build the degree you personally want to work on, which is part of the self-development domain.”

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Freedom: Band includes Gold Star Families salute

Continued from Page A1

implemented by the Soldier musicians on stage. Band members spend countless hours not only selecting and practicing music for the show, but also conceptualizing and executing several other ideas like staging, lighting, sound and video.”

The band’s performance will also contain its annual salute to Gold Star Families.

“Each year, Survivor Outreach Services sets aside a moment in the program for a tribute to the ‘Gold Star Families’ in attendance,” he said. “These families and their fallen loved ones paid the ultimate sacrifice for our freedom. The 98th Army ‘Silver Wings’ Band is honored to have the opportunity to pay tribute to these families through music. This year’s musical selection honors those families and the memories of their loved ones in uniform.”

For more information on the band and future performances, visit www.facebook.com/98thArmyBand.

Freedom Fest is open to the public, but a post access badge is required for those with no military ID.

Prohibited items include coolers, backpacks (except for medical and baby care items), pets, fireworks of any kind, glass containers, weapons (guns, knives, pepper spray, etc.), bicycles, scooters, roller blades and skateboards.

For more information, call 255-1749.

1-145th: ‘Old Warriors’ look forward to the future

Continued from Page A1

who have gone before you and you’ve made a tremendous impact on our Army.”

Hodgson comes to Fort Rucker from his most recent assignment as the 101st Airborne Division’s (Air Assault) J35 (Future Operations) for Joint Task Force – Operation United Assistance in Liberia.

He started his career in the Army as a commissioned officer with the 1st Bn., 82nd Avn. Bde. as the company executive officer, and has an extensive leadership career ranging from platoon leader for the 2nd Bn., 82nd Avn. Bde., to the battalion S3 for 3rd Bn., 4th Combat Aviation Brigade. Hodgson has served in multiple deployments and served on multiple continents with assignments in Germany, France, Iraq and Africa.

Lane has also served in multiple leadership positions since his enlistment into the Army in 1993 as an OH-58 observation scout helicopter mechanic, and his assignments include OH-58 A/C observation scout helicopter crew chief for the 1st

Squadron, 7th Cavalry Regiment; first sergeant for the 3rd Bn., 25th Avn. Regt.; and operations chief for the 159th Avn. Bde.

He has been deployed four times: three times in support of Operation Iraqi Freedom and once in support of Operation Enduring Freedom.

“Robin and I are excited to be here and become part of this battalion and the larger Army Aviation Center of Excellence team,” said the new commander. “We want to thank the Gengler clan and Sergeant Major Harris for their hospitality throughout the transition. We are honored to join the Fort Rucker team and proud to have the opportunity to serve and lead the Old Warriors as we drive the development and focus the military education of our future Aviation and Army leaders.”

Gengler also expressed his confidence in the new command team and thanked all of those who came before them to make the unit what it is today.

“The Old Warriors are in great hands. Lieutenant Colonel Joe and Robin Hodgson, you are the right team for this unique



PHOTO BY NATHAN PFAU

Veterans from the 145th Combat Aviation Battalion (Vietnam) Association and family members visit the U.S. Army Aviation Museum while being hosted by the 1st Bn., 145th Avn. Regt. June 4 through Sunday.

battalion. I’m confident that you and Sergeant Major Lane will be a great command team and I wish you the best of luck as you move forward,” he said. “It’s fitting today that we share the change of command ceremony with the reunion of the 145th Combat Aviation Battalion (Vietnam). Thank you for your service and sacrifice so many years ago and for participating in today’s ceremony.”

AER: Retirees contributed more than 41 percent of donations

Continued from Page A1

reaching across the globe during times of hardship. I’m so thankful that our Army has stepped up to fill the void and fill the need for our warriors,” he said. “I want to give a personal ‘thank you’ to everyone here today who has contributed your time and energy to participate in the Army Emergency Relief program. Without your dedication and your commitment, we would not be here.”

During the campaign season, McRae said that enlisted Soldiers, who make up 41 percent of the military population on Fort Rucker, contributed 57 percent of the military donations. Additionally, the retiree population contributed more than \$56,000, or 41 percent of the total funds

raised.

“This makes me proud to know the impact that our enlisted folks have on giving back to our Soldiers, as well as the continued support provided by our retiree population,” he said. “Amid these trying times, collecting contributions can be problematic and challenging, but it’s during these tough economic times that you really see the benefits of this fundraising campaign.”

Certificates of appreciation were given out to each unit that raised funds throughout the campaign season, and traveling challenge cups were awarded to the organizations with the most money raised per capita.

The cups were awarded in three categories: Fort Rucker primary military organization, which went to Air Traf-

fic Service Command; Fort Rucker training organization, which went to the 1st Warrant Officer Company, Warrant Officer Career College; and the Directorate Challenge Cup, which went to the Fort Rucker Office of the Staff Judge Advocate.

“These cups are going to be in your organizations for this year and next year they will come back to be competed for, and every year the cup will have the name of the organization or unit on it,” said McRae. “I hope that everybody next year really works hard to move this around the installation so that we continue to give greater and greater amounts to AER. Although this summer wraps up the three years I’ve had in command, this AER campaign every year has left me completely inspired.”

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121 DEER RUN STRUT ~ **\$374,900:** This home has so much to offer with Jack & Jill bathroom between the 2 upstairs bedrooms with antique vanities & porcelain washbowls. 2 1/2 car back entry carport with extra storage above, workshop situated among the gardens with electricity (15 outlets) & 220 service. Ramp & side cover for storage as well as in the attic area. Kitchen has built-ins with doors to hide appliances & still have the convenience. Lot 167 lakefront across the street comes with this property. Make your move NOW! **EVELYN HITCH 406-3436**

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301 WHISPERING PINES: Large corner lot, brick home, 3BR/2BA, new kitchen countertops, convenient to Pinedale Elementary & Junior college. **JACKIE THOMPSON 406-1231**

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116 STONERIDGE: Located at the end of Stoneridge, 3BR/2BA with family room & sunroom. New roof in 2013 & new HVAC in 2011. Tons of updates: recessed lighting, under cabinet lighting in kitchen, newer stainless steel appliances, 2 walk-in closets in master bedroom, new laminate flooring throughout except family room. Unbelievable storage! Outside there is a shop with electricity, a shed, 2-car carport with storage room. Deck wraps around 3 sides of the house & there's a front covered porch with swing. **JAN SAWYER 406-2393**

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DIRECTIONS: From State Highway 52 turn in front of Court House (North Commerce Street) take right on East Water Avenue, house on right, corner of East Water & South Academy.

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Over 2,150 SF in this well maintained 4BR/2BA with bonus sewing/craft room. Original hardwood flooring in living room & dining room. Fresh interior paint. Huge walk-in closet in one bedroom with extra space for another closet or computer area. 4th bedroom was used as a den by current owner. Very nice eat-in kitchen with tons of cabinets plus pantry. Newer countertops. Screened in porch with skylights looks out over landscaped backyard. Detached garage, storage room & a green house.

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BROADENING

Building individual career paths to leadership in Army 2025



PHOTO BY PFC. JENNIFER SPRADLIN

Spc. Christopher Kell, a UH-60 Black Hawk mechanic with the 4th Squadron, 3rd Armored Cavalry Regiment, changes out the barrel on an M-240 machine gun before a live-fire exercise at the U.S. Army National Training Center on Fort Irwin, Calif.

By David Ruderman*U.S. Army Human Resources Command
Public Affairs*

FORT KNOX, Ky. — Department of the Army Pamphlet 600-3, published in 2014, provides Soldiers of all ranks a new perspective and guiding light for building career paths to leadership in the Army of 2025.

The emphasis for re-shaping the Army in the years ahead will focus on growing agile, flexible and widely experienced leaders at all levels and across all components and ranks, said Maj. Gen. Richard P. Mustion, commander of U.S. Army Human Resources Command.

“The last 13 years have impacted the Army’s expectations, with a generation of leaders and commanders defined by our wartime missions in Iraq and Afghanistan. But we are in a different environment now and need to meet the evolving challenges

of a world in constant change,” he said.

Within Army doctrine, broadening is defined as “a purposeful expansion of a leader’s capabilities and understanding provided through opportunities internal and external to the Army through experiences and education in different organizational cultures and environments.”

Mustion said there are various factors operating in the development of each individual Soldier, which will determine their specific broadening assignments. With the guidance and support of evolving leadership, Soldiers need to balance and blend their needs for career satisfaction, personal preferences, family dynamics and their personal relationships with their leaders to hit on the right path to his or her goals.

“It’s a process of self-selection determined or defined by matters of perfor-

SEE LEADERSHIP, PAGE B4



PHOTO BY SGT. JOSE D. RAMIREZ

READY TO GO

An AH-64 Apache aircrew from A Company, 4th Battalion, 4th Aviation Regiment, Combat Aviation Brigade, 4th Infantry Division, based out of Fort Carson, Colo., conducts preflight checks before dawn May 16 prior to an air-assault operation as part of the Network Integration Evaluation 15.2 exercise at Fort Bliss, Texas. The battalion’s Apaches flew in support of the 1st Armored Division CAB during NIE.

Girl Scouts, Soldiers trade cookies, earn hometown hero merit badges

By Sgt. William Howard
*4th Infantry Division
Public Affairs*

PIÑON CANYON, Colo. — An air horn blared sporadically while Girl Scouts swarmed all over a Stryker Medical Evacuation Vehicle, up-armored Humvee and Buffalo Mine-Protected Clearance Vehicle at the Piñon Canyon Maneuver Site, May 30.

Four local Girl Scout troops from the Trinidad, La Junta and Rocky Ford areas visited with Soldiers of the 299th Brigade Engineer Battalion, 1st Stryker Brigade Combat Team, 4th Infantry Division, to learn about the vehicles, deliver about 800 boxes of Girl Scout Cookie donations and earn their hometown hero merit badge.

The Girl Scouts also met with a UH-60 Black Hawk helicopter crew of the 2nd General Support Aviation Battalion, 4th Combat Aviation Brigade, 4th Infantry Division and firefighters from Fort Carson. They pretended to fly the helicopter and eagerly lined up for a turn with a fire hose.

“They came out, brought us an abundance of cookies and checked out the vehicles,” said Sgt. Yexson Amaya, health care specialist, Headquarters and Headquarters Company, 299th BEB, 1st SBCT, 4th Infantry Division. “They really loved it. I feel like their favorite part was that they could talk to someone from the different



PHOTO BY SGT. WILLIAM HOWARD

Spc. Leah Lewis, automated logistical specialist, B Company, 4th Brigade Support Battalion, 1st Stryker Brigade Combat Team, 4th Infantry Division, carries Girl Scout Cookie donations with a Girl Scout from Las Animas County during a visit to the Piñon Canyon Maneuver Site, Colo., May 30.

parts of the vehicle.”

After showing the Girl Scouts how to talk to each other using the helmets inside of a Stryker, Yexson decided to give a brief combat lifesaver class and found himself surrounded in a matter of moments.

“It felt pretty cool to open my aid bag and tell them about what I do for a living and how much I really enjoy it,” said Amaya, a native of San Bernardino, California. “The biggest thing I could see was that

they were surprised to see how much stuff we carry. I feel like it was an eye opener for them and all of the adults that came with them.”

