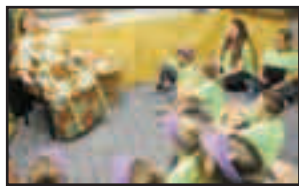


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SERVICE**
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ARMY STRONG
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ARMY FLYER

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

VOL. 65 ■ NO. 24

FORT RUCKER ★ ALABAMA

JUNE 18, 2015

NEW COMMISSARY SET TO OPEN

Grand opening set for July 15

By Nathan Pfau
Army Flier Staff Writer

A project nearly two years in the making is coming to fruition as the final touches are added to Fort Rucker's shiniest new benefit – the new commissary.

The grand opening for the store will be July 15 with a ribbon cutting ceremony at 8:30 a.m. to allow shoppers access to the new, state-of-the-art facility, said Bobby Ward, Fort Rucker Commissary store director.

As workers stocked shelves Monday, Ward provided a tour of the nearly-complete facility to community members and Fort Rucker senior leadership to showcase the new commissary's state-of-the-art features, as well as highlight the increased amount of sales space.

Commissaries are rated in categories from K1 to K5, according to Ward, and much of the new facility's sales floor, including all of the frozen and chilled items and much of the dry goods sections, will be rated as K4.

The commissary will be significantly larger than the current store, with a total of 85,302 square feet. More than half of that – 47,380 square feet – is designated for the sales floor, which is more than 18,000 square feet more sales floor space than the current commissary, he said.

The overall size of the commissary is roughly the same dimensions of the old commissary, but the area of the sales floor was able to be increased by shrinking the size of the warehouse, said Ward.

SEE COMMISSARY, PAGE A5



PHOTO BY NATHAN PFAU

Bobby Ward (far right), Fort Rucker commissary store director, provides a tour of the new commissary to community members and Fort Rucker senior leadership, including Col. Stuart J. McRae, garrison commander, and Aviation Branch Command Sgt. Maj. Eric C. Thom, Monday.

'Helicopter that changed the world'

Museum to restore XH-40 prototype to former glory



PHOTO BY NATHAN PFAU

Workers prepare to load the last remaining XH-40 prototype helicopter, a precursor to the UH-1 Huey, onto a truck for transport Monday, as they prepare it for restoration before it takes its place in the U.S. Army Aviation Museum in about a year.

By Nathan Pfau
Army Flier Staff Writer

In the Army, remembering the past is just as important as looking toward the future, and the U.S. Army Aviation Museum is preserving history by restoring one of its most storied aircraft to its former glory.

The museum possesses the last remaining XH-40 prototype helicopter, a precursor to the UH-1 Huey. In an effort to preserve it for future generations, the staff has begun the process to renovate the aircraft to be showcased in the museum, according to Robert Mitchell, U.S. Army Aviation Museum curator.

"This aircraft tells a very important story, really of early Army Aviation and also rotor Aviation for the world," he said. "This is probably the most significant helicopter – I call it the helicopter that changed the world – because once they mated a jet engine to a helicopter, everything changed."

From the start to the end of the Korean War, the number of helicopters jumped from 60 to 600, said the curator. Once the Army realized how versatile an aircraft the helicopter could be, especially with transporting wounded Soldiers off the battlefield, it ushered in a new era of rotor-wing flight.

"When word got back to Congress

SEE GLORY, PAGE A5



PHOTO BY JEREMY HENDERSON

Food items donated for the Feds Feed Families campaign are bagged, weighed and priced by the commissary staff before the Wiregrass Area United Way Food Bank picks them up for final delivery to families in need of low-cost, healthy meals.

Fort Rucker participates in Feds Feed Families

By Jeremy Henderson
Army Flier Staff Writer

Federal employees donated more than 14 million pounds of food to feed families in need last year and a new partnership makes it easier than ever to give back to the local community.

For this year's Feds Feed Families campaign, Army Community Service partnered with the commissary to provide donation drop-off locations where potential contributors purchase their own food.

"People tend to contribute more food if the contribution drop-off point is located where they purchase their own food," Mike Burden, ACS financial readiness manager, said. "We've placed contribution drop-offs in different locations during previous food drives and people had to bring food from home or purchase food elsewhere to bring to

SEE FAMILIES, PAGE A5



ARMY BIRTHDAY

PHOTO BY JIM HUGHES

LEFT: Aviation Branch Command Sgt. Maj. Eric C. Thom; CW5 Allen R. Godfrey, Chief Warrant Officer of the Aviation Branch; Col. David J. Francis, USAACE deputy commander; CW2 Brent Gregory, representing the youngest Soldier; and Russell B. Hall, deputy to the commanding general, cut the ceremonial cake at The Landing Friday in celebration of the Army's 240th birthday. RIGHT: The Warrant Officer Career College celebrated the Army's 240th birthday with a ceremonial cake cutting Friday. CW4 James Jernigan, WOCC military history instructor, represented the oldest Soldier present and CW2 Jason Hayes served as the youngest as the two cut the first slice of cake.



PHOTO BY JEREMY HENDERSON

PERSPECTIVE

Take stock of your spiritual fitness

By Lt. Col. David Bowerman
U.S. Army Public Health Command
Chaplain

For Soldiers, taking the Army physical fitness test twice a year is a good indicator of changes in physical fitness – the number of sit-ups and pushups performed and the 2-mile run time can increase or decrease, as well as weight.

These things can show progress or the need for improvement.

Physical fitness is important for accomplishing the mission and staying healthy. Whether you are a Soldier or Department of Army civilian, family member or retiree, taking stock of your health will reap great benefits.

But what about your spiritual fitness? Spirituality has to do with a person’s world view, sense of morality, and ethics and sense of meaning. It is easy to confuse spirituality with religious practice. In fact, even atheists and agnostics can be spiritual. Buddhists are not necessarily theists, but few would argue that they are not spiritual.

Army Regulation, 600-63, Army Health Promotion, puts it this way: “A spiritually fit person recognizes there are multiple dimensions that make up a human being and seeks to develop the total person concept. This includes enhancing spiritual fitness through reflection and practice of a lifestyle



PHOTO BY PFC. DAVID HAUKE
Soldiers join in to be a part of the circle, some to pray, before every mission in Kandahar, Afghanistan. The Soldiers are assigned to the 62nd Engineer Company, 4th Engineer Battalion.

based on personal qualities needed to sustain one during times of stress, hardship and tragedy.”

Spirituality is not static – it changes and, hopefully, deepens and matures as we get older.

In 1981, Dr. James W. Fowler, a developmental psychologist at Emory University and United Methodist Minister, published “Stages of Faith: The Psychology of Hu-

man Development and the Quest for Meaning.”

In this book, Fowler proposed that people go through phases in their spiritual development – the faith of a child is different from the faith of an adult, for instance. During the course of his research, Dr. Fowler interviewed Jews, Catholics, Protestants, agnostics and atheists.

He suggested that there are six stages of

faith, starting with zero (in infancy). According to Dr. Fowler, very few people achieve the highest level, Stage 6, but he suggests that individuals such as Dr. Martin Luther King, Jr., Mother Teresa and Mahatma Gandhi might be examples of those who do.

Most of us are somewhere in the middle, but we do not have to stay at the same stage through life. Spiritual growth will be different for each person. What works for one person may not work for another, but activities such as belonging to a worship community, prayer and meditation, and deliberate study of any sacred texts from your own tradition can help contribute to growth. Many people also express their spirituality through volunteerism.

You might get an idea of your own level of spiritual fitness from a source such as the “Spiritual Dimension” on the Global Assessment Tool.

Soldiers have to take the GAT each year, but there are many ways to gauge your spiritual resilience. The “Spiritual Fitness Inventory” Technical Guide 360 available from the U.S. Army Public Health Command Spiritual Health website is another tool.

Whenever you step on the scale or monitor your exercise, you are taking stock of your health. Shouldn’t your spiritual health be just as important?

THIS MONTH IN ARMY AVIATION HISTORY

This month we’re spotlighting the June 1973 issue of the *U.S. Army Aviation Digest*. This issue features:

31 years of growth

As Army Aviation commemorates its 31st anniversary June 6, we reminisce over its tremendous advancement since World War II. This surge has been directly proportional to the untiring efforts of the officers and men who have pioneered the field.

Among the honored

What had been an uneventful New Year’s Day in 1969 for the Air Cavalry

Troop, 11th Armored Cavalry Regiment, was shattered when the operations shack received a call that a “pink team” had made contact with a sizable enemy force just north of the Dong Xai River in the Republic of Vietnam.

The “eyes” have it

It was growing dark that quiet February 26, 1969, at Dong Tam in the Republic of Vietnam. I was on standby, supporting the LRRPs in the 9th Division area of operations. About 30 minutes prior to coming on duty, I checked my UH-1 helicopter and also replaced the tinted visor of my helmet with a

clear one. Little did I know that those few minutes and that clear visor would determine my fate that evening.

The illusive CAT

Don’t be deceived by the apparent safety of VFR conditions. For nearly 10 years, the research efforts of several agencies of the federal government have centered on detection of the illusive CAT.

... and more.

Download this issue of the *U.S. Army Aviation Digest* at <http://bit.ly/av8-june73>



Rotor Wash

“MWR Central hosts a deep sea fishing day trip Saturday from 3 a.m. until 8 p.m. What are some tips you would suggest to follow before spending the day on the water and/or in the sun?”



Amy Ledger,
military spouse

“Make sure everyone who is going into the water knows how to swim properly.”



Carla Anders,
military family member

“Keep an eye on everyone, especially if there are small children around.”



Joyce Cummings,
military spouse

“Try not to spend the entire day directly in the sunlight. Seek some shade.”



Sheila Bartley,
military spouse

“Even if you’re swimming, it’s important to stay hydrated, so make sure to drink lots of water.”



W01 Jacob Crossman,
B Co. 1st Bn.
145th Avn. Regt.

“Make sure to wear plenty of sunscreen.”

COMMAND

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

Col. Stuart J. McRae
FORT RUCKER GARRISON COMMANDER

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

SELFLESS SERVICE

Boy Scout gives back to the community

By Nathan Pfau
Army Flier Staff Writer

Selfless service is one of the core Army values, and one Boy Scout took that value to heart as he set out to give back to his community.

Ben Francisco, Boy Scout with Troop 77 out of Enterprise, took on the task of building a hunting blind for wounded warriors Saturday as his Eagle Scout service project to give back to those who served and sacrificed.

“This is a worthy cause, supporting the wounded warriors,” said the 14-year old. “Just like they supported us during their time serving their country, I just thought it would be something good to do for them.”

The hunting blind, located in Area 40, an area designated primarily for use by wounded warriors, features a wheelchair accessible structure with windows on three sides providing 100 yards of sight down three hunting lanes.

The construction of the blind was no easy task, taking up nearly 170 man-hours, but Francisco wouldn’t tackle the project alone as he had help from 34 members of his troop, including fellow Boy Scouts, retirees and his family.

The site for the blind had to be cleared, and the blind itself, which was constructed out of wood and tin, had to be built on site,



COURTESY PHOTO

Ben Francisco (third from right), Boy Scout with Troop 77 out of Enterprise, digs a drainage trench with members of his Boy Scout troop as they clear a path to the hunting blind they built for wounded warriors in Area 40 Saturday.

as well.

“We had to clear out nearly 200 yards to make a trail to get out to the area,” he said, adding that even trenches and drainage ditches had to be dug out to allow water to flow out of the area to make it accessible for wounded warriors.

The idea for the hunting blind came with the help of his father, CW4 Kevin Francisco, U.S. Army Combat Readiness/Safety Center G3 Aviation accident investigator,

who does a lot of work with Fort Rucker’s Outdoor Recreation’s Wounded Warrior Hunt.

Scouts are also required to raise all the funds for their project themselves, and they were able to do so with a grant provided from ODR, as well as the materials being available for purchase at cost, said Kevin.

“I had been talking with (John Clancy, ODR manager) and he told me that they would like to have a hunting blind built for

the wounded warriors, so Ben decided this is what he wanted to do for his Eagle Scout project,” he said. “I’m very proud of him. It’s a big step making it to Eagle Scout, especially at such a young age.”

According to Francisco, about 2-3 percent of Boy Scouts attain the Eagle Scout rank, which must be attained before the Scout’s 18th birthday, but Ben was determined to achieve his rank and earn his spot through his service project.

“I’ve been in the Scouts since I was a Cub Scout at age 6, and once I started, I just really enjoyed it and stuck with it,” he said. “The Scouts taught me a lot about leadership and helps prepare you for life by providing you with the skills you didn’t know you would need in life.”