The Girl Scout’s curiosity quickly transitioned from the vehicles to the Improved Outer Tactical Vest and Kevlar helmet that Soldiers wear. They patiently waited as Soldiers helped them done more than 40 pounds of combat gear.

“I would tell my friends that the first one is very light

and they should try it and it won’t be that heavy so don’t be scared,” said Rebecca, a Girl Scout who danced around in the gear.

“It’s probably awe inspiring for them to see the military out here,” said Lt. Col. David Fielder, commander, 299th BEB, 1st SBCT, 4th Infantry Division. “As they grow older, they’ll have more appreciation on what we can do and how we provide support to the community.”

SPUR RIDE

*Shared hardships
build camaraderie*

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

CAMP HUMPHREYS, South Korea — The Soldiers stood up straight with their hands at their sides. Laid directly in front of them was a pit of sand and water covered by a camouflage net like a canopy over a deck.

They had dragged water jugs and each other under that netting. To their left was a fake horse stable where they had removed all of the dirt and to their right a fake cannon, which they had positioned to combat a fake enemy.

All of these objects were used as obstacles for the Soldiers. They still stood there with the mud caked to their uniforms and their voices loud, “Halfway down the trail to hell ...”

The Soldiers were from the 2nd Squadron, 6th Cavalry Regiment, 2nd Combat Aviation Brigade and, along with their Republic of Korea army counterparts, had just completed the physical training portion of a spur ride, a U.S. cavalry tradition, May 29 at the Freedom Field on Camp Humphreys.

Spc. Benjamin J. Shin, a powertrain repairer for the 2-6th Cavalry Regiment, was one of the Soldiers who completed the spur ride.

“It is one of the oldest traditions in the Army,” Shin said. “It allows us to prove to our unit what we are made of.”

The spur ride consisted of several different events the Soldiers had to complete to include water training, survival, weapon assembly, care under fire, vehicle recovery, physical training, an 8-mile ruck march and they had to set up a forward ammo and refueling point.

“The most difficult event was definitely the ruck march,” Shin said. “It was the very last obstacle and we were already drained.”

Command Sgt. Maj. Gerardo Gonzalez, the 2-6th Cav. command sergeant major, was another Soldier who completed the spur ride.

“We completed a variety of cavalry tasks with a large dose of camaraderie through shared hardships,” Gonzalez said. “The entire experience brought the unit closer together.”

Gonzalez said he was in a cavalry unit when he was a junior enlisted Soldier, but when he became an NCO was never able to be a part of this longstanding

SEE RIDE, PAGE B4



PHOTO BY SGT. JESSE SMITH

A Soldier from the 2nd Squadron, 6th Cavalry Regiment, 2nd Combat Aviation Brigade and a Republic of Korea army soldier start a fire May 29 as a portion of survival training at Camp Humphreys, South Korea.

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Leadership: Talent management sharpens Army’s future

Continued from Page B1

mance and the potential for leadership each Soldier displays,” Mustion said. “The way for every officer, warrant or enlisted Soldier is different. There is no model path or program that fits all.”

Broadening opportunities may vary in scope, responsibility and developmental outcomes, and typically fall into one of four major categories: functional, academic, joint and interagency.

Functional or institutional assignments provide developmental experiences usually not directly related to a Soldier’s branch or functional area, fostering a deeper understanding of how the Army operates.

CW5 Joel Smith, command chief warrant officer with HRC, cited an Aviation warrant officer being assigned as an observer-controller to one of the Army’s Combat Training Centers as an example.

CTCs use a simulated wartime environment to prepare Soldiers for deployments and complex operations. Aviation officers, acting as OCs, learn a great deal about how orders and missions take place on the battlefield. This constitutes a broadening experience for them as they conduct overfly missions and monitor control and command of the battle between airframes, Smith said.

“Although they are in their specific MOS (military occupational specialties), they are looking and assisting a unit to get better at completing their task. They get an idea of what the unit is up against so they can provide expert knowledge to assist them,” he said.

A wide range of academic and civilian

enterprise opportunities provide Soldiers broadening assignments with civilian industry or in an institution of higher learning. The goal is to stimulate the Soldier’s growth via new perspectives, and by acquiring skills and abilities not traditionally associated with organic Army experiences, training and education.

One such option is with the Defense Advanced Research Projects Agency Service Chiefs Internship Program. Two officers are selected quarterly for the assignment, said Joel Strout, program manager for HRC’s Advanced Education Programs Branch.

“They get the insight of what DARPA is doing – all the latest technological developments. For example, it is a temporary duty and return program for majors (promotable) and lieutenant colonels. It is 90 days and return to their unit,” Strout said.

Joint or multinational broadening assignments provide Soldiers an opportunity to deepen their understanding of the Army from the perspective of partner nation military organizations at the operational and strategic level. One such assignment would be with NATO.

“Overall, within NATO, there are around 1,000 to 1,100 positions – 750 of them would be international type, U.S. Army billets, which would be considered the broadening assignments,” said Michelle Cox, plans officer with HRC G3 and previously a NATO liaison officer within HRC.

Assignments vary in length, though most are 36-month, accompanied tours, though there are exceptions. For instance, an assignment to Turkey is presently a 12-month, dependent-restricted tour, “though for most positions, they are try-



PHOTO BY GUSTAVO BAHENA

CW3 Rob Lopez, a UH-72 A Lakota helicopter pilot with B Company, 2916th Aviation Battalion, describes the Sokol helicopter and its diverse mission to visiting school children at the National Training Center on Fort Irwin, Calif.

ing to get that changed so the officers and NCOs can take their families,” she said.

“Most of the officer positions are major, lieutenant colonel, some captains, some O-6s,” but the majority are for O-4s and O-5s, she said. There is no language requirement for selection, since English is the official language of NATO.

“They request officers with combat experience, so they come with something to give. It is not necessarily anything in their record, though there could be something to an assignment manager to indicate if an officer would be a good candidate. But the indicators for me as a liaison, and for the brigade commander as a support position, is someone who wants to be there, someone who wants the challenge, is hungry for the challenge,” she said.

Interagency and intergovernmental assignments provide similar opportunities for professional growth while serving with government agencies outside the Depart-

ment of Defense, or with governmental agencies of partner nations. Opportunities for warrant officers vary, Smith said, pointing to one senior warrant with an adjutant general background, who is about to begin an assignment with the Office of the Chief of Legislative Liaison.

“I think this is an opportunity to broaden an officer, who has been doing great things in that community,” Smith said. “Mentorship has absolutely everything to do with your MOS, but it also has something to do with professionalism.”

The diversity of broadening opportunities available, across all ranks, reflects the importance these assignments will play in shaping the Army of the future, Smith said.

“Broadening has now become a major focus. Whereas it was centrally focused on the officers before, it is now the full gamut: officer, warrant officer, NCO and civilian – and that is the chief of staff of the Army’s guidance. Everybody is diligently working at broadening and trying to define it for their cohorts,” he said.

Whichever category they select, Soldiers in all three components will prosper and advance by developing their own career maps and pathways to reach their goals. That navigation will include taking advantage of the most rewarding developmental experiences at each juncture of a career.

“Broadening is an approach to talent management geared toward delivering a generation of Army leadership at all levels capable of leading Army, joint, interagency and multinational enterprises to victory in complex and constantly evolving security environments,” Mustion said.

Ride: Soldiers recite cavalry poem from memory to close event

Continued from Page B1

tradition.

“It is a great feeling to finally be a part of the brotherhood of the spur,” Gonzalez said. “This was a long time coming for me.”

Being able to go through these events now with his troopers, Gonzalez said he was able to feel the same pain and failures his Soldiers were feeling, which made him feel closer to them. One of the more painful events for

Gonzalez’s team was the water training.

The water training, which was run by CW3 Stephen Mestas, the standardization instructor pilot and a spur holder with the Troop C, 2-6th Cav., was a difficult event for untrained swimmers.

“All of the Soldiers did outstanding,” Mestas said. “Regardless of their abilities, they came out and showed the teamwork that we wanted to see.”

Mestas received his spurs back in 1999 and said that not much has changed in the spur ride tradition.

“When you came to a cavalry unit, this is what you wanted to do,” Mestas said. “This was the next level, and after this you get to pass on your knowledge as a mentor.”

The troopers and ROKA soldiers finished the event with breakfast and the presentation of their spurs. Each team had to recite the cavalry poem from memory. They had been worn down and tired out, but every Soldier was as loud as a helicopter spinning its blades and ended with “... and go to Fiddler’s Green!”

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GETTING A LIFT

Auto skills center improves services

By Jeremy Henderson
Army Flier Staff Writer

Recent enhancements to Fort Rucker's Automotive Skills Center aim to make the facility more useful and efficient for both staff and patrons.

Tina Barber, ASC program manager, said the recent installation of seven new lifts allows the facility to better meet the needs of the community.

"The new lifts replaced older equipment that was still functional, but did not have the lifting capacity to meet the needs of the community," she said. "We went from two-post lifts with a 9,000-pound lifting capacity to two-post lifts with a 12,000-pound lifting capacity. We also have three four-post lifts with a 14,000-pound capacity. This upgrade has really enabled us to support more Soldiers and authorized personnel."

According to Barber, a second enhancement is currently in progress, and will aid in the clean-up of fluid spills during automotive repair and maintenance.

"The work began last week," she said. "The facility has been funded to have the facility floor resurfaced and resealed throughout the entire building. The way we and the patrons currently have to clean up petroleum-based spills is labor intensive. This enhancement will make it so much easier to clean up all spills."

ASC offers a variety of services for authorized personnel.

- **A self-help program** — patrons can sign into the facility and conduct repairs on their own vehicles. ASC has the

tools and equipment needed to complete the repairs.

- **Instructional classes** — oil change, transmission service, front brake repair, rear brake repair, ignition system tune-up and how to use scan tools.
- **Mechanic-For-Hire program** — patrons can have their vehicles worked on by a trained professional.
- **Car wash facilities** — two manual and one automatic car wash bay. Two vacuum cleaners, one combination vacuum and shampooer, three vending machines and a fragrance machine. The automated car wash is now also a 24-hour operation, as are the manual wash bays. There is also a free standing dryer system that has been installed at the end of the automatic wash bay. It is activated when either the \$8 or \$10 selections are chosen.
- **Auto detail program** — ASC offers various packages to patrons, from partial to full detailing
- **Propane resale operation** — ASC fills propane tanks of various sizes, including recreation vehicles.
- **Paint booth and areas for restoring vehicles** — The center does not offer instruction in this area. Patrons must have all the working knowledge necessary to restore and paint a vehicle.

According to Barber, the center is an invaluable resource for Soldiers and families living on a tight budget.

"In most people's lives, the two biggest expenses are homes



FILE PHOTO

Retired Army Sgt. 1st Class John Neeland tops off the oil in his vehicle at Fort Rucker's Auto Skills Center.

first and, secondly, vehicles," she said. "The biggest advantage to Soldiers and authorized personnel is monetary savings. Patrons can literally save hundreds of dollars through the self-help program because they are doing the work themselves instead of hiring a repair shop."