Ben is not only active in his Boy Scout troop, but also stays busy with school, maintaining the honor roll, as well as participating on his high school football and golf teams.

“For him to go for his Eagle rank at 14 shows a lot of hard work and dedication,” said his father. “The leadership that Ben had to demonstrate and the change he’s made in the last three years in the Boy Scouts is amazing – he’s matured a lot and I’m so proud of him.”

The hunting blind is for wounded warrior use only. For more information on the blind, call 255-4305.

Army gives Soldiers time for personal, professional goals

By Daniela Vestal
U.S. Army Human Resources Command Public Affairs

FORT KNOX, Ky. – The Army’s Career Intermission Pilot Program is back for another iteration and has been extended through December 31, 2019.

Under the program, Soldiers can apply for a one time, temporary transition to the Individual Ready Reserve to pursue professional or personal growth outside the Army, said Albert Eggerton, deputy chief, Officer Division, U.S. Army G-1. At the end of their intermission, they will re-enter the Army with a service obligation of two months for every month they were out.

“The program has slots available for 20 officers and 20 enlisted Soldiers each calendar year,” said Eggerton. “It is targeted to officers in year groups 1999 through 2011, warrant officers, sergeants and staff sergeants in the regular Army, and active Reserve Soldiers who have completed their initial three-year term on active duty.”

The pilot program was authorized by the National Defense Authorization Act in 2009 in order to determine whether giving Soldiers a break in service will help to “retain the valuable investment in experience and training that is otherwise lost when a Soldier separates permanently,” said Eggerton.

Patricia Woods, CIPP program

manager for the Enlisted Personnel Management Division at U.S. Army Human Resources Command, said most of the enlisted applicants she is working with are looking into the program to pursue educational goals or spend time with family members when unexpected life events occur.

Woods said this program is a good option for Soldiers that have something come up in their lives that they need to focus their full attention on before continuing with their military careers.

She discussed several situations in which Soldiers are considering using CIPP. One Soldier had parents who are in very poor health and this Soldier wants to be able to spend the last couple of years with them. Another Soldier has a child with disabilities and he wants to be able to take the child to doctor appointments and focus his full attention on the child. Other Soldiers are undergoing fertility treatments and want to focus their time on starting families.

While on intermission, Soldiers cannot use Army tuition assistance, but are able to use their Post 9/11 GI Bill benefits, said Woods. While Soldiers are able to pursue any education degree or program they want to, they also maintain their current rank and grade.

“CIPP is not a commissioning program,” said Woods. “So, you are going to come back in the way you went out.”

“It is important for Soldiers

to understand the differences in their benefits while using this program,” said Robert Peterson, CIPP program manager, Officer Personnel Management Division, HRC. “Soldiers will continue to receive TRICARE, commissary privileges and one-30th of their base pay twice a month.”

Peterson previously worked with compassionate reassignments for Officer Personnel Management Directorate. He said CIPP can be an alternative for Soldiers who cannot be reassigned under the Compassionate Reassignment Program, but have the financial resources in place to support themselves and their families while participating in an intermission through CIPP.

“Through the compassionate program, the situation the Soldier is being reassigned for has to resolve itself within one year,” said Peterson. “Many of the Soldiers looking into compassionate reassignment had family members with illnesses requiring treatments that would exceed the year time limit. A program like CIPP would have been an ‘excellent’ alternative for them.”

Peterson said the program can also benefit dual-military families who may not have had much time together based on the deployment rhythms of the last several years.

“I have a Soldier who just had her second child and her and her husband’s assignment cycles just have not synced,” said Peterson.

“So she is getting out for 21 months so she and her husband’s

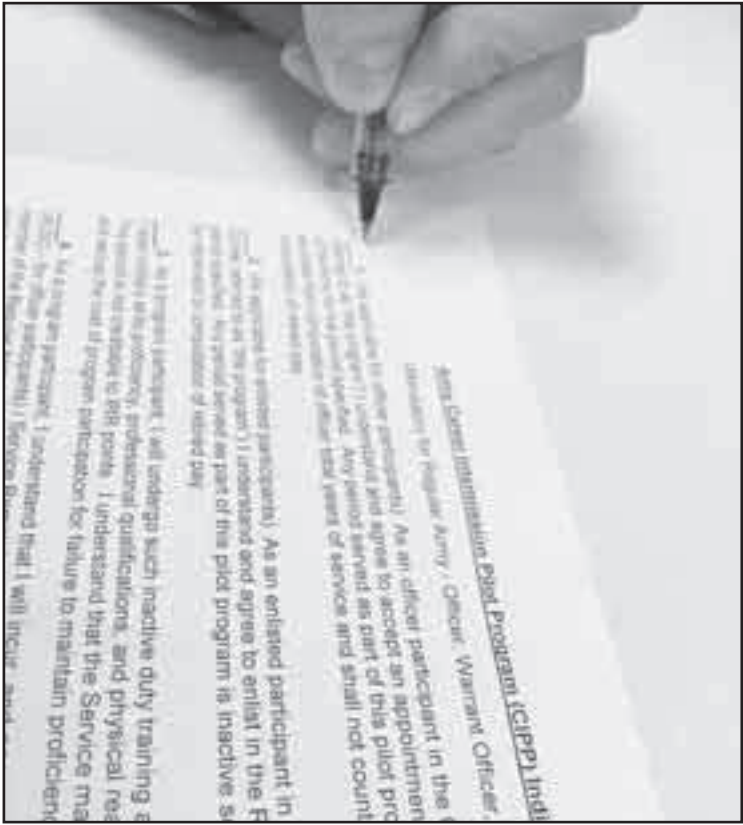


PHOTO ILLUSTRATION BY DANIELA VESTAL

schedules will line up when she comes back in and they can go to the intermediate level course together.”

“With the second iteration of this program, there is no cutoff date for applications,” said Eggerton. “Soldiers must apply for the program eight months before they want to begin their intermission to allow time to complete the application and complete the congressionally-mandated Soldier for Life program.”

“While on intermission, Soldiers must contact their program managers once a month and are

responsible for maintaining their physical fitness,” said Woods. “When the time comes to re-enter the Army, the Soldier must be able to meet the established standards the Army sets for retention.”

“Soldiers who believe they are not eligible for the program may be able to apply for an exception,” said Eggerton. “Exceptions will be considered on a case-by-case basis providing that the exception does not violate any of the statutory requirements.”

For more information, refer to Milper Message 15-161.

News Briefs

Power outage

The Directorate of Public Works reports there will be a scheduled power outage impacting the golf course, Silver Wings Subdivision and Fort Rucker Equestrian Center Monday starting at 9 a.m. The outage will last until about 12:30 p.m. for the subdivision and the equestrian center. The golf course will remain without power until about 3:30 p.m. The outage is required in order to perform necessary maintenance on the electrical distribution system. The backup date in the event of inclement weather is June 29 at the same times.

Men’s health challenge

June is Men’s Health Month and Lyster Army Health Clinic has a health challenge to all male beneficiaries. Males who participate in any one of the following healthy activities between Monday and July 10 will be entered into a drawing for the Men’s Health Active Summer Giveaway.

- Try out the IN-BODY 570 body composition analysis machine at LAHC, 255-7986.
- Men 50 and older: have a colonoscopy, schedule a colonoscopy or turn in 3 Fecal Occult Blood Cards to LAHC, 255-7715.
- Diabetics and pre-diabetics: attend a diabetes basics program class at LAHC, 255-7986, and/or complete an A1C lab, 255-7715, or retinal exam, 255-7185.

- Attend a nutrition care class at LAHC (weight control, healthy heart management or healthy cooking), 255-7986.
- Participate in a Zumba or yoga class at LAHC, 255-7715.

The Active Summer Men’s Giveaway pack includes:

- Five 18-hole rounds of golf at Silver Wings Golf Course;
- Three games of extreme bowling at Rucker Lanes Bowling Center; and
- Fitbit Flex wristband.

People should call the telephone numbers provided above to schedule individual activities. Once people have scheduled their activity, they should call 255-7715 or 255-7913 to have their name entered into the giveaway drawing. The more activities people do, the more chances they have to win. The giveaway drawing will be held July 13. The winner will be notified by phone.

Changes of command

- The 1st Battalion, 14th Aviation Regiment will host a change of command ceremony today 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 Friday at 9:30 a.m. at the Corvias Building, Bldg. 2908. Capt. Nathan Houston will

assume command from Capt. Alvaro Galvez.

- The 1st Aviation Brigade will host a change of command ceremony Tuesday 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 Avn. Bde. 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.
- The U.S. Army Aeromedical Research Laboratory will host a change of command ceremony July 8 at 11 a.m. at the U.S. Army Aviation Museum.
- U.S. Army Garrison Fort Rucker will host a change of command ceremony July 10 at 1 p.m. at the U.S. Army Aviation Museum.

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/>.

HAPPY BIRTHDAY!

At 240 years, America's Army 'indispensable'

By C. Todd Lopez
Army News Service

WASHINGTON — “There is a lot of uncertainty that exists in this world today, in spite of predictions by others that we are entering a period of peace,” said Secretary of the Army John M. McHugh. “But even with declining budgets, I know this to be certain: America is the world’s indispensable nation and you are her indispensable Army.”

The more than 1,000 Soldiers, civilians and family members who had gathered for the 2015 Army Birthday Ball June 13 in Washington roared in approval of the secretary’s summation of the Army they serve.

Soldiers from around the nation gathered in Washington, D.C., to celebrate the Army’s 240th birthday during the 2015 Army Birthday Ball. The evening began with a tribute to fallen Soldiers by Charlene Cross, whose son, Spc. Jason Bogar, died July 13, 2008 during a firefight in Afghanistan – the same battle that earned Staff Sgt. Ryan Pitts the Medal of Honor.

Entertainment included performances by the Army Band’s “Army Voices,” the Army Field Band’s “Jazz Ambassadors,” and the 2015 U.S. Army Soldier Show.

Army senior leaders also put into context the significance of 240 years of Army service to the nation.

“Tomorrow, to the exact day in 1775, the Continental Congress adopted and approved the creation of the American Continental Army,” McHugh said. “The very same Army each and every one of you proudly serves today. And 240 birthdays later, that same Army stands tall as the strategic land power of America’s joint force, and the dominant, the unrivaled, the preeminent military force on the face of the planet.”

McHugh, who serves now as the 21st secretary of the Army, assumed office in September 2009. He recently announced his plan to leave the position in November. When he leaves office, he will have served in the position for more than six years.

“In my life, in my more than six decades, I have seen turning point after turning point, thanks to the

sacrifice of American Soldiers,” McHugh said. “In my short time as Army secretary, I have witnessed this Army do things that others said couldn’t be done. I have watched with awe and wondered how, day after day, in every corner of the world, American Soldiers extend the benefits of liberty and security to an increasingly complex world. And I am proud to say, at the heart of it all, just as it was in Saratoga, there are individual men and women who are committed to an uncommon life of incredible consequence, men and women like each and every one of you in this room tonight: passionate, dedicated professionals who routinely display the exceptional character that you show in defense of our nation.”

Strength of the nation

Gen. Ray Odierno assumed the role of chief of staff of the Army in September 2011. Since then, he has signed off on nearly every speech he has given with something nearly every Soldier has heard by now: “The strength of our nation is our Army. The strength of our Army is our Soldiers. And the strength of our Soldiers is our families. That’s what makes us Army Strong.”

Odierno plans to retire from the Army in August. He used his last turn behind the lectern at an Army Birthday Ball to explain what is by now a signature sentiment for the general.

Calling attention to the Army flag on display in the ballroom, he pointed out that the flag bears 188 battle streamers. Those streamers, he said, represent, among other conflicts, the Revolutionary War, the War of 1812, the Civil War, both the first and second world wars, Korea and Vietnam.

Also on the flag are 13 streamers that represent the war on terrorism, as well as the Iraq and Afghanistan campaigns.

“I have lost incredible young men and women, sacrificed in Iraq and Afghanistan for this country,” Odierno said. “That is why the Army is the strength of this nation.”

About 2.5 million Soldiers deployed to Iraq and Afghanistan over the last 14 years. Those Soldiers, he said, are what makes the Army work.

“The Army is about Soldiers,”



PHOTO BY STAFF SGT. STEVE CORTEZ

Army Chief of Staff Gen. Ray Odierno, Secretary of the Army John M. McHugh and Sgt. Maj. of the Army Daniel A. Dailey cut the Army Birthday cake during the 2015 Army Ball in Washington, D.C., June 13.

he said. “It is about young men and women who are selfless, dedicated, competent and committed – and who do their job with great character, no matter where we’ll be, no matter when we ask them. And if necessary, they are willing to give their lives for this country. That is what we must never forget. That is why our Soldiers are the strength of our Army.”

Back home, supporting those Soldiers no matter where they go, are their families.

“The strength of our Soldiers is our families,” he said, calling out as an example Charlene Cross, who had earlier stood on the stage and provided a tribute to fallen Soldiers. Among those fallen Soldiers was her own son.

“That is what we are about,” Odierno said. “Those that support us, no matter what, who are always there for us. Who are there to do whatever is necessary because they love their Soldiers. And they are willing to support them no matter what we ask them to do. That is what makes us so strong. That is what enables us to do the things that we are asked to do.”

Not forgetting the historical significance of 240 years of Army

history, Odierno finally called attention to Soldiers that came before: all those who have served since the Army was first created in 1775.

“What really makes us ‘Army Strong,’ are the millions of men and women who came before us,” he said. “We stand on their shoulders every single day because of what they gave us in this nation: a nation of freedom, a nation of liberties like no other. It is because of their sacrifice and your sacrifice that we are able to continue to enjoy it.”

Odierno retires in August from the Army and when he does, he’ll have served over 39 years in the Army. He was commissioned as a second lieutenant in June 1976.

Great Soldiers

While Odierno and McHugh cited history, the Army’s senior-most enlisted Soldier called out some of the greatest Soldiers in America’s Army today.

Sgt. Maj. of the Army Daniel A. Dailey asked several Soldiers attending the ball to stand, and to be recognized by other Army Ball guests. Included were:

- Sgt. 1st Class Matthew Carpenter, the 2014 U.S. Army

NCO of the Year;

- Sgt. Thomas Boyd, the 2014 U.S. Army Soldier of the Year;
- Staff Sgt. Jonathan Miller, 2014 Drill Sergeant of the Year;
- Sgt. 1st Class Thomas Russell, 2014 AIT Platoon Sergeant of the Year;
- Sgt. 1st Class Jeremy Lemma, 2015 Best Ranger Competition winner; and
- Sgt. 1st Class Timothy Briggs, 2015 Best Ranger Competition winner.

Briggs, Dailey said, is a two-time winner of the Best Ranger Competition. He also earned that title in 2013.

“We have an Army that is full of great Soldiers,” Dailey said. “And we have hundreds of thousands of dedicated, resilient, ready, volunteer Soldiers in our active, Reserve and Guard ranks, who live, eat and breathe the Army profession, day in and day out.

“For over 240 years, Soldiers have advanced our cause and they have prevailed,” Dailey said. “That legacy continues through the service and sacrifice of great Soldiers, families and civilians in our Army today.”

Wreath commemorates 240th Army birthday at Arlington

Army News Service
Staff Report

WASHINGTON – Senior Army leaders capped off a week of Army birthday events by placing a wreath of red, white and blue flowers in front of the Tomb of the Unknowns at Arlington National Cemetery June 14.

Secretary of the Army John McHugh, Army Chief of Staff Gen. Ray Odierno and Sgt. Maj. of the Army Daniel Dailey presented the wreath.

When the American Revolutionary War broke out in 1775, the original 13 colonies did not have a shared army, but instead, a collection of independent colonial

militias.

The first battles of that war were fought April 19, 1775, in Middlesex County, Mass., by patriots of the Massachusetts militia. They were the Battles of Lexington and Concord, the first hostilities between the colonies and Great Britain.

Following the Battles of Lexington and Concord,

and as British troops moved back across Massachusetts toward Boston, colonial militia from around New England began massing around that city. Within days, thousands of militia members under the leadership of Artemas Ward of Massachusetts had Boston under siege.

By May 10, just weeks after hostilities began in Massachusetts, the Second Continental Congress convened in Philadelphia. On the agenda: creating a common army to defend the colonies.

A month later, on June 14, the Congress approved the creation of that army, the Continental Army. The new force was made of those militiamen already gathered outside Boston, some 22,000 of them, plus approximately 5,000 in New York.

The following day, June 15, the Congress named Virginian, George Washington as commander-in-chief of the Continental Army, and named Ward his second in command the following day.

The Congress also resolved to form a committee “to bring in a draft of rules and regulations for the government of the Army,” and voted \$2 million to support the forces around

Boston and those in New York City.

Congress authorized the formation of 10 companies of expert riflemen from Pennsylvania, Maryland and Virginia, which were

directed to march to Boston to support the New England militia. These were the first troops Congress agreed to pay from its own funds, and the units later became the 1st Continental Regiment.



PHOTO BY KELLY PATE

The Army culminated its 240th birthday week June 14 at Arlington National Cemetery where Secretary of the Army John McHugh, Army Chief of Staff Gen. Ray Odierno and Sgt. Maj. of the Army Daniel Dailey placed a wreath at the tomb of the Army’s birth, June 14, 1775.

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Commissary: Facility features increased stock, checkouts

Continued from Page A1

“The warehouse in the old commissary is almost 33,000 square feet of storage space. The one at the new commissary is just over 11,000 square feet, which allows for almost double the sales floor space in the front of the store,” said the store director. “We’re able to do that by having items delivered six days a week to the new store as opposed to two days a week in the old store.”

Since the warehouse is smaller, it won’t be available for use as a storage facility, but rather a drop off point when goods are delivered to restock the store on a more frequent, as-needed basis, Ward said.

That larger sales floor will feature extensive produce, meat, frozen, chilled and grocery departments, as well

as an international delicatessen and bakery with a sandwich bar, a sushi-to-go area and rotisserie chicken. The deli is now currently reopened in the current commissary, and the sushi-to-go area will reopen in the current commissary Monday, he added.

The new facility will feature a stock assortment of 18,000 items. There will be 13 regular checkouts and four self-checkout stations to handle the more than 45,000 customer transactions, and serve the 30,000-plus authorized shoppers that visit the commissary every month, according to Ward.

With the layout of the new store and the installation of dozens of skylights, he said there is room for substantial savings in electrical cost, as well as many other sustainable and energy-saving design features that were

incorporated into the new building.

Some of those features include low-maintenance, polished concrete flooring; high-efficiency heating, ventilation and air conditioning systems; enhanced freezer and cooler insulation; non-ozone-depleting refrigerants; water-saving plumbing fixtures; automatic exterior lighting controls; energy-efficient interior lighting fixtures; Energy Star-rated equipment; energy-conserving night curtains on open display cases; refrigeration monitoring and control system; and adhesives, sealants, paints and coatings made with compliant, low-volatile organic compounds.

With all of these improvements, Ward said shoppers are in for a treat when the doors to the new facility open.

Glory: Display leaves historical roadmap for future generations

Continued from Page A1

that this humble little thing called the ‘whirly bird’ was so instrumental in saving lives, they appropriated money for research and development for a new medical evacuation helicopter,” said Mitchell. “That would be the Huey.”

Since its induction into the Army in 1955, the Huey has seen service through the Vietnam War, the Gulf War and recent conflicts, and thousands of UH-1 helicopters are still used in the civilian world today, he said.

“This helicopter basically changed the way the Army fights. Once the Army took receipt of this aircraft, it realized that this aircraft can do an awful lot more than just medical evacuations,” said Mitchell. “All of the sudden, the aircraft became the jack of all trades. If you needed a medical evacuation helicopter, the Huey can do it. You need a troop transport? The Huey can do it. You need a gun ship to attack the enemy? The Huey can do it. The Huey did everything on the battlefield.”

And it was all made possible with the construction of the XH-40 prototype, which Mitchell calls the “granddaddy of all UH-1 helicopters.”

“This is the very first prototype – it’s marked on the tail with a No. 1,” he said. “At this point in history, it feels good to know that the people who preceded me had



PHOTO BY NATHAN PFAU

Workers prepare to load the last remaining XH-40 prototype helicopter, a precursor to the UH-1 Huey, onto a truck for transport Monday, as they prepare it for restoration before it takes its place in the U.S. Army Aviation Museum in about a year.

the foresight and knowledge and wisdom to save this example and put it in storage so that one day we could restore it for people to see. This is a big deal.”

During the refurbishing of the aircraft, the aircraft will be assessed for condition issues, then

be disassembled and stripped of all the paint and coatings. The aircraft will then have any structural or superficial defects repaired before the process of reassembling the aircraft begins.

The Army and Fort Rucker undertakes endeavors to preserve

these aircraft in an effort to teach future generations where we come from and see how far we’ve come, said Mitchell.

“Work like this occurs regularly to preserve these aircraft, but it’s all based off of donations received through our foundation,” he said.

“Through those donations, we’re able to tell the story of Army history in the museum.

The restoration of the aircraft will take about a year, and upon completion will see its way back into the U.S. Army Aviation Museum to be put on display.

Families: Campaign helps employees give back to families in need

Continued from Page A1

the drop-off point. “

Food items needed for the campaign include:

- **Canned vegetables** — low sodium, no salt;
- **Canned fruits** — in light syrup or its own juices;
- **Canned proteins** — tuna, salmon, chicken, peanut butter and beans;
- **Soups** — beef stew, chili, chicken noodle, turkey or rice;
- **Condiments** — tomato-based sauces, light soy sauce, ketchup, mustard, salad dressing or oils;
- **Snacks** — individually packed snacks, crackers, trail mix, dried fruit, granola and cereal bars, pretzels and sandwich crackers;
- Multigrain cereal;
- **100 percent juice** — all sizes, including juice boxes; and
- **Grains** — brown and white rice, oatmeal, bulgur, quinoa, couscous, pasta, and macaroni and cheese.

The commissary partnership also provides another convenient method for delivering the food to families in need, said Jess Lira, assistant commissary officer.

“Once we receive all of the donations, since we are closed on Monday, we bag everything up on Monday,” he said. “We weigh each bag and price it. We contact the Wiregrass Area United Way Food Bank, who is taking care of us, and they pick it up on Tuesdays. They pick up the bagged

donations and make them available to families in need.”

According to Lira, each bag contains a well-rounded and healthy meal for a family.

“The program’s guidelines call for certain types of foods to be included in each bag,” he said. “The guidelines ensure each family who receives a bag is given a nutritious meal.”

Burden said the Wiregrass Area United Way Food Bank serves all the surrounding communities and provides the best possible positive impact.

“The Wiregrass Area United Way Food Bank is a great partner for this effort,” he said. “They provide essential foods at low cost for families in need.

“It’s about taking care of families,” he added. “It’s really a payback to everyone who supports the military in our area and is in need of food.”

Since the campaign began in 2009, federal workers have donated and collected nearly 39 million pounds of food and other non-perishable items to support families across America, according to Burden. More than 85 percent of federal workers live and work outside the Washington D.C. area, so the program helps communities in every state. In 2013, employees collected nearly 9 million pounds of food. In 2014, federal employees donated a total of 14,849,380 lbs.

For more information, call 255-9631 or visit <http://www.usda.gov/fedsfeedfamilies>.