"Patrons can also save hundreds of dollars through the Mechanic-For-Hire program," she added. "Our labor rate is presently \$45 per hour. Our patrons express their appreciation time and time again over the savings."

Barber said many patrons are intimidated by the growing complexity of today's vehicles, but ASC offers several weekly instructional classes to bridge the

knowledge gap.

"ASC offers instructional classes on a weekly basis, but instruction is available on a daily basis through the employees on duty," she said. "We insist to our patrons that many repairs are well within their ability to learn and we encourage them to do so. Safety is always the first concern, and we stress this to our patrons on a daily basis."

"It is awesome to witness the sense of accomplishment in our patrons after they have repaired their own vehicles," she added. "It is knowledge that they can take wherever they go."

For more information or to schedule an appointment, call 255-9725.



Randy Varner works on a vehicle for a customer at Fort Rucker's Auto Skills Center. Maintenance personnel can assist with simple projects, such as changing oil, to more complicated tasks.

Boy Scout improves lake trail

By Nathan Pfau
Army Flier Staff Writer

While most teenagers are consumed with the Internet, TV and hanging out with friends, one teenage boy is doing what he can to better the community.

Roman Chasteen, local Boy Scout with Troop 50, is working on achieving his Eagle Scout rank and decided to do his part to improve Fort Rucker by placing benches along the Beaver Lake trail as his service project.

"There are only two benches along the trail and they're facing each other," he said, so adding to the areas that people can sit and relax along the trail was something that stood out to him.

Roman's father, Lt. Col. Chad Chasteen, U.S. Army Aviation Center of Excellence G-3 proponent director, has been there to support his son every step of the way and said he was eager to see his son complete the project.

"Roman came up with the Eagle Scout project idea on his own," he said. "He had to assess the costs in terms of time, resources and labor, and develop a plan to complete the project. Roman had to evaluate safety considerations and determine ways to mitigate risks. He had to raise the money on his own, as well as seek approval — arguably the most stressful part of this entire project."

In order to get the approval needed to place the benches, Roman had to brief Col. Stuart J. McRae, Fort Rucker garrison commander, on his plans, as well as the Boy Scout Council in Dothan, all at the age of 14.

After all of the proper approvals were attained, Roman began his project, surveying the different areas to place the benches, as well as beginning the process of building the benches themselves, which were crafted out of treated pine-wood and composite wood, said the Boy Scout.

Over the course of about seven weekends, he, with the help of friends and fellow Scouts, sanded about 50 wooden boards by hand, then stained them three times each before assembling the benches. After all was said and done, five benches were added to the trail, two of which oversee Beaver Lake to provide a prime spot to relax, he added.

The Eagle Scout service project is designed to provide a service to the community to benefit an organization other than the Boy Scouts of America, according to the Eagle Scout Service Project Workbook. It is also designed to help the Scout learn leadership skills, management skills and responsibility.

"Being in the scouts has taught me trustworthiness, kindness, team building and resourcefulness," said Roman. "I've been doing Boy Scouts my entire life, so I figured I might as well see it through to the end."

A Boy Scout must attain his Eagle rank by the age of 18, and Roman is well on his way to achieving that with plenty



PHOTO BY NATHAN PFAU

Roman Chasteen, Boy Scout with Troop 50, carries one of the benches that he crafted with his father, Lt. Col. Chad Chasteen, U.S. Army Aviation Center of Excellence G-3 proponent director, to be placed at several locations along the Beaver Lake Trail as part of his Eagle Scout service project Friday.

of time to spare, said his father.

"I'm so proud of him," said the lieutenant colonel. "There are so many things that kids his age could be doing with their time, but to be something like this that is unselfish and involves a lot of hard work makes me proud."

"Fort Rucker has been very good to our family over the years and he enjoyed the opportunity to give back," he continued. "We are proud to be a part of Troop 50, the local Fort Rucker troop, for their leadership and support."

Troop 50, led by Chris Wood, has produced several Eagle Scouts in the last year, including three in a 90-day period this year, and Roman will soon join those ranks.

VOLUNTEER OPPORTUNITIES

Army Community Service

*Position: Army Volunteer Corps
Coordinator Administrative Assistant*

Duties: Performs data entry. Assists in planning recognition events. Maintains filing system. Assists volunteers with Volunteer Management Information System. Provides information. Needed for seven-10 hours weekly. If interested, call 255-1429.

*Position: ACS Greeter – Information
and Referral Program*

Duties: Assists in welcoming and directing clients into ACS. Answers the telephone. Provides light clerical support relative to ACS Information and Referral Program. Ensures customer service and public relation skills are exhibited. Time required is flexible. If interested, call 255-3161

Position: Welcome Center Assistant

Duties: Assists welcome center customers with maps, directions, telephone numbers and other information. Answers the telephone. Prepares SITES files for outgoing personnel and family members. Assembles welcome packets for distribution. Prepares compact disks for mailing and distribution. Ensures accurate customer records are maintained. Provides light clerical support relative to ACS relocation readiness services, to include data entry for the ACS Client Tracking System. Performs fact-checking and research for SITES and other information sources. If interested, call 255-1429.

Army Education Center

*Position: Administrative and
Multi-Learning Facility*

Duties: Greets clients and responds to email, facsimile and phone inquiries. Determines the reason for customer visits or contacts and refers customers to the appropriate personnel. Assists with administrative aspects of group in- and out-processing of Soldiers and family members. Provides general assistance to Soldiers applying for tuition assistance using automated Web-based application. Provides access to classroom and MLF. Provides administrative assistance for key inventory and maintenance. Assists clients with scheduling and use of all MLF facilities, training aides and multimedia equipment to ensure secure and proper use by customers. Provides basic care and maintenance of automation and technology equipment. Provides general oversight of administrative and learning center common areas. Needed Mondays from 7:30 a.m. to 4 p.m. and Fridays from 2-4 p.m. If interested, call 285-5237, Ext. 5.

ON POST

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

Summer reading programs

Center Library will host its summer reading program Tuesday for Buzz to the Rhythm Bee Program from 2–3 p.m. Each program is open to authorized patrons and space is limited to the first 65 children to register. All programs are held in the activities room.

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

Newcomers welcome

Army Community Service will host a newcomers welcome June 19 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.

Dueling Pianos

The Landing will host Dueling Pianos from 8 p.m. to midnight June 19 in its ballroom. Billed as a high-energy, all-request, sing-along, clap-along, rock n’ roll comedy piano show, the entertainers welcome audience participation. The event is open to the public, ages 16 and older. Advance tickets are \$12 through June 18 and \$16 at the door the day of the show. VIP tables that seat 10 people near the stage cost \$150.

For more information, call 598-2426 or 255-9810.

Father’s Day special

The Landing Zone will host its Fathers Day special June 21 from 9 a.m. to 2 p.m. where dads will receive half off the purchase of an entrée with the purchase of a regularly priced entrée. The special is available for dine-in only and cannot be combined with any other promotion or coupon.

For more information, call 598-8025.

Right Arm Night

The Landing Zone will host Right Arm Night June 25 from 4-6 p.m. Right Arm Night is an Army tradition, promoting a night of camaraderie and esprit de corps as leaders come together and treat those who help them accomplish the mission. Complimentary appetizers will be served while supplies last. Right Arm Night is held every month, and both military and civilians are welcome. For more information, call 598-8025.

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session June 25. 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 at 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.

Relocation readiness workshop

Army Community Service will host its relocation readiness workshop June 26 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.

Financial readiness training

Army Community Service will host its financial readiness training July 10 from 7:20 a.m. to 4:15 p.m. in the Soldier Ser-



FILE PHOTO

Army celebrates 240th birthday

The Landing Zone will host an Army birthday cake cutting Friday at noon. For more information, call 598-8025.

vice Center, Bldg. 5700, Rm. 284. Personal financial readiness training provides a practical approach to help Soldiers manage their money more effectively. This training is required for all first-term junior enlisted Soldiers (E-1 through E-4). Spouses are also welcome to attend.

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

Resilience Training

Army Community Service will host resilience training July 14 from 9-11:30 a.m. at The Commons to help people learn the skills that will help them and their family become resilient. Participants will receive training in two to three skills, such as real-time resilience, identifying character strengths in self and others, and challenges and leadership. People need to register by July 10.

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

ScreamFree Marriage Workshop

The Fort Rucker Family Advocacy Program will offer a ScreamFree Marriage workshop July 13, 20 and 27 from 11 a.m. to 1 p.m. at the Bowden Terrace Community Center. Family advocacy will cover childcare for interested participants. All children must be enrolled in child, youth and school services in order to utilize childcare. Childcare space is limited and should be coordinated well in advance of the workshop. The deadline to register is July 8.

To register, arrange for child care or get more information, call 255-3898.

SPLASH! open weekends

SPLASH! Pool and Spray Park is open 11 a.m. to 5:30 p.m. starting Friday – open six days a week, closed on Tuesdays. 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.

West Beach Hours

West Beach is open Fridays-Tuesdays from 11 a.m. to 4:30 p.m. now through Aug. 4. The beach will be open weekends and holidays only Aug. 8 to Sept. 7. Daily admission fees are \$1.50 for ages 3–9, \$2.25 for ages 10–17, and \$3 for ages 18 and older. Children ages 2 and younger are admitted for free.

For more information, call 255-9162.

Flynn Pool opens

Flynn Pool is open now through Aug. 2. Hours are 5:30 a.m. to 7 p.m. Mondays–Fridays, and 11 a.m. to 5 p.m. Saturdays, Sundays and holidays. The pool is open for military training, fitness and programming only. The indoor pool at the Fort Rucker Physical Fitness Center is closed through Aug. 2.

For more information, call 255-9162.

DFMWR Spotlight

Upcoming Family & MWR Events and Activities



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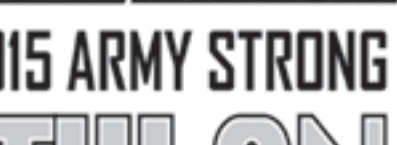
Be sure to stop in at The Landing Zone during lunch for a slice of **FREE** cake*, in celebration of the Army's 240th birthday.



*Special is available while supplies last.

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

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www.ftruckermwr.com

Mom & Me: Dad too!

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

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

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

FORT RUCKER MOVIE SCHEDULE FOR JUNE 11-14

Thursday, June 11

Paul Blart: Mall Cop 2 (PG)
.....7 p.m.

Friday, June 12

Mad Max Fury Road (R)
.....7 p.m.

Saturday, June 13

Mad Max Fury Road (R)
.....7 p.m.

Sunday, June 14

Hot Pursuit (PG-13)
.....2 p.m.

Army arts, crafts contest open to artisans, craftspeople

By Tim Hipps
*Installation Management Command
Public Affairs*

SAN ANTONIO – The 2015 Army Arts and Crafts Contest is open through July 31 for Morale, Welfare and Recreation artisans and craftspeople to submit their handiwork.

The Army Arts and Crafts Contest is an annual, juried competition of artwork for novice and accomplished artists, but MWR arts and crafts workshops are open year-round on most installations.

CW3 Lisa Stansbury, a former contest winner, used arts and crafts to help overcome the anxiety of returning home from deployment.