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568 Rolling Hills ~ Ozark
\$149,900: Country living in the city - BRING THE HORSES. 2.8+ acres with a 3BR/ 2BA brick & stone Home. New metal roof installed in 2014. New A/C installed 2014. Also has 2 rooms that are attached to the garage that could be used as a separate living area (in-law suite) has a separate entrance, sink (water available but not attached) & well heating & cooling units. Also there is an insulated metal building that has a separate electric meter & a loading dock. Would make a great work shop. **BOB KUYKENDALL 369-8534 & ROBIN FRY 389-4410** MLS #20150913

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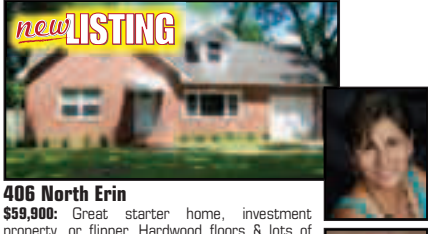
232 Candlewick ~ Ozark
\$110,500: Property is priced to sell. Make this corner lot your next home. Plenty of room in the fenced yard for children to play or for your favorite pet to roam. You will enjoy the spacious kitchen with bar adjoining dining area. Bay window overlooks backyard. Bedrooms are split & home is a comfortable size. Conveniently located. **MARY M. JONES 790-2933 & AGNES KARVONEN 406-9752** MLS #20150953

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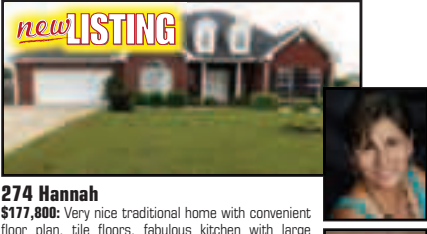
115 Radio
\$8,000: Nice secluded lot close to shopping, highways & downtown! **CHRIS ROGERS 406-0726** MLS #20150963

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406 North Erin
\$59,900: Great starter home, investment property, or flipper. Hardwood floors & lots of personality to make your own. Home has had minor updates, but is ready for someone to make it a showcase. Has an extra room upstairs for storage or play area. Great location, walking distance to downtown. House sits on 2 lots, 70x210 ft. **NANCY CAHIED 389-1758 & BOB KUYKENDALL 369-8534** MLS #20150966

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274 Hannah
\$177,800: Very nice traditional home with convenient floor plan, tile floors, fabulous kitchen with large separate bar, double deep sinks, stainless steel, black trim appliances, separate formal dining room as well as breakfast area overlooking the gorgeous pool. Double marble sinks in master bath with jacuzzi tub & much more. Must see all you will get with this fantastic price. **NANCY CAHIED 389-1758 & BOB KUYKENDALL 369-8534** MLS #20150978

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806 Mill
\$15,900: Situated on a shady corner lot, this frame home features a great front porch across the entire front of the house with a ramp. 2-car carport with side entry door to bonus room & a step down to the laundry room. Detached workshop/shed. Great property for remodeling with the windows already replaced & the kitchen has a nice double sink & dishwasher. Bring your imagination & make this your home. **EVELYN HITCH 406-3436** MLS #20150983

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1252 County Road 721
\$259,500: The best of both worlds as you enjoy the beauty of the country in city-style comfort in this sparkling 4BR/2BA traditional home on 3 well maintained acres. Home features a delightful eat-in kitchen with stainless appliances, breakfast room, formal dining, large open family room with fireplace, split bedrooms with large master, large laundry room & 2-car garage. Schedule your appointment today to see all this property has to offer -- room to park your RV, kids to play, plant a garden. **JUDY DUNN 301-5656** MLS #20150984

new LISTING




211 Savannah
\$178,500: Move into this home right away! This home boasts of all the extras...granite countertops throughout, wood floors, extra built-in cabinets in hallway, stainless steel appliances, tray ceilings, ceiling fans, tankless continuous flow gas water heater, sprinkler system, surround sound & so much more! Kitchen opens to living area so you don't miss a thing. Extra seating at bar w/bar stools. Fenced in backyard...shadowbox fencing. Sidewalks in neighborhood & charming street lights. "Darling" fits this home. **SHAWN REEVES 475-6405** MLS #20150985

new LISTING



1917 East McKinnon
New Brockton
\$130,000: Nice brick home updated 3BR/1BA with guest house 768± SF, 2BR/1BA. Great for mother-in-law, grown children or renter. Storm shelter & several storage buildings. Convenient to New Brockton or Enterprise. **JACKIE THOMPSON 406-1231 & TERRI AVERETT 406-2072** MLS #20150993

new LISTING



129 Deer Run Strut
\$127,000: Contemporary home across the road of Lake Gateway. Spacious open floor plan with lot of storage spaces, large front yard with circular driveway. Gorgeous & huge wooded backyard that feels like in the country. Large laundry room with cabinets & storage area. Very light & bright inside, lots of windows. Wood burning fireplace. **NANCY CAHIED 389-1758 & BOB KUYKENDALL 369-8534** MLS #20151003

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205 JESSICA ~ \$237,500: Must see this fantastic home with plenty of room for entertainment. It features a nice split floor plan, living room with beautiful wood floors & fireplace, lots of windows with view to the amazing in-ground pool on backyard. Crown molding, tray ceilings & an office. Big covered porch for outside activities. There is 18x20 detached workshop, a fenced backyard & more. **BOB KUYKENDALL 369-8534**

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SLING IN'

PHOTO BY SGT. 1ST CLASS JEREMY BUNKLEY
Trainees in West Point Air Assault Course 15-2 participate in the hands-on portion of the sling load operations phase June 6. During this phase, students learn how to rig equipment onto rotary aircraft with a sling, an operation that generally requires the loading Soldier to hook a tether to the underbelly of a helicopter hovering just a few feet above the ground. The Air Assault mobile training course is taught by instructors from the Sabalauski Air Assault School, Fort Campbell, Ky., and runs in four iterations throughout the summer.

EAGLE EYE

Stryker brigade tests Gray Eagle's advanced communications gear

By David Vergun
Army News Service

WASHINGTON — Soldiers have put the MQ-1C Gray Eagle unmanned aircraft system through its paces this month using advanced ground controls.

The exercise, conducted at the National Training Center on Fort Irwin, California, involved the One System Remote Video Terminal, which allows Soldiers to take control of the Gray Eagle payload, said Col. Thomas von Eschenbach, U.S. Army Training and Doctrine Command capability manager for UAS.

The testing was conducted by Soldiers of F Company, 1st Battalion, 227th Aviation Regiment based out of Fort Hood, Texas. It involved the UAS level of Interoperability 3, which means Soldiers can take control of the payload, von Eschenbach said. None of the testing, however, involved manned-unmanned teaming, which often involves UAS and Apache helicopters.

The colonel and others spoke from Edwards Air Force Base, California, during a media roundtable June 9. Edwards was the site where the Gray Eagles launched to the training area on NTC.

The exercise did not just benefit the Fort Hood Soldiers from a training perspective. Since OSRVT is a program of record, it



ARMY PHOTO

An MQ-1C Gray Eagle UAS makes its way down an airfield at Camp Taji, Iraq, before a surveillance mission in the Baghdad area in this undated file photo.

needed to undergo what is known as an initial test and evaluation to show the system is robust and reliable, said Col. Courtney Cote, project manager, UAS. That testing was conducted during the training rotation.

To guarantee the results are valid, an independent test organization is conducting the analysis, said Cote, adding that results of the test will likely be forthcoming toward the end of this year.

The OSRVT itself is portable and con-

sists of a radio transceiver, laptop, antennas and software, which allow it to communicate to the UAS and, in turn, receive video and other data, Cote said.

The testing was "very demanding," and the Soldiers from F Co., 1-227th Avn. Regt. were pitted against a tough opposing force that's as close to real combat as training can get, said von Eschenbach.

Another important aspect of the test and the training that took place, Cote said, was that Soldiers did the majority of the main-

tenance required for the OSRVT and for the Gray Eagle itself.

In the past, the Army was over-reliant on contractors to do that work, he said.

The Army is still in the process of fielding Gray Eagle units, Cote said. By the end of this year, the ninth unit will have been fielded. The end of the fielding to brigade combat teams will occur in 2018, with a total of 15 units having been fielded by that time, Cote said, explaining that one unit consists of 12 Gray Eagles.

The Gray Eagle, OSRVT and other ac-couterments are on track programmat-ically, he said.

Regarding the operational testing, Cote said, "we owe it to every Soldier to ensure it does what it's intended to do and is the very best — this is not the end state. [Rather], it's another stepping stone on the path."

"The Gray Eagle is not just about material solutions, it's also about concepts, doctrine, training and how the Army is organized to integrate this capability," von Eschenbach said. "We've made great strides in the last 10 years (when Gray Eagle was first developed), but we've got a lot more to go to make unmanned systems on par with manned Aviation systems and to get the most out of their capability."

Soldiers participate in squad evaluation exercise

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

CAMP HUMPHREYS, South Korea — It was dark and the air was thick in the Republic of Korea. The grass had grown as tall as the Soldiers standing in it as they pushed forward through the trees and wildlife.

"Contact, contact!" one of the Soldiers said.

Immediately the squad dropped down and began suppressing fire. Directions were yelled by the squad leader, and the Soldiers reacted without hesitation. They bounded forward on line and in sync.

Shots were fired and the enemy was eliminated.

The Soldiers from Headquarters and Headquarters Company, 2nd Battalion, 2nd Aviation Regiment, 2nd Combat Aviation Brigade participated in a squad exercise evaluation June 4-5 at a training area near Camp Humphreys. The evaluation included events such as personnel recovery, weapons assembly, combat life-saver training, reacting to contact and radio familiarization, to name a few.

Staff Sgt. Jonathan Brungerwood, the career counselor for the HHC, 2-2nd Avn. Regt. and trainer for the react-to-contact portion of the exercise, said the Soldiers had trained for the past four weeks culminating with this final evaluation. The Soldiers participating ranged from privates to

SEE EVALUATION, PAGE B4



PHOTO BY SGT. JESSE SMITH

A UH-60 Black Hawk from the 2nd Battalion, 2nd Aviation Regiment, 2nd Combat Aviation Brigade prepares to land June 5 at a training area in the Republic of Korea.



PHOTO BY CAPT. DAVID DUNN

An AH-64 Apache sits on the flightline on North Fort Hood, Texas, June 3 during a 1st Battalion, 158th Aviation Regiment "Ghost Riders" gunnery.

GUNNERY

Ghost Riders conduct Apache range

By Capt. David Dunn
11th Aviation Command

CONROE, Texas — Soldiers are used to change. As a flexible fighting force, there are moments that even the horse that a Soldier rides into combat on evolves.

The aircrews and maintenance Soldiers of the 1st Battalion, 158th Aviation Regiment "Ghost Riders," along with the support of Soldiers from the 90th Aviation Support Battalion, conducted an AH-64 Apache gunnery range at North Fort Hood June 1-7 — one of the organization's final Apache gunnery ranges prior to transitioning to the UH-60 Black Hawk in 2016.

While the Apache will be missed and there are challenges ahead, the pilots of

the 1-158th Avn. Regt. are looking forward to getting to know the Black Hawk. In fact, they see the Black Hawk as a great opportunity for the organization.

"The Apache is the sports car of the Aviation world. Whenever you give up the sports car for the sports utility vehicle, there will be some slight challenges, but the biggest thing I see for the unit is the increase in lift capability," according to Maj. Derrick Hart, 1-158th executive officer.

While the Apache allowed the unit to bring more firepower to the battlefield, the transition to the Black Hawk will allow the organization to give back to fellow Texans.

SEE APACHE, PAGE B4

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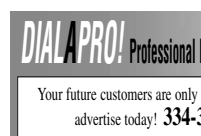
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Evaluation: Senior leaders brush up on new tactics

Continued from Page B1

senior NCOs and each one took something different away from the training.

“I have been in the Army for 15 years and training has changed a lot since I got in,” he said. “This is a good way for senior leaders to brush up on the new tactics and techniques.”

Sgt. Jonathan Gaddy, the communications team chief for the HHC, 2-2nd Avn. Regt., was another trainer during the exercise. He helped familiarized the Soldiers with certain radio functions.

“These Soldiers will be evaluated on their ability to work the radios,” Gaddy said. “They might need to use them to call up a MedEvac or send in reports.”

Radio communications are an integral part of the 2nd CAB’s capabilities, Gaddy said. They want these skills to become second nature to the Soldiers on the battlefield.

“These guys need to be able to shoot, move and communicate at a moment’s notice,” Gaddy said.

On the first day of the exercise, the Soldiers completed several warrior tasks and drills in preparation for the following day of combat scenario lanes. The Soldiers were to be evaluated at the squad level on their ability to work as a team, he added.

Spc. Justin K. Smith, an Aviation operations clerk for the HHC, 2-2nd Avn. Regt., completed the squad exercise evaluation.

“Our team stuck together through it all,”



PHOTO BY SGT. JESSE SMITH

Soldiers from the Headquarters and Headquarters Company, 2nd Battalion, 2nd Aviation Regiment, 2nd Combat Aviation Brigade load onto a UH-60 Black Hawk on June 5 at a training area in the Republic of Korea.

he said. “We showed that we know the drills and we can perform them as squad. Being here in Korea, our team has to be

ready to.”

At the end of the second day, the teams were loaded into UH-60 Black Hawks and

taken back to their unit. The evaluation was over, but the Soldiers will continue to train and improve, said Brungerwood.

Apache: Exercise success validates unit’s hard work, effectiveness

Continued from Page B1

“I’m also excited because living in a hurricane zone, the potential for helping out the population with search and rescue or bring supplies like food or water to areas devastated by a hurricane. That is an advantage of the Black Hawk versus the Apache,” said Hart.

With the great opportunity the Black Hawk brings, there will also be challenges that Soldiers of the 1-158th face with new jobs for maintenance personnel, crew chiefs receiving flight physicals and pilots learning to fly a new airframe.