“Soldiers are predominantly impatient people, especially when it comes to procrastination,” Stansbury said. “When we come home from war, it’s even more pronounced, and we need help transitioning back into society. Sometimes we need to find things to soothe and calm our spirits. Some Soldiers take up fishing, some write, others go to therapy – all of which demand our patience, or it won’t work.”

Stansbury took up painting, with glass, at Camp Red Cloud, South Korea, and her “Old Glory” earned first-place honors in the 2013 contest.

“Initially, I thought that the deployment changed me forever, and not in a good way,” she said. “Looking back, the fact that the deployment led me to working with glass, it did change me forever. Everything happens for a reason, and I’m so grateful for that change and new passion in my life.”

Myrna Hawkins was a regular in the contest for several years.

“Ceramics is a great stress reliever,” said Hawkins, whose “African Influence” placed first in the accomplished metals and jewelry category and “The Mask” earned runner-up honors in mixed media 3-D in the 2007 contest. “When you put your hand in the clay and start to work, a peace just seems to come over you. I can’t quite explain, but it’s wonderful.”

An Army MWR employee in the embroidery section of the arts and crafts shop on Fort Hood, Texas, urged Hawkins to enter the contest.

“I really am amazed each time I win anything because if someone would have asked me a few years ago if I would be doing what I am right now, I would probably say ‘no,’” said Hawkins, who later majored in fine arts at the University of Mary Harden-Baylor. “If I couldn’t be creative, I don’t know what I would do. Get dirty! Work in clay! It’s awesome!”

This year, Army arts and crafts managers will host local contests, assist patrons in preparing their contest submission photos, and forward the photos for regional and final competition. The contest is open to MWR patrons from all branches of the U.S. military.

Fort Rucker Directorate of Family, Morale, Welfare and Recreation officials said the post will host a local competition. Details will be released as they become available.

Where feasible, the Army will host regional competitions and forward winning entries for judging at the Army-wide level. Submissions to the region and Department of Army levels will be digital .jpg images of the work submitted via the Web through the MWR website.

The contest entries will be judged in two classes. Group I, or novice, is for individuals whose art skills have not been gained in formal education leading to college credit or a college degree. Group II, or accomplished, is for individuals who have gained skills and



COURTESY PHOTOS

David Sohl earned first-place honors in the 2013 Army Arts and Crafts Contest accomplished artists’ mixed media category with “Goodbye U.S. Army Heidelberg.”

knowledge through formal courses leading to credit in college or art schools, and those who have received awards in professional competitions or Army art contests.

The artwork must be entered in one of the following categories.

- **Ceramic art:** Inorganic and nonmetallic materials, which include items like tiles, plates, vases, sculptures, etc., and often covered in decorative stains, glazes, etc.
- **Digital art:** Artistic work or practice, which uses digital technology as an essential part of the creative/presentation process – digitally-altered photographs should be entered in the 2015 Army digital photography contest in October.
- **Drawings:** Instruments may include: graphite pencils, pen and ink, markers, wax color pencils, crayons, charcoal, chalk and pastels, etc.
- **Fiber art:** Refers to art whose material consists of fiber and other components, such as fabric or yarn, focusing on the materials and on the manual labor.
- **Glass art:** Non-crystalline solid material used to create glass art, which may include vases, sculpture, glass tile mosaics, ornaments, stained glass, fused glass, jewelry, etc.
- **Metal art:** The process of working predominantly with metal to create a wide range of work from sculptures, figurines, kinetic works, metal jewelry, etc.
- **Mixed media 2D:** More than one medium employed and combines various traditionally distinct types of art media, e.g., a work on canvas that combines paint, ink and collage.
- **Mixed media 3D:** More than one medium, anything that can be handled, touched or perceived to be three dimensional – think about using recycled or re-purposed objects.
- **Paintings:** Applying paint, pigment, color or other medium – acrylic, oil, ink, gouache, fresco – to a surface using airbrush, brushes, knives, sponges, etc.
- **Wood art:** Wood used in forms of sculpture, craft, construction and decoration, e.g., furniture, carvings, marquetry, musical instruments, toys, etc.

Each contestant can enter as many as three pieces per category at the garrison level. All



CW3 Lisa Stansbury’s winning entry from last year’s Army Arts and Crafts Contest.

submissions must be an MWR-authorized patron’s original work completed since July 1, 2014. Previous contest entries are not eligible. Works done on official duty, illustrations, training aids or similar assignments are ineligible, but contestants should feel free to allow their military experiences to influence their work.

David Sohl earned first-place honors in the 2013 accomplished artists’ mixed media category with “Goodbye U.S. Army Heidelberg.”

“When I decided to create this sculpture, I wanted to ensure that I captured the long-standing and enduring relationship between the United States and Germany,” Sohl said. “I wanted everything to be authentic, so the handshake in the center of the sculpture was done with a mold of my hand and the hand of an American friend of mine, who has worked in Germany as a Soldier and now as a civilian.”

Sohl, however, could not resist getting artsy with his craft.

“The American flag is not a literal representation because I wanted to create a work of art that is unique and not repre-

sentative of a poster or photo,” he said. “The idea is I wanted to show the sadness of the Americans leaving Heidelberg after all of these years. I chose the patina blue because not only does blue represent sadness, but the patina gives it a unique and special look.”

As an artisan, quite naturally, Sohl thrust great thought into his hue of blue and the durability of bronze.

“For me, Americans in Heidelberg was something special,” he said. “The stars and stripes of the flag are in the patina blue because one of the colloquial names of the U.S. flag is the ‘Stars and Stripes’ and I really wanted those parts of the flag to stand out, because the stars and stripes are the essence of the flag and all it stands for. Lastly, I chose bronze because it is a material that endures, like the friendship between Germany and the United States.”

For this year’s contest, entries will be accepted until July 31. Department of the Army-level judging will take place in August and the results should be available in September, when a gallery of winners are scheduled to be posted online.

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U.S. paratroopers, WWII vets pay homage

By Staff Sgt. Opal Vaughn
Army News Service

CHEF DU PONT, France — It has been nicknamed the “longest day” and has had more movies played on the silver screen than most. But no matter how many times the stories are told, they never get old and will never be forgotten.

This year marked the 71st Anniversary of the D-Day landings, and in remembrance of that day, U.S. Army paratroopers from the 173rd Airborne Brigade, 101st Airborne Division (Air Assault), 75th Ranger Regiment, veterans, local French nationals, family and friends participated in a ceremony, at the Rex Combs memorial site in the Normandy region, as part of a weeklong celebration in the area June 4.

“To see what my grandfather went through, and the terrain he and many others had to fight on. It’s all so humbling,” said Capt. Drew Schaub, assigned to 75th Regimental Special Troops Battalion. “My grandfather, John Hamilton, was a sergeant in the 29th Infantry Division. It’s important to remember the heroism and sacrifice of that generation and the local people that also put their lives on the line.”

Most of them were young boys when they entered service but left as men. Their stories of heroism and sacrifice, success and tragedy still echoes throughout history, but will soon fade from living memory.

At 91 years of age, veterans Sgt. 1st Class Richard Yates and Cpl. George Shenkle, 508th Parachute Infantry Regiment, 82nd Airborne Division, and Sgt. Isaac Phillips, 4th Infantry Division, all count themselves blessed. They are among some of the last survivors of the World War II’s fighting generation.

“I’m just honored to be here,” Yates said. “It was hard times back then but if I had to do it all over again I would.”



PHOTOS BY STAFF SGT. OPAL VAUGHN

Veterans Cpl. George Shenkle, center right, 508th Parachute Infantry Regiment, 82nd Airborne Division, and Sgt. Isaac Phillips, center left, 4th Infantry Division, salute the flag during the playing of the U.S. national anthem while at a ceremony at the Rex Combs Memorial in the Normandy region June 4.

Celebrating the anniversary of D-Day also allows new generations of paratroopers to continue the legacy. It is also an opportunity to share in the tradition of friendship.

“It’s important to jump where airborne jumping began,” said Spc. Drissa Camara, paratrooper assigned to 173rd Airborne Brigade Support Battalion. “It’s an honor for us to be part of these celebrations and to keep the friendship alive between the U.S. and France. I lived in France before and I never knew the history of what happened here.”

More than 380 service members from Europe and affiliated D-Day historical units participated in the 71st anniversary as part of Joint Task Force D-Day 71. The task force, based in Sainte Mere Eglise, France, supported local events throughout Normandy June 2-8.



A Soldier from the 101st Airborne Division (Air Assault) renders honors during the playing of the U.S. national anthem while at a ceremony at the Rex Combs Memorial in the Normandy region June 4.

101st AD, Europeans honor fallen paratroopers

By Staff Sgt. Opal Vaughn
Army News Service

BEUZEVILLE AU PLAIN, France — It was the eve of D-Day, and one of the largest airborne fleets ever amassed was preparing to move out toward occupied France. Amongst the aircraft were thousands of paratroopers from the 101st Airborne Division (Air Assault) and the 82nd Airborne Division.

In the early morning of June 6, 1944, two C-47 Dakotas, designated flight numbers 66 and 67, took enemy fire and crashed near Sainte Mere Eglise, close to Beuzeville au Plain. There were no survivors. Ultimately, 17 bodies were recovered and sent back to the U.S. to be buried with full military honors.

In commemoration of their sacrifice, U.S. Army paratroopers from the 101st AD, local French nationals, family and friends participated in a ceremony at the Currahee Memorial in the Normandy region June 3, 2015, as part of the 71st anniversary of the D-Day landings here.

One paratrooper from the 101st had the privilege of laying the wreath down during the commemoration ceremony.

“We’re here to honor those men who lost their lives during the crash,” said Staff Sgt. James Smith assigned to the 1st Battalion, 506th Infantry Regiment, 101st AD.

“It’s an honor to be chosen to place the wreath today,” said Smith. “This is my unit that fought here and so for me it’s important to remember events like this because without their legacy we would not be here.”

Of the many paratroopers on board that day, two men unknowingly brought life back to those who once were thought to be forgotten. In 1991, Guy Lepretre, a Bel-



PHOTOS BY STAFF SGT. OPAL VAUGHN

Soldiers from the 101st Airborne Division (Air Assault) salute the flag during a ceremony at the Currahee Memorial site in Normandy, France, June 3.

gian, discovered a ring belonging to 1st Lt. Thomas Meehan III and a dog tag of Technician 5th Grade Jerry Wentzel, both assigned to E Company, 2nd Bn., 506th Inf. Regt., 101st AD.

“Thanks to the dog tags, we were able to identify the U.S. Soldiers who crashed here,” said Lepretre. “We continue to find pieces buried near the crash site. If we do, we try to identify who it belonged to, so we can send them to their families.”

Over time, Lepretre and French national Jean Pierre started the Forced Landing Association and not only raised the money to have a monument built, but they also did the work themselves.

“They wanted to turn this place into a parking lot, but we would not stand for that,” said Pierre. “It is important that we do not forget what happened here or the sacrifice these men made for their country and for us.”



French military re-enactors, dressed as U.S. Soldiers from the 101st AD, prepare to post the colors during a ceremony at the Currahee Memorial.

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The monument was built to look like the tail rudder of a Dakota C-47. Behind the plaque with the names of the paratroopers of the 506th Inf. Regt. and the crew of the Dakota there is an urn containing ashes from the original crash site of Flight 66.