“There will be some difficulties, but they will be shortly overcome by constant practice, bringing in subject matter experts and adding the experience of those leaving active duty to join our team,” says Capt. Chris White, operations officer with the 1-158th.

Hart and White both agree that the organization will see more unit cohesion as Soldiers will

be able to fly along with pilots. It also provides an opportunity for face-to-face interaction with ground troops.

“Being an ex-infantry guy, I am looking forward to going back to my roots. I grew up doing parachute drops, fast roping, repelling – those kinds of operations where you have more face-to-face contact with the ground unit,” says Hart.

The gunnery range is the exercise that allows commanders to validate their crews and Soldiers to train on equipment that they normally don’t get a chance to interact with back at their home station. This particular gunnery range allows for pilots that have flown the Apache for their entire careers to have one last opportunity to engage targets in an attack helicopter.

“The gunnery exercise has been a great way for us to validate the hard work that has gone into this all year,” said CW3 Dave Dicks, an Apache pilot with Headquarters and Headquarters Company, 1-158th Avn. Regt.



PHOTOS BY CAPT. DAVID DUNN

Sgt. Robert Self, an AH-64 Armament Electrical Avionic Systems Repairer with D Co., 1-158th Avn. Regt., and Soldiers from the 90th Aviation Support Battalion load ammunition into an AH-64 Apache during a gunnery range at North Fort Hood, Texas, June 2.



A 1-158th Aviation Regiment “Ghost Riders” AH-64 Apache flies during a gunnery at North Fort Hood, Texas, June 3.

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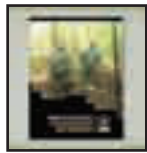
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Hometown Nazareth

VBS takes children back in time

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker children were able to take a trip through time as they were transported through biblical times to learn about the Bible and faith in general.

The Fort Rucker Spiritual Life Center held its Vacation Bible School June 8 through Friday, and provided students an immersive experience with hands-on learning and interactive activities to provide an experience they wouldn't soon forget.

"We want to show children how faith can enrich their lives, so we zero in on all the things churches teach in common and not on denominational differences," said Nancy Jankoski, Fort Rucker Religious Support Office director of religious education.

Children were divided into 12 different tribes, each representing one of the original tribes of Israel, and with their tribes they visited different stations that represented different points in biblical times. Although the program is Christian based, Jankoski said it doesn't focus on any particular

denomination.

The event featured a music shop, barber shop, beauty salon, an area for crafts, carpentry shop, a bakery, storytelling sessions, Hebrew writing and even lessons from a Roman legionnaire. There was even a petting zoo and inflatable slides for children to play on.

In the music shop, children were able to learn about the instruments and music of biblical times, and even get their hand at playing some of the instruments of the time. Children also got the opportunity to see some of the fashion and trends of the era in the beauty salon and barber shop, but it was the hands-on experiences that had a lasting impression for many of the participants.

"I've been here once before and it was a lot of fun, so I wanted to come again," said Alissa Ortega, sixth grade student. "I really liked the animals. I liked feeding them and petting them. I've also learned a lot of songs about God, and a lot about the Bible. We also learned about the Roman soldiers, which I thought was a lot of fun."



PHOTO BY NATHAN PFAU

Nancy Jankoski, Fort Rucker Religious Support Office director of religious education, tells a story to children during Vacation Bible School at the Spiritual Life Center Friday.

Ortega said she learned a little bit about Roman history, as well as how Roman soldiers lived, fought and came to faith.

Justin Howard, VBS volunteer clad in Roman armor, was there to mentor children and give them a glimpse of what life might have been like in biblical times.

"I teach them about what life was like back then, how they fought, how they lived and I try to answer any questions they have about it," he said, adding that he even gives the children a chance to face each other in combat with toy swords and shields.

For many students, VBS is about mentorship and providing guidance, and Ryan Buchanan, VBS volunteer and ninth grader, said guidance is exactly what he wanted to provide.

"I decided to volunteer because I really enjoy helping kids, so I volunteer wherever I can," he said. "My favorite part about this has been teaching the children and helping them with the crafts."

For their craft projects, children were allowed to make crowns to adorn their heads, complete with glitter and jewels.

The event capped off with a performance for parents and family members that involved singing and showcasing what they learned during their time at VBS. Then it was time to head outside to take advantage of the inflatable bounce houses and slides.

Many children agreed that it wouldn't be an experience they would likely forget any time soon.

"I'll come back every year I can," said Ortega. "I had a lot of fun and I want to do it all over again."

Arts and crafts

Contest provides showcase of talent, possible national recognition

By Jeremy Henderson
Army Flier Staff Writer

Art can create a source of relaxation for artists and local Soldiers have the opportunity to turn their creations into national recognition through the 2015 Army Arts and Crafts Contest.

"It is a competition that can potentially provide national recognition for their work," Joan Varner, Fort Rucker Arts and Crafts Center program manager, said. "It is definitely great exposure for the artist."

The contest, open for submissions through July 31, allows entries in a variety of 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, i.e., a work on canvas, which combines paint, ink and collage.
- **Mixed media 3D:** More than one medium, anything that can be handled, touched or perceived to be 3D – think about using recycled/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, for example: furniture, carvings, marquetry, musical instruments, toys, etc.

Submissions must be digital .jpg images of the work uploaded to the U.S. Army Installation Management Command submission site <https://apps.imcom.army.mil/appracmain/>.

"Art is really something personal and rewarding," Varner said. "It provides an opportunity to escape for a short period of time and work through the day's stress."

The contest entries will be judged in two classes. Group I, or novice, is for individuals with formal art education leading to college credit or a college degree. Group II, or accomplished, is for individuals, with formal art education courses leading to credit in college or art schools, and those, who have received awards in professional competitions or Army art contests.

Each contestant can enter up to three pieces per category. All submissions must be original work completed since July 1, 2014. Previous contest entries are not eligible. Works done on official duty, such as illustrations, training aids or similar assignments, are ineligible, but contestants should feel free to allow their military experiences to influence their work.

According to Varner, regional winners are announced within a few weeks of the July 31 submission deadline. Regional winners move up to compete at the Army-wide level.

Army-level judging takes place in August and the results are expected in September, when a gallery of winners are scheduled to be posted online.

For more information, call 255-9020 or visit <http://www.ftrucker.mwr.com/recreation/arts-and-crafts-center/>.

VOLUNTEER OPPORTUNITIES

Army Community Service

Position: Army Family Action Plan Conference Support

Duties: Compile information regarding delegates and facilitator, transcriber, recorder and issue support teams in Excel spreadsheet. Assist the program manager with administrative duties while preparing and executing the conference. Assemble conference materials. Assist with registration at the conference.

For more information, call 255-9631

Position: AFAP Issue Manager/Subject Matter Expert Coordinator

Duties: Attend required volunteer training sessions. Attend AFAP Advisory Council meetings. Submit AFAP issue status report during advisory council meetings. Track all issues submitted for the annual conference and place in appropriate work-

group for discussion. Train issue support person. Prepare tasker memorandums. Work with AFAP coordinator and ACS director to ensure each issue is assigned a SME prior to being placed in a workgroup. During conference, work closely with issue support volunteers to ensure understanding of issues and ensure copies of installation and Army issue update book are provided for issue managers. Update priority issues in installation issue update book from replies from proponents and the commander's steering committee. Attend after action review meetings and provide input for the final AAR. Serve as a spokesperson for the AFAP program.

For more information, call 255-9631.

Position: AFAP Marketing Coordinator
Duties: Attend required ACS and AFAP volunteer training sessions. Attend AFAP Advisory Council meetings. Submit AFAP

marketing status report during advisory council meetings. Develop promotional advertising to enhance the visibility of AFAP, including media relations with flyers, posters, pamphlets, newspaper, television and installation briefings. Attend AAR meetings and provide input for the final AAR. Serve as a spokesperson for the AFAP program.

For more information, call 255-9631.

Position: Army Volunteer Corps Coordinator Administrative Assistant

Duties: Perform data entry. Assist in planning recognition events. Maintain filing system. Assist volunteers with Volunteer Management Information System. Provide information to customers. Needed for seven to 10 hours weekly.

For more information, 255-1429.

Army Education Center

Position: Administrative and Multi-

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Duties: Greet clients and respond to email, facsimile and phone inquiries. Determine the reason for customers visit or contact and refer the customer to the appropriate personnel. Assist with administrative aspects of group in- and out-processing of Soldiers and family members. Provide general assistance to Soldiers applying for tuition assistance using automated application. Provide access to classroom and MLF. Provide administrative assistance for key inventory and maintenance. Assist clients with scheduling and use of all MLF facilities, training aids and multi-media equipment. Provide basic care and maintenance of equipment. 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.

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ON POST

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

Summer reading registration

Registration continues for the Center Library Summer Reading Program now through June 27. The library staff plans to “Read to the Rhythm” with registered youth who are authorized patrons. Parents or children must have a library account and children must be completing grades kindergarten through ninth.

For more information or to sign up, call 255-3885.

Newcomers welcome

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

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

Dueling Pianos

The Landing will host Dueling Pianos from 8 p.m. to midnight Friday 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 today 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 Sunday 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.

Job fair prep workshop

Army Community Service’s Employment Readiness Program will host a job fair preparation workshop June 30 from 9 a.m. to noon at The Commons, Bldg. 8950. The workshop will include a lineup of guest presenters who will provide job fair-specific information. Topics include: the how-to of job fairs: strategies for success; the job fair cover letter and resume, getting the Wow! Factor; job fair interview techniques, leaving a positive first impression; and why personal branding is so important. People need to register by 4:30 p.m. June 29. People can register online at www.ftruckermwr.com/register-for-employment-readiness-program-events/.

For more information, call 255-2594.

Summer Craft Activity

The Center Library will host a summer craft activity July 7 from 3:30-4:30 p.m. for children ages 3–11. Light refreshments will be served. The event is open to



PHOTO BY NATHAN PFAU

Freedom Fest

Fort Rucker will host Freedom Fest July 2 from 4-10 p.m. for a day of food, activities and fun, culminating in one of the area’s largest fireworks show. The 98th Army “Silver Wings Band” will perform and other activities will include a variety of displays, children’s inflatable fun zone, rides, and a variety of local and regional vendors. The event is free and open to the public, but a post access badge is required for those who do not have military ID. Prohibited items include coolers, backpacks – except for medical and baby care items – pets, fireworks of any kind, glass containers, weapons of any kind, bicycles, scooters, roller blades and skateboards. For more information, call 255-1749.

authorized patrons, but space is limited to the first 65 children to register.

To register or get more information, visit the library or call 255-3885.

ScreamFree Parenting Workshop

Army Community Service offers a ScreamFree Parenting workshop July 9, 16 and 23 from 9:30-11 a.m. at The Commons. According to organizers, Scream-Free Parenting is not just about people lowering their voices – it’s about them learning to calm their emotional reactions and learning to focus on their own behavior more than children’s behavior for the entire family’s benefit. This workshop is free and open to active duty and retired military, Department of Defense employees and family members. The deadline to register is July 7.

People who want to attend must call the family advocacy program at 255-3898 to register for the event and to discuss childcare coordination.

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 Service 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.

Fort Rucker Area Job Fair

The 12th annual Fort Rucker Area Job Fair is scheduled for July 15 from 10 a.m. to 2 p.m. at Enterprise High School Gymnasium. This event will be hosted by Fort

DFMWR Spotlight

Upcoming Family & MWR Events and Activities



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June 19



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June 21



Dads will receive 1/2 off the purchase of their breakfast or lunch entrée with the purchase of another entrée of equal or higher value. Special is available for dine in only and cannot be combined with any other promotion/coupon.

9 am–2 pm @ The Landing Zone, (334) 598-8025

www.ftruckermwr.com

Rucker Soldier for Life Transition Assistance Center and Army Community Service. The event is open to the public and free to all job seekers. Representatives from government contractors, employment agencies, the federal government and local companies will be at the fair.

For more information, call 255-2558 or 255-1117.

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.

FORT RUCKER MOVIE SCHEDULE FOR JUNE 18-21

Thursday, June 18

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

Friday, June 19

Inside Out (PG)
.....7 p.m.

Saturday, June 20

Inside Out (PG)
.....4 & 7 p.m.

Sunday, June 21

Inside Out (PG)
.....1 & 4 p.m.

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

Army publishes energy strategy

By Dennis Bohannon

Office of the Assistant Secretary
of the Army
for Installations, Energy and Environment
Public Affairs

WASHINGTON – The Army has published and released its strategic roadmap to future energy security and sustainability.