“This whole experience is very humbling,” said Lt. Col. Kurt Thompson, deputy commander of 2nd Brigade, 101st AD. “I’ve been a Soldier for 21 years, and you can read about it all you want but when you come and really see it and you talk to the people, and what it means to them. That’s all you can really hope for that you know that your sacrifice – your blood, your sweat, your tears – will actually make a difference and no one will ever forget you.”

“I think if we were to come back 70 years from now, they will still remember and they will still be honoring the sacrifices of the Soldiers who lost their lives here,” said Thompson.

Meehan’s remains were returned in 1952 and are now buried at the Jefferson Barracks National Cemetery in Saint Louis County, Missouri. He shares a gravesite with the C-47 aircrew and fellow paratroopers of that flight.

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ARMY PHOTO

Soldier for Life members field questions during the Facebook town hall in Arlington, Va., June 3.

SOLDIER FOR LIFE

Program fields Facebook town hall for Soldiers, family members, veterans

By David Vergun
Army News Service

WASHINGTON — “If you could give only one piece of advice to a Soldier preparing to transition back into the community, what would it be?”

This question regarding the transition from being a Soldier to being a civilian was emblematic of dozens of questions posed online by Soldiers, veterans and family members during the first Soldier for Life Facebook town hall June 3.

The Army’s “Soldier for Life” program is about the entire “lifecycle” of being a Soldier: from the moment a Soldier shows up at basic training, to the day they arrive at their first command and begin their Army career, to the moment they make the decision to transition from a uniform-wearing Soldier back into a productive member of civilian society, and finally to their separation or retirement from Army service and conversion to veteran status.

Subject matter experts within the SFL office – located in Arlington, Virginia – answered questions about education, employment and health online.

The event turned out to be a “success,” said Col. Adam Rocke, SFL director, adding that he hopes to have another online town hall in about six months and then hold them twice a year into the foreseeable future.

For the questioner asking for just “one piece of advice” regarding transition, SFL experts said “start early. Leverage your network and visit your SFL-transition assistance program.”

Questioner Kimberly Holdeman asked where Reserve Soldiers, often located far from an Army installation, might connect to for employment assistance.

“Whether a Soldier serves three years or 30, all Soldiers eventually transition out of service.”

— COL. ADAM ROCKE
DIRECTOR, SOLDIER FOR LIFE

SFL experts pointed Holdeman to two websites for further information. The first, a service-provider network, points users to local brick-and-mortar resources in their community, such as Army National Guard Family Assistance Centers. The second online resource is hosted by the Army Reserve Private Public Partnership office.

Dan Piston wondered what programs SFL recommends to veterans looking for transition assistance “beyond TAP (transition assistance program)” in the private sector.

There are numerous programs at the local and national level, SFL replied. Included among those are the U.S. Chamber of Commerce’s “Hiring our Heroes” program, the Department of Veterans Affairs Veteran Employment Center and American Job Centers.

Nick Zevely asked what resources are available for veterans who want to continue serving in some capacity after leaving the military.

“You can continue military service through the National Guard or Reserve,” SFL replied. “They are always looking for great Soldiers like you. Also, look for volunteer opportunities in your local community.”

Zevely and other veterans might check out websites for the Mission Continues and Team Red, White and Blue for more information, SFL said.

Jack Veljkovic Barry, a recently-separated Army officer, said he currently is working a \$15-an-hour job at a nonprofit.

“How can I better my income using Soldier for Life programs,” he asked.

“As a recently separated veteran, you will receive ‘Gold Card Service’ from your local American Job Centers, also known as ‘Workforce Development Boards,’” wrote SFL. “Also, (we) recommend you visit your local SFL-TAP offices. They both assist with resume writing and targeted job searching.”

Tyler Balensiefer wondered how many organizations assist veterans.

About 46,000 organizations exist to support veterans, SFL replied. “Some are large national organizations and many are smaller grass-root organizations.”

Following the town hall, Rocke said that transition is inevitable for all Soldiers.

“Whether a Soldier serves three years or 30,” he said, all Soldiers eventually transition out of the service.

He asked Soldiers to remember “you are Soldiers for life! You understand the value of service. This mindset is what makes our Soldiers and veterans the trusted professionals who protect and serve our nation while in uniform, and what makes them invaluable to employers and communities as civilians.”

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Reserve hosts weekly turtle talks



COURTESY PHOTO

Apalachicola Chamber of Commerce Press Release

Sea turtle nesting season is here. Apalachicola National Estuarine Research Reserve, located at 108 Island Drive in East-point, Florida, offers free weekly talks about sea turtles, their nesting habits, how the nests are identified and protected, and how visitors and residents can help sea turtles have a successful nesting season Wednesdays beginning at 2 p.m. Upcoming talks will be held June 17 and 24; July 1, 8, 15, 22 and 29; and August 5, 12, 19 and 26. During the first week of May, sea turtle nests were spotted on St. George Island and St. Vincent Island, and volunteers and staff are monitoring remaining area beaches for their crawls. Each spring, hundreds of sea turtles arise from Gulf waters to lay their eggs on the sandy shores. Most of the turtles that nest here are Loggerheads and *Caretta caretta*.

However, some green sea turtles and Leatherback sea turtles can be found. Hatchlings start to crawl out of their nests approximately two months after being laid and continue to emerge through October. On average, there are 90 nests on Little St George and 150 nests on St. George every year. Bruce Drye has monitored turtle nesting on St. George since 1990, after he retired from the St. George Island State Park. At first a volunteer, he was later hired by ANERR to oversee the project each year. Bruce started the ANERR St. George Island Volunteer Turtles to help monitor the nests. Two interns will work with Bruce this season: Amy Bergstrom from the Milwaukee, Wis., area has been an intern at both the Racine Zoo and at the Milwaukee County Zoo, and Kallie Gannon, a senior earning her bachelor's degree in environmental science at Eastern Michigan University. For more call 850- 670-7700.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

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

DALEVILLE

ONGOING — Veterans of Foreign Wars Post 6020 Franchise J. Ballard Post membership meetings are at the post headquarters on State Road 84 every third Thursday of the month at 7 p.m. Breakfast is served Sundays, and games and TV's are available for entertainment. Meetings are open to all. The post can host parties, weddings, and hails and farewells. For more information, call 598-6211, 598-1297, 598-6211 or 379-9187.

DOTHAN

ONGOING — Disabled American Veterans Dothan Chapter 87 maintains a service officer at its office at 545 West Main St. (Mixon Business Center) Tuesdays and Wednesdays from 9 a.m. to 2 p.m. The chapter will assist veterans who were injured or disabled while in military service. DAV service officers help veterans and their spouses with disability compensation claims and other veterans benefits. All veteran services provided are free of charge. For more information, call 836-0217, Ext. 123, or send an email to davchapter87@gmail.com.

ONGOING — Disabled American Veterans Chapter 87 will host a dinner and meeting at 6 p.m. the third Thursday of each month at the Doug Tew Recreation Center. For more information, call 836-0217, Ext. 123, or send an email to

davchapter87@gmail.com.

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

ENTERPRISE

ONGOING — The American Legion Post 73 meets at the American Legion building at 200 Gibson Street on the fourth Saturday of each month beginning at 9 a.m. The building is across the street from the Lee Street Baptist Church. For more information call 447-8507.

ONGOING — Disabled American Veterans Chapter 9 Enterprise-Coffee County located at 201 W. Watts St., meets the first Saturday of the month at 8:30 a.m. We help veterans with claims Monday - Thursday 9-11 a.m. and other times by appointment. For more information, call 308-2480.

ONGOING — Taoist Tai Chi classes are available at the Enterprise YMCA and the Episcopal Church of the Epiphany. Classes include ongoing beginning, health recovery and continuing classes in the Taoist Tai Chi Society. Morning, afternoon and evening classes are available. For a schedule of classes or to get more information, visit www.taoist.org or call 348-9008.

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

JUNE 25 — Disabled American Veterans

Chapter 99 will meet at 6 p.m. in the New Brockton Senior Center, which is located one block behind the New Brockton police station. Food and drinks will be served, followed by regular chapter business. Officials invite veterans throughout the Wiregrass to join as new members. For more information, call 718-5707.

ONGOING — Tuesdays and Wednesdays, from 10 a.m. to noon, Disabled American Veterans Chapter 99 maintains a service office in the New Brockton Police Station at 202 South John Street. The office will assist veterans who were injured or disabled while in military service. DAV service officers 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

JUNE 29 — St. Michael's Episcopal Church at 427 Camilla Ave. will host its Vacation Bible School June 29-July 2 from 9 a.m. to noon each day. Children ages 3-12 years may attend. There is no charge and children do not have to be members of the church. People can bring children to the parish hall to register June 29. Children should bring a swimsuit and towel for water play outside. For more information, call 733-0896.

JUNE 13 — Milky Moo's at 158 E Broad St. will host a blood drive from 11 a.m. to 4 p.m. People who donate a pint of blood will receive a pint of ice cream.

ONGOING THROUGH OCTOBER — The Car Club of Ozark hosts its Cruiz In the second Saturday of each month at 6 p.m. on the corner of Board Street and East Avenue. The event is open to the public. People with cars to show should show up early to set up. For more information, call 791-0502.

THROUGH JULY 25 — The Ann Rudd Art Center and the Dale County Council of Arts and Humanities will sponsor a celebration of painter Jack Deloney's work. The Ann

Rudd Art Center is located downtown on the Square, 144 East Broad Street. The art center is open Tuesdays and Wednesdays from 11 a.m. to 4 p.m., and Saturdays from 1-4 p.m. There is no admission charge to see the show.

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

JUNE 14 — The New Hope Freewill Baptist Church in Abbeville will celebrate its annual youth day at 2:30 p.m. The event features Artez Jones, Sardis Baptist Church in Ozark, as guest speaker with the theme "The Youth Are Our Future!" All churches are invited to share in this event and refreshments will be served.

Beyond Briefs

Dinosaurs Alive!

Downtown Gadsden becomes pre-historic when 13 life-like animatronic dinosaurs inhabit the Hardin Center for Cultural Arts now through Aug. 3 as part of Dinosaurs Alive! Creatures will be featured in period sets and include: Apatosaurus, Apatosaurus baby, Dilophosaurus, Triceratops, Triceratops baby, Parasaurolophus, Parasaurolophus baby, Parasaurolophus nest with hatchlings, Stegosaurus, Detrodon, a baby T-rex robot (joy-stick activated), Velociraptor and Protoseratops scenario, T-rex, static T-rex head, and static T-rex leg. The center is located at the corner of 5th and Broad Streets. Cost is \$8 per person and \$4 for center members. For more information, visit <http://www.culturalarts.org>.

Ark of India exhibit

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

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

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

Free tour at Museum of Alabama

A free daily guided tour will be offered Saturdays to the public at the Museum of Alabama, located at the Alabama Department of Archives and History in Montgomery. This hour-long tour will begin at 1 p.m. and no pre-registration is required. People can join one of the museum's experienced docents as they guide people through Alabama's past, highlighting incredible artifacts, images and documents, and answering questions along the way. The Museum of Alabama is open Mondays-Saturdays from 8:30 a.m. to 4:30 p.m. Admission is free! For more information, call 242-4364 or visit www.museum.alabama.gov/.