The Energy Security and Sustainability Strategy will foster a more adaptable and resilient force, prepared for a future defined by complexity, uncertainty and rapid change, according to Under Secretary of the Army Brad R. Carson and Army Vice Chief of Staff Gen. Daniel B. Allyn

“This strategy represents a turning point,” the two wrote in a letter to Army leaders. “The Army is evolving from a historic framework that viewed resource considerations as constraints on operational effectiveness to a perspective that considers the critical role of energy, water and land resources as mission enablers. Such an integrated perspective requires balanced decisions to achieve the greatest military benefit while keeping faith with civilian communities.

“We must be able to accomplish our missions in a world defined by uncertain, adverse and dynamic conditions. Main-



ARMY GRAPHIC

taining our tactical and strategic edge heavily depends upon the wise use of our resources – energy, water and land – to preserve future choices through superior knowledge, technologies and execution,” they wrote.

With this perspective in mind, the ES2 Strategy positions the Army to enhance its

current and future capabilities, readiness, and performance by building upon its ability to employ resources effectively to support all aspects of operations through effective system design and integration of resource considerations into behaviors and decision processes.

The strategy outlines five goals that

will be achieved through steady progress across the Army enterprise – materiel, readiness, human capital, services and infrastructure – with targeted measures and metrics as guides. These goals are Inform Decisions, Optimize Use, Assure Access, Build Resiliency and Drive Innovation.

The ES2 Strategy expands on and replaces the 2009 Army Energy Security Implementation Strategy by including operational energy and sustainability while strengthening the focus on resource management for the Army.

The document complements the Office of the Assistant Secretary of the Army Installations, Energy and Environment Strategy 2025, and the Army Strategy for the Environment by emphasizing energy and including recognition of water and land as equally essential resources.

The ES2 Strategy is being electronically distributed throughout the Army.

The next step will be to implement the strategy across all commands, operations and installations.

In their letter, Carson and Allyn point out, “Measuring performance is vital to evaluating Army achievement. Headquarters, Department of the Army organizations and Army commands will develop metrics to monitor progress in their areas of responsibility.”

Tough conditions no match for test well remediation

By John Budnik

U.S. Army Corps of
Engineers-Alaska District
Public Affairs

JOINT BASE ELMENDORF-RICHARDSON, Alaska — Numb fingertips and toes, frozen beards and eyelashes, and an ice road sound like something out of a major film.

However, there were no video cameras rolling as the U.S. Army Corps of Engineers-Alaska District conducted an environmental cleanup project in the tundra-covered foothills of the Brooks Range.

Since 2009, more than 7,800 tons of contaminated soil polluted the remote location of Test Well No. 9 near Umiat, a historic oil exploratory base camp. The conditions are harsh with the site located more than 100 miles from the nearest road system in the National Petroleum Reserve-Alaska. Operations at the site officially completed this year.

Between 1944 and 1982, the U.S. Navy and U.S. Geological Survey drilled exploratory and scientific wells in the region formerly known as the Naval Petroleum Reserve No.4. Umiat’s base camp originated when the Navy investigated the area for its oil potential between 1944 and 1953. Eleven wells were drilled near the remote complex.

In 1952, the Navy broke ground on Test Well No. 9 and about 200 barrels of oil flowed daily for seven weeks. Unaware of the

harmful traits, polychlorinated biphenyls were used as a tracer in the drilling fluid used to aid the rig and contaminated the surrounding ground surface.

“It was the only well that appears to have used PCBs as a tracer,” said David Jadhon, project manager in the Formerly Used Defense Sites program of the Environmental and Special Projects Branch.

Test Well No. 9 is one of more than 500 identified properties in Alaska eligible as a formerly used defense site under the Department of Defense’s Environmental Restoration Program.

“This remediation project is an example of the Corps’ hardy expertise when it comes to environmental engineering in the Arctic,” said Ken Andraschko, chief of the Formerly Used Defense Sites program in Alaska.

Before Congress banned PCBs in 1979, the harmful compounds could be found in common materials such as transformers, electrical equipment and cutting fluids for machine operations. Now, the chemicals are linked to cancer and other health concerns.

“Back then, we did not know they would be a challenge,” Jadhon explained. “When you look at some of these (formerly used defense sites), go back in time and look at the work that was done. There wasn’t necessarily a life-cycle mindset.”

Alaska lacks disposal facilities for PCB-contam-

inated waste. The material removed from the project site was shipped to the Lower 48, adding another challenge to logistics.

The Umiat camp is difficult to reach with access only by boat on the Colville River or airplane, Jadhon said. Many of Alaska’s deactivated defense sites entail long-distance trips, complicated terrain and an absence of general transportation amenities. Specifically, traveling to Test Well No. 9 is unforgiving because of the soft tundra surrounding the area.

Therefore, contractors built an ice road for heavy equipment to traverse over the arctic tundra. Authorized by the state, the new path required about 3,000 gallons of water from a nearby lake to build the 2-mile stretch of highway. Several long trains of snow-tracked machinery transported the material to the disposal staging area.

“Planning begins in the summer months with maintenance of our heavy equipment and camp units,” said Bryan Lund, vice president of the Environmental and Construction Division for Marsh Creek LLC, the Anchorage-based company contracted to execute the work. “Every piece of equipment we use is specifically designed or modified to operate in arctic winter conditions.”

The winter elements consistently brought darkness, blizzards and temperatures 40 degrees below zero. When spring neared, traveling overland



COURTESY PHOTOS

Work to clean up Test Well No. 9 near Umiat, Alaska, a historic oil exploratory base camp.

was threatened because the ice road began to melt and the Colville River rose. Wildlife encounters and grizzly bear dens also were a concern.

“The trust and camaraderie that comes with safely operating together under such inclement conditions makes projects such as

(Test Well No. 9) fun for all of us,” Lund said.

For the remediation work at Umiat, Marsh Creek was recognized by the U.S. Small Business Association as its 2013 Region 10 Contractor of the Year.

In the interest of saving mobilization costs, the plugging of Test Well No.

9 occurred during the surface cleanup operations.

“The Corps worked collaboratively with the Bureau of Land Management and successfully accomplished the plugging of legacy wells No. 6, 7 and 9,” Jadhon said. “The ice road was already there to make it happen.”



Tractors carry supplies and equipment to the remote location of Test Well No. 9 near Umiat, Alaska, a historic oil exploratory base camp.

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The Gathering - Youth
5:45PM
Sunday School
10:00 M
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Call 347-9533 to advertise your church on this page.

Fort Benning celebrates Independence Day

Fort Benning DFMWR
Press Release

Fort Benning, Georgia, will host its annual Independence Day celebration begins at 3 p.m. June 27 on Fort Benning’s York Field. Fireworks start at 10 p.m.

This event is free and open to the public. Guests will not have to exit their vehicles for access to post — just make sure everyone in their car 16 and older has photo identification when driving through the gate. Follow the signs to York Field.

This year, the event includes a carnival with unlimited rides for \$10 per person. The carnival will be located on Gardner Field, adjacent to York Field.

Aside from the carnival and food, all activities are free. Guests can enjoy concerts, a variety of games, a chance to jump from the 34-foot airborne training tower and a large variety of food options, including funnel cakes, barbecue, hot-dogs and more.

The airborne training tower will be manned by Airborne School cadre who will determine who is eligible to jump. Eligibility is based on age, weight and physical impairment. If the heat index soars, this event will be cancelled, as the metal towers are dangerous when tem-



COURTESY GRAPHIC

peratures exceed 98 degrees.

Children can enjoy free unlimited access to more than 25 inflatable bounce houses, crafts, art, face painting, temporary tattoos and more.

Entertainment includes performances by Garrett Miles and the MCoE Band on the Ranger Joe’s Stage, a SPIES & FRIES exhibition and the Silver Wings Parachute Exhibition Team.

The celebration culminates with the largest fireworks show in the Chattahoochee Valley, choreographed to the 1812 Overture, performed by the MCoE Band.

Pets, other than service dogs, are not permitted on York Field. Weapons of any kind are prohibited, and though coolers, bags and backpacks are permitted, they may be subject to search at the discretion

of security officials. People may bring food and drinks, but no alcohol, grills or glass bottles.

Officials also recommend lawn chairs and blankets. Shade structures and tents over 4 feet tall must be erected in the designated area center field so as not to obstruct others’ view of the stage.

York Field is located on Eckel Avenue in front of McGinnis-Wickam Hall, Bldg. 4. From the 185 gate, travel south onto Main Post via Lindsay Creek/Dixie Road. Turn right onto Edwards. Eckel Avenue will be on the left. Follow posted signs for parking instructions.

From the Benning Road gate, travel south on Fort Benning Boulevard onto Main post, where it becomes Sigerfoos Road. Cross Vibbert and Wold, then turn right onto Lumpkin. Lumpkin ends at Dixie Road. Turn right on Dixie, then right onto Edwards and follow the signs for parking instructions.

From the Alabama/Eddy Bridge gate, follow Sunshine Road to Sightseeing Road, then turn right onto Dixie and left onto Edwards. Follow the signs for parking instructions.

For more information, visit benningmwr.com or www.facebook.com/BenningFMWRfans.

WIREFGRASS 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.andalusialegiopost80.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 — Veterans of Foreign Wars Post 3073 Wiregrass Post membership meetings are at the post headquarters at 1426 Taylor Road every third Tuesday of the month at 6:30 p.m. There is a fish fry every Friday night from 5-7 p.m., then karaoke beginning at 6 p.m. Breakfast is served Sundays from 8-11a.m. The post can host parties, weddings, and hails and farewells.

ONGOING — The Tri-States Coin Club meets the third Monday of each month at 7 p.m. in the back room of Interco Coins located at 2314 Ross Clark Circle. Described as designed for all ages, the event begins with a short meeting followed by a coin auction. For more information, call 393-2376.

ENTERPRISE

JUNE 24 — Mayor Kenneth Boswell will be the guest speaker at the next lunch program of the Wiregrass-Enterprise Chapter 1807 of the National Active and Retired Federal Employees at 11 a.m. at Ryan’s Steakhouse. He will give the latest information about the “State of the City.”

Current and retired federal employees will benefit from the mayor’s presentation and a question and answer period that will relate to their government careers and present lifestyle. All federal employees, active or retired, are invited to attend the luncheon programs every fourth Wednesday of the month at the Enterprise Ryan’s Steakhouse Restaurant. During the lunch programs, NARFE members learn important information that relates to Fort Rucker and federal employees, to include federal programs, government benefits and information about the local community. For more information, contact chapter president Lee O’Berry, 334-393-0492.

JUNE 26 — As part of Fabulous 4th Fridat, the Patriotic Puppy Parade will take place on Main Street and College Street downtown from 6-9 p.m. For more information about Fabulous 4th Friday, call 347-0581.

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.

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.

ONGOING — The Ann Rudd Art Center offers free art lessons for children ages 5 and older. The young student class is Saturdays from 10 a.m. to noon, and the adult-teen class is from 12:30-3 p.m. Slots

are on a first come, first served basis. For more information, call 774-7922.

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

TROY

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

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

WIREFGRASS AREA

ONGOING — The Marine Corps League, Wiregrass Det. 752, welcomes all Marines, Navy corpsmen and chaplains, and their families, to its monthly meetings. Meetings are held the first Thursday of each month at 7 p.m. Attendees are welcome to arrive early for food and camaraderie. The next meeting will be at the Golden Corral in Dothan. For more information, call 718-4168 or 805-7335.

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 Protoaseratops 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>.

Zoo summer camp

The Montgomery Zoo Summer Camp is billed as a fun-filled, educational wildlife experience geared for children ages 5-12. Half day and full day camps are available now through July 31. Advanced reservations are required.

Summer camp will be closed the week of June 29 through July 4.

For more information, visit www.montgomeryzoo.com.

Slocomb Tomato Festival

The 27th annual Slocomb Tomato Festival will take place June 19-20 at the Slocomb Recreation Park. Gates open at 10 a.m. and admission is \$7 – children 6 and younger are admitted for free. The event features musical performances by John Anderson and Shane Owens, food and craft vendors, pony and tram rides, inflatables, fried green tomatoes, and Slocomb tomatoes for sale. For more information, visit <http://www.slocombtomatofestival.com/>.

Helen Keller Festival

The 37th annual Helen Keller Festival will take place June 23-28 in Tuscumbia. The event features more than 100 events, including a parade, headliner musical artists, arts and crafts, athletic events, and a car and truck show. Other events include Keller Kids educational activities, historic tours and trolley rides.

For more information visit <http://www.HelenKeller-Festival.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.

Montgomery Biscuits

The Montgomery Biscuits, the Double-A affiliate of Major League Baseball’s Tampa Bay Rays, plays in the Southern League. The Biscuits’ season is in full swing with regular games at Montgomery’s Riverwalk Stadium.

For information on the team, including the schedule, ticket prices, directions to the stadium and the latest news, visit www.biscuitsbaseball.com.

Fun in Montgomery

Every second Saturday now through August, visitors are invited to join the people of Montgomery at Riverfront Park for a family-friendly event from 5-9 p.m. The fun includes live entertainment, games for all ages (bocce ball and more), food vendors and more.

For more information, call 334-625-2100 or visit www.funinmontgomery.com.

SOLDIERS HELPING SOLDIERS

More than 4,000 Army families receive AER funding for college

By Lora Strum
Army News Service

WASHINGTON — “The Wall Street Journal” reports the average 2014 college graduate owes \$33,000 in student debt.

As the cost of secondary education continues to rise, the Army Emergency Relief program has awarded 4,285 Army children and spouses with more than \$9.3 million in college scholarships.

Since 1976, AER – a private nonprofit organization dedicated to providing financial assistance to Soldiers, active and retired, and their families – has selected an increasing number of Army family members for tuition assistance from the Maj. Gen. James Ursano Scholarship and the Spouse Education Assistance Program.

More than 3,200 children have received the Ursano Scholarship, and 1,084 spouses have received assistance from SEAP for the 2015-2016 academic year.

“We received a total of 7,475 applications (this year),” said Tammy LaCroix, supervisor for AER’s scholarship programs. “Of those who completed the application process and provided the required documentation, 84 percent



ARMY PHOTO

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

received a scholarship award.”

Children of retired and active-duty Soldiers received anywhere from the median scholarship of \$2,348 to the maximum award of \$3,300. Scholarships for spouses ranged from \$1,700 to \$2,200 and are applicable for up to four years of full-time enrollment

(12 credit hours per semester) or eight semesters for part-time students (six credits per semester). Family members are eligible for aid through the semester preceding their 23rd birthday.

All recipients are selected solely on financial need as determined by the Free Application for

Student Aid. Using an applicant’s Student Aid Report, the AER analyzes its annual budget to determine the percentage of a student’s total cost of attendance minus the estimated family contribution, which it can award in scholarships. This year, 12 percent of the gap between cost and expected

contribution was covered.

Funding for the scholarships is derived from donations, as well as interest from invested funds the organization earmarks each year. The awards are renewable as long as students maintain a 2.0 GPA and current financial need.

With average total costs per academic year reported by The College Board to be between \$10,000 and \$30,000, AER scholarships augment the price of room and board, tuition and books to better allow Army families to pursue their education objectives.

“These scholarships help a lot of our students to even be able to attend school,” LaCroix said. “We get letters from students all the time telling us what a difference this has made for them.”

Among those letters was one from Barbara Walker, whose three children all received the Ursano Scholarship.

“Both my daughters were able to graduate with their bachelor’s degrees debt-free from the University of Louisville with the help of (the Ursano Scholarship),” Walker said.

Since its incorporation in 1942, AER has provided more than \$1.6 billion to over 3.6 million Soldiers, families and retirees.

Helping, learning, sharing

Southern Command partners with El Salvador, Colombia for Beyond the Horizon

By Sgt. Kimberly Browne
United States Southern Command
Public Affairs

CIUDAD ARCE, El Salvador — Providing assistance after a natural disaster or distributing essentials for the homeless are just two factors that could pose the need for humanitarian aid. Other factors include alleviating suffering and helping to maintain civic services.

Beyond the Horizon 2015’s mission provides humanitarian and civic assistance for the people of El Salvador, such as medical and engineering support. Along with providing assistance, each military shares knowledge and training with each other, thereby enabling stronger bonds and important skill advancements.

“As a member of the Salvadoran military I feel pleased to develop the Beyond the Horizon project together (with the United States),” said Brig. Gen. William Mejia, chief of staff for the Salvadoran army. “This helps reinforce the relationship and friendship we have with the United States Southern Command and this helps us better train our personnel.”

However, the Medical Readiness Training Exercise validated more than just strong bonds and shared knowledge, it brought much needed free medical care to the local community.

“I found out by a truck going by and announcing it,” said Felipe Melendez, of Santa Lucia, El Salvador. “I am very grateful for you all to be here. Sometimes I do not have the money for the doctor’s visit or the medication.”

Melendez, who has not seen a doctor for more than a year, continued to describe his various ailments, which accounted for almost all the medical specialties BTH provides.

Services provided include preventive medicine, dental care, adult and pediatric medicine, medical education, immunizations, optometry, women’s health and obstetrician and gynecology, general medicine, veterinary medicine and a small pharmacy.

The people of the local community and the medical providers were in high spirits about the MEDRETE. This mission gave them a means to advance their skills outside of a sterile and controlled environment.

It also helped them gain knowledge from the partner nation’s providers by working hand-in-hand with them.

“I have a blast and I love doing it,” said Capt. Donald Huntington, a physician assistant with Task Force Northstar. “By the end of our time here, you’re so exhausted, but you’re still smiling because it’s just great.”

Huntington, who is a native of Concord, New Hampshire, provided pediatric care during the MEDRETE and discussed some of the ailments he saw when he participated in BTH two years prior.

“We saw a lot of gastrointestinal issues,

such as worms, amoebas, a lot of fevers, quite a bit of dental issues. Since the primary drinking source for children happened to be soda, (we) had a lot of dental extractions,” he said. “The kids are usually really great, even when they aren’t feeling good. They are overwhelmed, but they just want to play and have fun.”

However, pediatrics was just one piece of the vastly organized puzzle. The MEDRETE was set up in a round robin style to better orchestrate the amount of patients they were expecting.

“We are expecting to see anywhere from 500-1200 patients with varying degrees of illnesses,” Huntington said.

Once the doctors and their staff were prepared for the masses, the gates opened and the process of facilitating medical care began. First, about 60 locals would line up to a receptionist-style setup to receive a form that listed the various types of medical care being provided. From there, they filled up seats under a canopy to receive a preventive medicine briefing.

Upon conclusion of the briefing, one-by-one the patients would see a medic to discuss their ailments and in turn, the medic decided what type of care the patient needed. They would also have their vital signs checked, such as their blood pressure and temperature.

Lines then began to form for each medical section, beginning with family and general medicine. There were American, Colombian and Salvadoran physicians attending to the patients.

Norma Yolanda, who was suffering from stomach pain, was one of many seen by these physicians. Before being seen, she expressed her gratitude and opinion of the partnership between TF Northstar and the Salvadoran army’s TF San Andreas.

“I think it is good that the Americans and Salvadorans are working together,” she said. “Thank you.”

Further down the hall, more lines were seen forming at the women’s health and OB-GYN, adult, and pediatric medicine.

The building parallel held dental, optometry, immunizations and the pharmacy –with each section accumulating their own patients to see.

Optometry posed its own unique and interesting opportunity for the local community and Col. Robert Tyscko, TF Northstar’s optometrist.

“Optometry is very interesting because of the three complaints I get: my eyes hurt, my eyes are dry and, basically, over the age of 35 a lot of them are so farsighted. They start to lose their ability to read well,” Tyscko stated. “Their complaint is, literally, I can’t read my Bible. It’s really, really, really amazing.”

Tyscko went on to explain a reason for why the stations were set up this way and the feelings of those who see him following a dental procedure.

“It’s funny, considering the way they have it set up, because dental is right next



PHOTO BY STAFF SGT. JOSEPH VINE

Col. Robert Tyscko, an optometrist with Task Force Northstar, performs an eye exam during Beyond the Horizon’s Medical Readiness Training Exercise at Ciudad Arce, El Salvador, in May.

to me and people come out (from there) and they’re groggy and crying,” he said. “Then they come see me and it’s the happy, cheery place because they get to see.”

At the end of day one, the MEDRETE care providers had seen and processed about 500 patients. Those who were unable to be seen on Day 1 were given a ticket to come back for Day 2.

On Day 1, the mayor of Ciudad Arce came to talk to his constituents, observe the MEDRETE in action and meet each care provider.

“I want to congratulate the Salvadoran forces and U.S. forces for all the hard work they are doing to help my country,” said Mayor Jose Alfredo Contreras Escalon. “We have been through difficult

times, but with the help of the government, the armed forces and the national police, we are going to get through it and make it work.”

Days 2-5 each saw more than 500 patients – with one day reaching 900 plus. By the end of the MEDRETE, more than 3,500 patients were seen and given much needed medical care and assistance.

BTH 2015 has not only provided essential medical care, but there are ongoing construction and engineering projects of schools and medical clinics throughout various cities in El Salvador as well.

Ultimately, the people of El Salvador receive humanitarian relief while service members receive valuable knowledge from each partner nation.

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Jay Leno thanks Fort Irwin Soldiers, families

By Gustavo Bahena
Fort Irwin Public Affairs

FORT IRWIN, Calif. — Former “To-night Show” host Jay Leno visited the National Training Center and Fort Irwin with what he refers to as his “tank car” June 1.

Soldiers, leadership and families of the installation had an opportunity to meet and take photos with Leno and his custom vehicle, which is powered by an engine from a 1952 M-47 Patton tank.

Leno is a supporter of the military and this Army post, having hosted Soldiers to tapings of his talk show that would air on Thanksgiving Day.

Col. Jon Braga, Fort Irwin garrison commander, introduced Leno to a crowd, who cheered and applauded.

“You men and women do a great job – we can’t thank you enough,” Leno told the audience. “I just wanted to personally come up here and say ‘Thank you very much.’”

Julie Epstein, a military spouse here and her daughter, Jordan, 9, were all smiles as Leno put his arm on Epstein’s shoulder during a photo opportunity.

He told Jordan, “I’m an old man who used to be on TV.”

Epstein said she is a huge fan and remembers first watching Leno as a child with her parents. To have the installation host his visit was significant, she said.

“It’s such an honor just to meet him,” she said. “It’s a great opportunity for us. A lot of people don’t know about this area, what they do here and how much the Soldiers work. They do a lot, and so for Jay Leno to come here and appreciate what they do, I think it’s amazing.”

Jordan described Leno’s car as great, and had this to say about meeting a celebrity: “It’s amazing ... because you don’t get to see a lot of famous people in your life.”



PHOTOS BY GUSTAVO BAHENA

National Training Center and Fort Irwin Commander Brig. Gen. Joseph Martin gives a thumbs up as he rides with Jay Leno in what he refers to as his ‘tank car’



Julie Epstein, military spouse, and her daughter, Jordan, 9, have their photo taken with Jay Leno.



Pfc. John Savala, Sgt. Isidro Viramontes, Jay Leno, Spc. Louis Werrick and Pfc. Luke Risner, Soldiers are with the Recovery Section of Headquarters and Headquarters Troop, 1st Squadron, 11th Armored Cavalry Regiment, met with Jay Leno.



COURTESY PHOTO

Pick-of-the-litter

Meet Chance, a 1-year-old male Terrir mix available for adoption at the Fort Rucker stray facility. He is neutered, potty trained and already has his rabies vaccination. 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, Building 109
8 a.m. Traditional Protestant Service

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

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

Spiritual Life Center, Building 8939
10:15 a.m. CCD (except during summer months)

BIBLE STUDIES

Tuesdays

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

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

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

Wednesdays

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

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

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

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

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

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

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

Thursdays

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

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

Saturdays

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

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II INSIDE OUT - PG
2:00, 4:00, 7:00 & 9:00
WESTGATE CENTER
III DOPE - R
1:45, 4:15, 7:10 & 9:30
IV SPY - R
1:50, 4:15, 7:00 & 9:25
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3D: 1:30, 4:00, 7:15 & 9:40
III SAN ANDREAS - PG13
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JUNE 18, 2015

ARMY STRONG

Athletes brave heat to compete in triathlon

By Nathan Pfau
Army Flier Staff Writer

Neither the hot, humid Alabama heat nor the threat of thunderstorms were enough to stop the throngs of athletes preparing to take on one of Fort Rucker's toughest competitions.

Fort Rucker held its annual Army Strong Triathlon Saturday, and hundreds turned out to take on the challenge and test their mettle against the waters of Lake Tholocco and the surrounding trails.

The course started off with a quarter-mile swim through the lake, followed by a 10.6-mile bike ride and then a 3.1-mile run to the finish. People competed as both teams and individuals.

Winners were awarded prizes in different categories, including overall, master and grandmaster.