Montgomery cruise

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

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

Jasmine Hill Gardens

Jasmine Hill Gardens and Outdoor Museum features over 20 acres of year-round floral beauty and classical sculpture, including a new statuary honoring Olympic heroes. People are invited to take a stroll through the outdoor gardens and experience flowers blooming throughout each season. Tours are available for groups of 20 or more. For more information, call 334-263-5713 or visit www.jasminehill.org/. Jasmine Hill Gardens and Outdoor Museum is located at 3001 Jasmine Hill Road, Wetumpka.

Military appreciation at zoo

The Montgomery Zoo will hold its annual military appreciation day featuring free admission for all military people and their immediate family June 18 from 9 a.m. to 5:30 p.m. Food, drinks and refreshments will also be provided. People will need to provide valid military identification for entry. For more information, visit www.montgomeryzoo.com.

Friday Fest

Friday Fest in downtown Panama City, Florida, is Bay County's largest street festival with more than 200 show cars, 50 vendors and live bands – filling up six blocks of Harrison Avenue the first Friday of each month from 6-10 p.m. Local shops and restaurants stay open late.

BUILDING RELATIONSHIPS

Team Estonia participates in Narva Soapbox Derby

By Sgt. Juana Nesbitt
13th Public Affairs Detachment

NARVA, Estonia — For the past several weeks, if one took a walk around Tapa Army Base, Soldiers with Team Estonia could be seen tinkering, perfecting, and putting their hard work, dedication and creativity to the test – in a different way.

The fruits of their labor were revealed June 6, the day of the Narva City soapbox derby.

“This was the seventh time the embassy has worked with the City of Narva to sponsor the race,” said Bradley Hurst, public affairs officer at the U.S. Embassy in Tallinn. “It’s a fun event where teams from all over Estonia, especially from the northeast and Narva, build soap box cars and race them down a hill as part of celebrating Narva City days.”

The race took place during Operation Atlantic Resolve, an on-going series of training exercises designed to build relationships, trust and interoperability between the United States and its NATO allies.

Team Estonia is comprised of Soldiers with 2nd Battalion, 7th Infantry Regiment, 1st Armored Brigade Combat Team out of Fort Stewart, Georgia, and 1st Squadron, 91st Cavalry Regiment, 173rd Airborne Brigade out of Grafenwoehr Army Base, Germany.

Despite a hectic schedule of tactical training procedures and live-fire exercises, designated teams from each platoon still found time to refine their creations.

“We found out about this about a month and a half ago and, as a mechanic, I got really excited,” said Staff Sgt. Jason Elliot, of Covina, California, and maintenance team chief with Dark Troop of 1st Sqdn., 91st Cav. Regt., 173rd Abn. Bde. “I was able to fabricate and build my own car from the ground up. It was really cool.”

As the crowd gathered in anticipation for the race, participants met with judges for their number and a test run down the hill.

“I think it’s an opportunity for Soldiers to leave the base of Tapa and take part in a community event in another setting, especially here in Narva and the northeast where the feelings about the U.S. Soldiers are a little bit more mixed, given the political situation,” said Hurst. “Being able to have them interact with people in the community is important in order to show what the American presence here in Estonia actually means.”

The race began and each team took their turn down the hill. Among roadster and bubble cars, Red Platoon’s creation – a tribute to the Jamaican bob sled team – White Platoon’s leaning wheel barrel, Maintenance Platoon’s Humvee and Tank



PHOTOS BY SGT. JUANA M. NESBITT

Spc. Elijah Lang, of San Bernardino, Calif., an infantryman with 1st Sqdn., 91st Cav. Regt., 173rd Abn. Bde. White Platoon, helps local children up onto his platoon’s soapbox car derby entry June 6.

Platoon’s old school car were all sights to see and the rides were a little more intense than expected.

“It was scary. I was screaming the whole way down,” said Pfc. Michael T. Goff, a driver with Anvil Troop 1/91 CAV. “I think the crowd enjoyed it and I liked it a lot, too.”

After the race, the participants and crowd met at the bottom of the hill to meet and greet the racers and their cars.

For Goff, this experience was a chance to not only support the Estonian military, but to also build long lasting relationships with the community.

“By having Soldiers participate in the community, it shows that they are accessible and share things in common with people who are living here,” said Hurst.

Although Team Estonia didn’t get the winning prize, each platoon received a plaque to commemorate its participation. Elliot stated that he hoped that the Estonian people, as well as the Russians that are across the border, see that “we are here as peacekeepers.”

“There is nothing maniacal about us being here. (We are just) training and partnering with the Estonian people,” he added.



Soldiers with Anvil Troop, 1st Sqdn., 91st Cav. Regt., 173rd Abn. Bde. White Platoon work on their entry for the Narva City soapbox derby.



Soldiers with Anvil Troop, 1st Squadron, 91st Cavalry Regiment, 173rd Airborne Brigade’s White Platoon make their way down the hill in their soapbox derby entry.



Sgt. Cedric Robinson, of Oxford, Miss., a tanker with 2nd Battalion, 7th Infantry Regiment, 1st Armored Brigade Combat Team heads down the hill in his team’s soapbox derby entry June 6.

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COURTESY PHOTO

Pick-of-the-litter

Meet Hazel, an approximately 3-4-year-old female Red Hound mix available for adoption at the Fort Rucker stray facility. She is very smart and attentive. She is learning basic commands with ease without a treat incentive. 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.

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

BIBLE STUDIES

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

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

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

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COMMANDER’S CUP

Fort Rucker community rewarded for improved health, fitness

By Jenny Stripling
Lyster Army Health Clinic Public Affairs

Fort Rucker Soldiers, families and civilians were recognized for their outstanding health and fitness improvements during the Commander’s Cup for Fitness awards ceremony June 4.

For six weeks, the Fort Rucker community monitored daily steps taken, logged running and biking miles, swam laps and tracked their caloric intake as part of the Commander’s Cup for Health and Fitness competition. What happened over these six weeks were improved body mass index numbers, better sleep habits and overall fitness improvement.

Col. Jeffrey Johnson, director of Health and Wellness at Defense Health Headquarters, was guest speaker for the event, and he congratulated participants and praised them for improving overall readiness and resiliency.

Johnson said that today, 43,000 U.S. Soldiers are not ready to deploy because they are either not physically or mentally fit.

He continued to say there are many reasons a Soldier might be non-deployable. But one way Soldiers can stay world-wide deployable and be an active, supporting member of their unit is to maintain their resilience through the three prongs of the Performance Triad: getting the proper amount or quality of sleep, activity and nutrition.

“You all purposely included better sleep, nutrition and activity habits into your daily lives because of this competition,” said Johnson. “For many of you, exercising and eating healthy will now become a habit. Overall readiness is what this is all about.”



PHOTO BY JENNY STRIPLING

Awards for the Commander’s Cup for Fitness were presented June 4 to the units with the best participation.

Johnson said the challenge is now staying motivated.

“We are fighting an enemy named preventable disease,” he said. “Soldiers, Families and civilians all have a role in improving our nation’s overall health.”

The following are the awards that were presented for most improved health.

- 1st Aviation Brigade**
- Best company – 98th Army Silver Wings Band.
 - Best battalion – 1st Battalion, 13th Aviation Regiment.

110th Aviation Brigade

- Best Company – B Co., 1-11th Avn. Regt.
- Best Battalion – 1-11th Avn. Regt.

Tenant units

- Air Traffic Services Command.
- U.S. Army Aeromedical Center.

Johnson said the post and its community members can get better as they look forward to next year’s Commander’s Cup and Fit Fest by partnering with their health team, utilizing the Lifespace

Center and other health services offered at Lyster and other care clinics, and taking what they learn back into their “lifespace” outside of the doctor’s office.

The “lifespace” is where health really happens – where we sleep, how active we are, and what fuel we are putting in our bodies, he said.

“As you move forward from today, contemplate readiness and what it looks like to you. Your legacy comes down to the choices and decisions you make daily,” said Johnson. “Here’s to your health.”

Silver Wings Golf Course reopens Blue Course, hosts tournament

By Nathan Pfau
Army Flier Staff Writer

After more than a year, the Silver Wings Golf Course returned to its former glory as a 27-hole championship facility with the reopening of the Blue Course Saturday.

The course reopened with a bang as the Blue Course Grand Reopening Tournament teed off with more than 100 competitors.

Maj. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general was on hand to cut the ribbon for the reopening, as well as to participate in the tournament.

Golfers were more than excited to see the course reopen and get a fresh look.

“I’m glad to see the course back up,” said Marcus Smith, SWGC member. “It’s been a long time and there aren’t too many places in the area that you can enjoy a 27-hole course. It makes me happy to see it back up and running, so that

I can spend more of my time out here.”

“All I can say is it’s about time,” said Jamie Smith, SWGC member. “I’m just so glad to see it’s back up. It’s almost like we’re playing on a completely new course. And although I might not be the best golfer, I still enjoy getting out here to take a few swings from time to time.”

The tournament featured a four-person team scramble and winners were determined by the lowest 18-hole scores. Prizes were awarded for first through sixth place.

Chet Hallman, SWGC business manager, said he and the staff were excited to get the course back open and that the turnout for the tournament was more than he could have hoped for.

“We had a really great turnout and we’re glad that everyone was able to come out for the tournament to reopen this course,” he said.

The course was closed for more than a year while removal of munitions that were left over

from the World War II era – when the area was used as an antitank range and rocket-propelled grenade range. The removal saw more than 1,545 items removed from the course, totaling more than 62,000 pounds of munitions and 35,000 pounds of scrap metal.

The saving grace in the removal of the munitions was the improvements that the Blue Course received, ranging from old sod being stripped and replaced to new tee complexes, as well as drainage work and renovated bunkers, said Hallman.

Along with the opening of the course, new membership rates will go into effect Monday, said Hallman.

Annual membership rates are: \$528 for E-1 to E6 and juniors ages 12-17; \$858 for E-7 and up and Department of Defense civilians; and \$924 for members of the public. Family rates are also available.

For more information, call 598-2449.



PHOTO BY NATHAN PFAU

Maj. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, attempts to sink a putt during the Blue Course Grand Reopening Tournament Saturday.



PHOTO BY NATHAN PFAU



PHOTO BY JENNY STRIPLING

MEDCOM chief of staff visits post

Left: Uldric L. Fiore Jr., Office of the Surgeon General and U.S. Army Medical Command chief of staff, takes a tour of the U.S. Army School of Aviation Medicine during a visit to the installation as Capt. Lani Pineda, USASAM Joint Enroute Care Course director, explains the different devices used to train Soldiers June 3.

Right: Col. Gary Wheeler, commander of Lyster Army Health Clinic, met with Fiore during a visit to Lyster Army Health Clinic June 3. Fiore took time during his visit to meet with Lyster employees and tour the clinic, learning more about the care and services provided to Fort Rucker beneficiaries.

DOWN TIME



Just Like Cats & Dogs

by Dave T. Phipps



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T R I V I A

1. GENERAL KNOWLEDGE: What holiday is celebrated on July 14?
2. MEDICAL TERMS: What is the more common name for a contusion?
3. ANIMAL KINGDOM: What is a group of domesticated turkeys called?
4. COMICS: Who was the Green Hornet's sidekick?
5. U.S. PRESIDENTS: Who was the first president to fly in an airplane while in office?
6. LANGUAGE: What does the Russian term "perestroika" mean?
7. GEOGRAPHY: In which U.S. state is the top-secret military facility known as Area 51 located?
8. ABBREVIATIONS: What professional uses the abbreviation "D.D.S." as part of his or her title?
9. ARCHITECTURE: Who designed the pyramid in the Louvre Museum in Paris?
10. MATH: What is the Arabic equivalent of the Roman numerals DXC?

See Page D4 for this week's answers.

Super Crossword

"HOW ABOUT HAT!"

ACROSS

- 1 Big appliance brand
6 Bursting, as a balloon
13 Houdini feat
19 Only
21 New York senator
Chuck
22 Sudden floods
23 Device used in saltwater aquariums
25 Spanish conquistador
Hernando
26 Filter slowly
27 Cagney or Lacey: Abbr.
28 Seed case
29 Tennis'
30 Took a 46-Across, e.g.
32 "For Me and My Gal" director
35 Marine ink squirts
38 Welsh dog
39 Tic-tac-toe row
40 Some Web site banners
41 Person paid for getting strikes
46 Airport idler
47 Apian abode

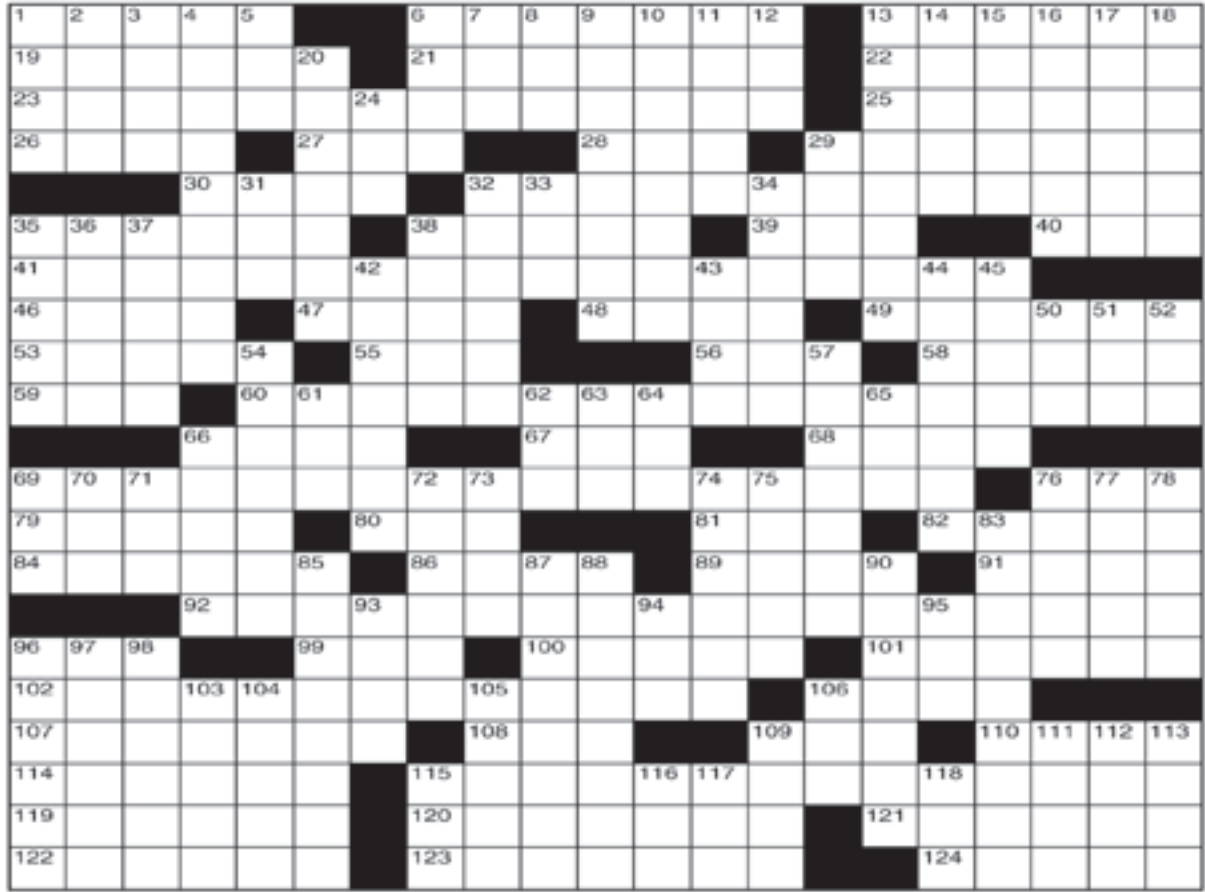
- 48 Try to get
49 Online party summonses
53 Madonna musical
55 The Once— ("The Lorax" character)
56 Gradually slowing, in music: Abbr.
58 Legislate
59 Cozy room
60 Florida school near Daytona Beach
66 Dimple
67 Like Capp's Abner
68 Parable, e.g.
69 1977 pact signed by Carter and Torrijos
76 Son of George Bush
79 Painstaking, for short
80 Academic e-mail suffix
81 Tirana's nation: Abbr.
82 Brain holder
84 Hedy of film
86 Just — on the map
89 Diminutive suffix for "part"

- 91 Mrs. Victor Laszlo, in film
92 Collectible Happy Meal miniatures
96 Nine-digit ID issuer
99 Vienna's land: Abbr.
100 Made a boat move
101 Most twisted, as humor
102 Annual May race
106 Stimulate
107 Artist Renoir
108 Gold, in Italy
109 With 50-Down, rum cocktail
110 Hits with high voltage
114 Small cavern
115 Exceeds limits (or what each of this puzzle's theme items does?)
119 Word before snake or belt
120 Like the jack of hearts
121 In a creepy way
122 Wood dyes
123 Sheets and pillowcases sold as units

- 124 Rob of "90210"
DOWN
1 Some snakes
2 Further
3 Healing plant
4 Bottom line
5 Bristol brew
6 Furtive
7 "Looky here"
8 Suffix with bull or hill
9 Frat letter
10 Fills up the tank, maybe
11 Not budging
12 Fido's threat
13 Endive type
14 Hybrid utensil
15 A la —
16 Hun name
17 Flattened by hammering
18 Thoreau writings
20 Like "kvetch" or "schmear"
24 Once called
29 Fluffy's cry
31 Not closed, in verse
32 Many miffed fans, vocally
33 Catering hall vessel
34 "Oh, God! —" (1980 film sequel)

- 35 Made a pick
36 Want badly
37 Venom, e.g.
38 Spotted, musky cat
42 Hush
43 Swiss capital
44 Brothers Phil and Don of pop/rock
45 Wash cycle
50 See 109-Across
51 Outer: Prefix
52 Hogs' place
54 Actor Shawn of "X-Men" films
57 Stand for an idiot box
61 Hollywood's Carrere
62 Ending for pay or Motor
63 Not any
64 Last: Abbr.
65 Have brunch
66 Gem weight
69 Jim Bakker's old ministry, familiarly
70 Finder's cry
71 — de plume
72 Fresh as —
73 Naked
74 Early blues singer Ma —
75 Spanish national hero
76 Singer Andrews

- 77 "That's someone — problem!"
78 Explosion
83 Unwelcome advice givers
85 Atomic piles
87 Certain wind insert
88 Flowers named for their scent
90 "Charlotte's Web" author
93 H-bomb, e.g.
94 Wall St. manipulator
95 Add up to
96 Singer Ricky
97 Painter Georges
98 Mohair goat
103 — -frutti
104 St. Paul-to-Fargo hwy.
105 Lorna — cookies
106 Huge battle
109 What docs prescribe
111 Quarreling
112 Magnet end
113 1974 CIA spoof movie
115 Hunk
116 "— of little faith!"
117 Critter doc
118 "— -haw!"



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See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D4 for this week's answers.

KID's CORNER



Soldier running 50 marathons for fallen

By Air Force Staff Sgt.
Natasha Stannard
633rd Air Base Wing
Public Affairs

JOINT BASE LANGLEY-EUSTIS, Va. — An OH-58 Kiowa helicopter crew chief and platoon sergeant is running a marathon in each state in honor of fallen OH-58 Kiowa helicopter pilots.

Staff Sgt. Jeffery Lewis' journey started after he ran a marathon for his grandfather, who died of cancer in 2013.

Lewis, 1st Battalion, 222nd Aviation Regiment at Fort Eustis, sat at a local bar unable to recognize the reflection glimmering off the amber colored liquid in his pint sized glass in June 2012.

The unfamiliar person took a few swigs of the liquid in hopes of erasing the anguish and pain of his recent divorce. The feeling didn't subside, though, and instead Lewis saw himself becoming a person he didn't recognize — a person no one, not even his hero, his grandfather, would be proud of.

'What right looks like'

"I could see myself going down that path, and I knew that wasn't me," the Medford, Oregon, native said. "I just thought, 'I can't do this.'"

As an OH-58 Kiowa helicopter crew chief and platoon sergeant, Lewis said he knew he had a responsibility not only to himself, but to the Army and his troops.

"These Soldiers are looking up to me," said the platoon sergeant. "I have to give them a good role model. I have to lead."

He looked to what his grandfather taught him all his life and what the Army instills in young Soldiers to this day, "What right looks like."

"Anything my grandfather told me was the right thing to do, so anything I do in the military, I do for him," said Lewis of the man who prodded him to join the service and to reenlist. "Anytime I saw him, he would tell me 'I'm proud of what you do,' and for me, that's all he ever had to say."

To keep with the Army and his grandfather's shared motto, Lewis is looked to new means of coping that would make his grandfather proud and instill a sense of mentorship toward his troops.

Lewis found running and also found that he was good at it.

It started by just staying a little longer after physical training where he added a few extra miles to his run.

"It became my outlet for anything," said Lewis who would use his runs to decompress from daily and life stressors. It became so much of a release, that Lewis quickly made his way up to 20 miles. "Running helps in every facet of my life. If something's happening, I can just go and run and it helps get my mind straight and evens me out."

A loss and a new journey

When he hit the 20-mile mark in April 2013, he knew it was time to run a marathon.

At that same point in time, something happened. His hero died.

Lewis had seen his grandfather three weeks prior to his passing, then went to his funeral where he paid his condolences and said his final goodbye.

Lewis knew this would be the most trying time of his life, so he took to his coping mechanism and ran his first marathon not just for his own outlet, but to honor the man who shaped him into the Soldier he is today.

The running didn't take the pain completely away. Lewis will always miss the man who taught him how to fish and ride his bike. But, running did help him clear his head and control the emotions



AIR FORCE PHOTO

Staff Sgt. Jeffery Lewis, C Company, 1st Battalion, 222nd Aviation Regiment platoon sergeant at Fort Eustis, Va., carries a flag during the Marine Corps Marathon in Arlington Oct. 26. Lewis held the flag for the entirety of the marathon, 26.2 miles, to pay tribute to fallen service members and their families.

circulating throughout his body, he said.

"Without him, I wouldn't be where I am today. That's why I ran it for him," said Lewis.

Something bigger than himself

Upon completing his first marathon, Lewis found running became much like what the Army was to him: something bigger than himself.

He looked into ways to continue running for others and joined the group Wear Blue Run to Remember, a group who runs to raise awareness for fallen or injured Service members and their families.

It was at his first marathon with the group that Lewis saw a man complete his 50th state marathon.

Lewis said he knew he could run multiple marathons without much issue, as the sport came easy to him. The thought of running toward a milestone like 50 states intrigued him, but he wanted to find a way to bring more purpose behind his running.

"I thought to myself, 'how can I run these 50 marathons and make it more than just about myself?'" he said. "I wanted my journey to have a reason."

At this point, Lewis was already running for fallen comrades that he knew, the pilots of the OH-58 Kiowa helicopter that died during his deployments.

"For me, it's the only real honor I can give to somebody because we didn't get to go to their real funeral," said Lewis.

As a Kiowa crew chief, he would see the pilots board their lightly armored helicopters both at home station and on deployments. Sometimes they would go into combat zones and sometimes on rescue or training missions, but no matter the task, Lewis always had to pray that all would return.

Up to the mission departures, Lewis knew he had done his diligence in ensuring the helicopter was ready for flight. He checked each section of the bird's mechanics and reviewed his work with the pilots. Every day for a year or more, he and the pilots went through this routine, often-times diverting from mechanical references to talk about each oth-

ers' goals, past, favorite movies, sports teams and the like.

"These are people you see and talk to on a daily basis. You gain camaraderie with them and they become like a brother or sister," Lewis said of the pilots. "You see them every single day and if it was just one day that they weren't there — it's really difficult."

Not having met each Soldier he was running in honor of, as the pilots that died were from his sister flight, Lewis looked up the names of his fallen brothers as a way to get to know them.

"I just always try to think about them the whole time because that's what propels me to push," he said. "I don't see it as something that I'm doing for myself or that I'm gaining anything from it. I am just doing it for them because I would do the same thing if I was put in their situation — I would have followed the call."

A new purpose

Shortly after witnessing the 50th marathon milestone, Lewis went to look up a name of one of his sister flight's members using a site dedicated to fallen Kiowa pilots, and found that the site listed 49 names of those who died during different contingency operations and training exercises.

"I saw the list and thought, I really need to fulfill the rest of these because a I ran the first couple for the people I already knew, so I told myself I had to run for the rest of them," said Lewis.

Not knowing the rest didn't matter to him because each unit he had been with had the same camaraderie and each pilot was

the same caliber of character.

"I'm proud of the cavalry and our mission that we do," he said. "When they went into their aircraft and did their missions, they were doing it for someone else. They put themselves in harm's way because they were thinking about the other people."

That same character is what Lewis aims to embody as he runs to bring each fallen member's story to the forefront.

"There are a lot of names and nobody really knows what they did. If something big happens in their death, it catches the attention

of the media, but some of these people will never be recognized, so each state and each day is for them," he said. "I can put myself through a little bit of pain. A little bit of pain is different from what they went through."

He has run with calluses and sore muscles, and has funded his way to each state thinking nothing of the impact on his body and wallet as he has goals in mind to not only complete each marathon, but place. However, the medallions aren't for him.

"They deserve the best I can possibly do," said Lewis. "If I can pull a first, second or third for that person, I feel that that's the best way to honor them. If I gave up on the course, that's not acceptable because they didn't give up on us. They didn't say 'no, I'm not going to take that mission.' They knew they were going into combat and they didn't say no, so I'm not going to give up."

Now on his 20th marathon, Lewis aims to place at each event, and has his eyes set on qualifying for the Boston Marathon, a run requiring a 03:05:00 marathon time for Lewis' age group. As of now, he is five minutes short of qualifying, but has shed 35 minutes from his personal run time — a feat he said he owes to his comrades.

"It's difficult at times, but it's really rewarding to know that each step that I take and each time I start on that start line it's going toward honoring somebody," said Lewis. "We all have certain roles to play and our pilots did just that. I am very proud of what they do, so that gives me a lot of fuel when I need it."

As Lewis continues his journey to honor, he knows he is doing something that would make his grandfather proud, partly because his grandmother told him he would be proud, but mostly because Lewis knows carrying these legacies is what "right looks like."

To view Lewis' Journey, visit <https://www.facebook.com/pages/Jeff-Lewis-50-state-marathons/686983838002447>.



PHOTO BY AIR FORCE STAFF SGT. NATASHA STANNARD

Lewis rests after his run at Fort Eustis, Va., May 12. Lewis runs five to six days a week in preparation for marathons he runs in honor of fallen service members and their families.



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Prevention, early detection can improve men’s health

By Lauren A. Shirey
U.S. Army Public Health Command

American men are at risk for living less healthy and shorter lives than American women.

According to the Men’s Health Network, this risk may be a “silent health crisis” in the United States. It is also one that we can act on.

There are several reasons that men may be at higher risk for sickness and death than women. For example, a report by the U.S. Centers for Disease Control and Prevention states that women are 100 percent more likely to visit the doctor for annual exams and for services to support health than men.

Men are also more likely than women to smoke cigarettes, to die in motor vehicle accidents and experience other preventable events. According to the Men’s Health Network, for younger men, much of the difference comes from increased risk-taking and suicide. Society also often does not promote healthy behaviors for boys and men.

Men aren’t the only ones affected by these health issues and these risks. Since women generally live longer than men, they see their dads, brothers, sons, husbands and friends suffer or die early. Each June, the nation celebrates Men’s Health Month to increase awareness of preventable health issues and encourage early detection and treatment for men and boys.

To reduce men’s health risks and identify and treat any health conditions or diseases early, focus on the following three areas.

Healthy lifestyle choices

- Get quality sleep, engage in physical activity and improve nutrition. These are the focus of the Army Medicine’s Performance Triad campaign and they are fundamental mechanisms to



PHOTO BY LISA FERDINANDO

Sgt. Nicholas Johnson, U.S. Forces Korea Soldier of the Year, finishes the pushup portion of the Army Physical Fitness Test during the Army Best Warrior Competition at Fort Lee, Va.

- optimize health.
- Do not smoke and avoid secondhand smoke.
- Drink alcohol only in moderation, and find a designated driver to ensure that no one drinks and drives.

Army Wellness Centers, and installation resources such as athletic centers and recreational programs, can help make and continue these important changes for health.

Taking care of mental and emotional health is also of key importance. Men often experience stress and suffer from depression. They are also less likely to seek help for depression than women are and are four times as likely to commit suicide as women. Depression affects overall health and well-being, and shouldn’t be ignored.

The following are some tip to help improve mental and emotional health.

- Find ways to de-stress, including maxi-

- mizing physical activity and sleep.
- Talk to a chaplain or health care professional if there is a struggle with negative thoughts, excessive worries or hopelessness.
- If there are suicidal thoughts or plans for suicide, speak to a chaplain, behavioral health professional, healthcare provider or to a member of the chain of command immediately.

Regular health exams

- Schedule an appointment to see a health care provider for a health check-up at least once per year.
- Go to the exam prepared to share personal medical history, including current or past substance use, risk factors for sexually transmitted diseases, diet and exercise habits and symptoms of depression. Although it may seem hard to share, it is important to communi-

cate this information to the medical provider.

- Bring up any questions or concerns about any particular health issues, signs, or symptoms, with the provider during the exam.

Early detection

Early detection of many conditions or diseases can lead to early treatment and can often reduce suffering or risk of death. Here are some tips to ensure appropriate preventive screenings are received and to increase chances of finding any health issue early.

- Know the medical history of family and share it with the health care provider. If a family member was recently diagnosed with a disease, be sure to update this information with the provider. Knowing family medical history can help the provider identify any screenings that might be of special importance.
- Keep any follow-up screening appointments that the provider recommends. Screenings like colonoscopies, blood pressure checks and blood tests are all important parts of prevention and early detection of illness and disease.

Women are in a unique position to help men to overcome barriers they face in getting health care, and in detecting potential health risks or diseases early. Men can be supported through positive encouragement and letting them know it is a sign of strength to prevent and address health risks or conditions. Men and women can both help boys and teenagers develop these habits early in life, which is the best course of prevention.

For more information on how to make healthy lifestyle choices, obtain a health exam or seek early screening, contact your primary care provider.

SPORTS BRIEFS

Army Strong Triathlon

Fort Rucker will host its annual Army Strong Triathlon Saturday from 7 a.m. to noon at Lake Tholocco’s West Beach. Participants will swim a quarter mile, bike 10.6 miles and run 3.1 miles. Cash awards will be given to the top overall finishers and the top relay team. Pre-registration cost for individuals is \$50. Relay teams – maximum of three people – is \$80. Those who didn’t pre-register already will receive T-shirts as supplies last. The event is open to the public.

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

Road closure during triathlon – Road closures for this event include: Johnston Road from Christian Road to Engineer Beach will be closed to vehicle traffic June 13 from 6:40-10 a.m. There will be vehicles to escort traffic to outdoor recreation

and the West Beach area. Christian Road from Johnston Road to the Faulkner Gate will be open. Drivers will be required to yield right-of-way to bicyclists and may be stopped momentarily to allow for safe passage of bicycles. For more information on road closures, call 255-2296.

Daddy & Me Bowling

Rucker Lanes will host its Daddy & Me Bowling special June 21 where all dads bowl for free. Each Dad will receive three free games of bowling and shoe rental. Children – ages 13 and under – who bowl with their dads will receive three games of bowling and shoe rental for \$4.75 per child.

For more information, call 255-9503.

Spin challenge

Fortenberry-Colton Physical Fitness

Center instructors will hold a two-hour spinning challenge each month, with the next taking place June 29 at 5:30 p.m. The challenge is open to all authorized PFC patrons. Each class costs \$3.50 or people may use their class card. Each session will feature door prizes and refreshments.

For more information, call 255-3794.

Youth sports registration

The registration dates for upcoming youth sports – football, cheerleading, tennis and fall soccer – are July 1–31. All interested participants must have a valid child, youth and school services registration and a current sports physical to participate. Fall soccer practices will begin on Aug. 10. Football and cheerleading practices will begin Aug. 17. Tennis practices will begin Sept. 9.

For more information, including available age groups, call 255-0950.

Enterprise baseball

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

Youth sports coach recruitment

The Fort Rucker Youth Sports and Fitness Program needs coaches for all its activities. The program offers a wide range of sports to the youth of the community, including basketball, football, tennis and soccer. The program will set up recruiting tables Wednesday from 10 a.m. to 2 p.m. at the commissary and post exchange. For those who decide to volunteer, training will be held June 27 at 9 a.m. at the youth center gym, Bldg. 2800.

For more information, call 255-2254.

PUZZLE ANSWERS

Super Crossword

Answers

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

Weekly SUDOKU

Answer

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

Trivia

Answers

1. Bastille Day
2. A bruise
3. A rafter
4. Kato
5. Franklin Delano Roosevelt
6. Restructuring
7. Nevada
8. A dentist (doctor of dental surgery)
9. I.M. Pei
10. 590

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