Winners of the competition were: Stephanie Liles-Weyant, female overall winner with a time of 56:56; Shannon Owen, female master winner with a time of 1:17:16; Nina Korges, female grandmaster winner with a time of 1:17:53; Grady Smith, male overall winner with a time of 55:15; Michael Weyant, male master winner with a time of 58:29; and Frosty Henneberger, male grandmaster winner with a time of 1:00:50.

The overall team winner went to team 3's Company, consisting of Ian Kalgren, Matthew Cooke and Joseph Krysak, with a combined total time of 1:01:11.

For some, like Chase Wells, the competition was less about finishing first, and more about pushing himself and striving to accomplish a goal.

"I just like to take part in anything that makes me push myself," he said. "If I come out on top, that's great, but I like to set goals for myself and accomplish them. This was something that I told myself I was going to do, and I did it."

Wells said he regularly participates in fitness activities and tries to maintain an active lifestyle, but participating in a triathlon wasn't something he'd done before.

"This is the first triathlon I've competed in and I just wanted to see if I could do it," he said. "I worked hard and ran everyday to make sure I had the endurance to finish it. I'm just glad that I was able to finish."

The hardest part of the competition for most, including Wells, was the quarter-mile swim through the lake.

"That swim was the most difficult part of the competition for me because it's not something that most people are used to doing," he said. "Sure you might go swimming every now and then, but to do a sustained swim for a quarter mile is something completely different. It takes a good bit of stamina to be able to maintain the energy to get through it and then continue on after that, so that was what had me worried the most, but I got through it."



PHOTOS BY NATHAN PFAU

Barton Fischer, Army Strong Triathlon competitor, runs to cross the finish line with his son, Lucca, by his side during the 2015 Army Strong Triathlon on West Beach at Lake Tholocco Saturday.



Erik Moore, triathlon competitor, bikes ahead of two other competitors during the 10.6-mile bike ride of the 2015 Army Strong Triathlon.



Competitors take to the water as they begin the quarter-mile swim portion of the 2015 Army Strong Triathlon on West Beach at Lake Tholocco Saturday.

Aviator finds new ways to take flight

By Flavia Hulsey
Western Regional Medical Command

FORT BELVOIR, Va. — For an Army Aviator who has flown more than 2,300 hours and completed nearly 1,000 combat missions in an OH-58D Kiowa Warrior helicopter, flying is a part of who he is.

So, when injuries to CW3 Timothy Sifuentes' back and knee, and a tear in his right glute forced him out of the cockpit, he had to find a new way to soar.

Sifuentes is preparing to compete in the Department of Defense Warrior Games at Marine Corps Base Quantico, Virginia Friday through June 28.

"What do I think I'll get out of the Warrior Games experience? A new challenge — a new me, if you will," said Sifuentes, a Glendive, Montana, native and a former Fort Riley, Kansas, Warrior Transition Battalion Soldier who is now with the 1st Combat Aviation Brigade, 1st Infantry Division.

"Yeah, I know I'll never be 100 percent where I was prior to my injuries," he added, "but I can establish a new baseline."

Sifuentes, a former runner, was able to use cycling to recover from injuries, thanks to the adaptive reconditioning program offered through the Warrior Transition Battalion. He will compete in cycling, swimming and field events at the Warrior Games.

Different, but therapeutic

"Once I couldn't compete in (running) anymore and I started the recovery process, I thought, 'Let me give cycling a



PHOTO BY SGT. 1ST CLASS CHRISTOPHE PAUL

CW3 Timothy Sifuentes talks with Staff Sgt. Monica Martinez at Fort Belvoir, Va., before cycling training for the 2015 Department Of Defense Warrior Games Sunday. Sifuentes and Martinez are two of more than 40 active duty and veteran athletes training at Fort Belvoir. For more on the Army team, see pages D3 and D4.

chance,'" he said. "Although much different, still, there are a lot of similarities. It's very therapeutic for me. So you can go out and do a 10-mile run or you can go ride 30 miles. It's just an opportunity to go clear your head. That's the part I enjoy."

Sifuentes also said he enjoys hitting new benchmarks in his fitness. When he began cycling, he noted, 10 miles was hard. He recently completed 100 miles over two days and has his sights set on other long-distance cycling challenges.

He's also enjoyed adding sports to his workout routine. He started swimming

after completing physical therapy in the pool sparked his interest in the sport. Swimming, combined with field events, such as shot-put and discus, provide therapeutic benefits to his recovery, Sifuentes said.

"The biggest thing when you get an injury is it's not only debilitating on your body, but also the mental aspect," he said. "It's very self-defeating sometimes, and it's easy to sit on the couch and go, 'Hey, you know what, I don't want to do anything today.' But when I have something to strive for — the Warrior Games, the Army

Trials, things like that where I push myself — I can look at the big picture."

A second career

In the bigger picture, Sifuentes is looking toward a second career. He will retire from the Army in April.

"When you've done a job for so long, it becomes a part of who you are and a part of your identity," he said. "And that was the most daunting task for me — to get back out there, and look at a potential professional growth and where I could go in a new career. But I'll be 37 years old, well young enough to get another job and do something productive for society."

While Sifuentes was in the Warrior Transition Battalion, he worked with the staff to develop a transition plan in case he was unable to complete his time in the Army. He even completed job interviews that led to conditional offers. And though he chose to finish his Army career, the skills he learned will serve him well in his next phase, he said.

Advice for others

Sifuentes said he encourages all Soldiers facing an injury or illness that could alter their military career to give the Warrior Transition Battalion a shot.

"At least give it a chance — give it a shot," he said. "Don't dwell on what you can't do. Think, 'What can I do?'"

It's a lesson he also hopes to teach his five children, Sifuentes added.

"There's ups and downs in life — challenges — but I think that makes us who we are," he said.

DOWN TIME



Trivia test

by Fifi Rodriguez

T R I V I A

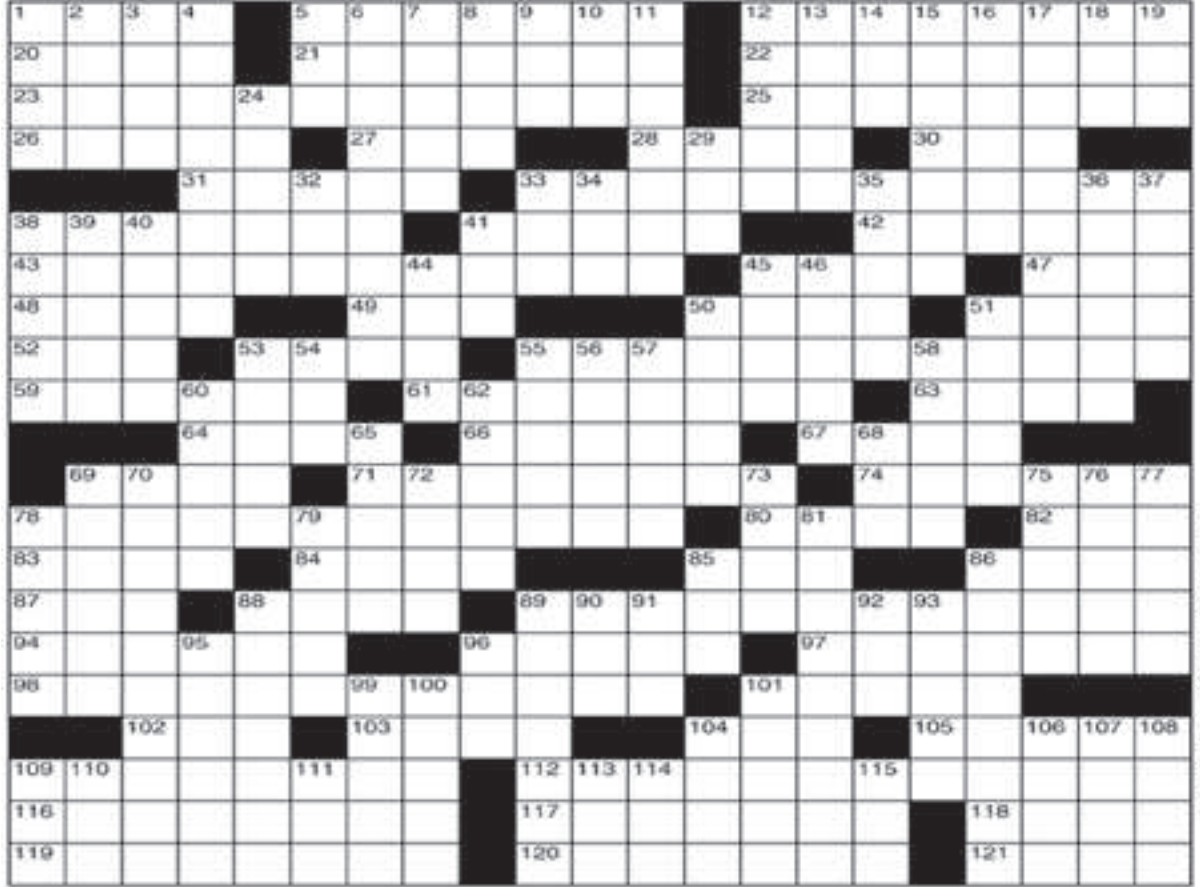
1. ADVERTISING: What did the animated character Tony the Tiger sell in TV ads?
2. GEOGRAPHY: What is the highest waterfall in the world?
3. LANGUAGE: Who wrote the book "Don Quixote"?
4. MONEY: What was the Netherlands' basic currency before it adopted the euro?
5. MOVIES: What was the name of the male lead character in "Love Story" (played by Ryan O'Neal)?
6. ANATOMY: About how long is the human small intestine?
7. TITLES: What is the abbreviated title of a veterinarian?
8. COMICS: What comic-book superhero is known as "The Caped Crusader"?
9. MEDICAL TERMS: What is a more common name for somnambulism?
10. ASTRONOMY: Who are most of Uranus' moons named for?

See Page D4 for this week's answers.

Super Crossword

VOWEL LANGUAGE

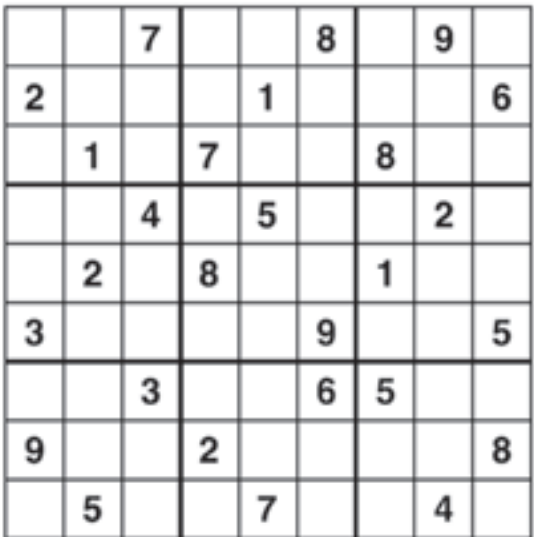
- ACROSS**
- 1 Painter of limp watches
 - 5 By the day, as payment
 - 12 "It doesn't matter"
 - 20 Moran of "Happy Days"
 - 21 The tiniest bit
 - 22 Hot pepper
 - 23 Group of wolves
 - decide which hockey disk to use?
 - 25 Brought upon oneself
 - 26 USNA frosh
 - 27 "— Miz"
 - 28 Bring in
 - 30 Moniker, in Marseilles
 - 31 Mervyn of film
 - 33 Misplaced the most recent catalog?
 - 38 Sun circlers
 - 41 Braga of film
 - 42 Nervous —
 - 43 Notice folks quarreling about a skewer?
 - 45 Kind of latte
 - 47 Sportswriter Pasquarelli
 - 48 Name of 12 popes
- DOWN**
- 49 Folkay denial
 - 50 Parisian "to be"
 - 51 Actor Robert De —
 - 52 Six-legged scurrier
 - 53 Gift add-ons
 - 55 Farm structure is built in Switzerland's capital?
 - 59 Lumn of "Neil"
 - 61 Raises up
 - 63 Yemen's largest city
 - 64 — time (never)
 - 66 Give a big speech
 - 67 Baseball Hall of Famer Waite —
 - 69 Preside
 - 71 Students
 - 74 To no avail
 - 78 Put a clump of tree-trunk greenery in disarray?
 - 80 Bath powder
 - 82 Philosopher Lao- —
 - 83 Optic layer
 - 84 Throw easily
 - 85 Paddle's kin
 - 86 Stuff in ale
 - 87 Rev.'s talk
 - 88 City on I-80
- ACROSS**
- 2 Central Asia's — Sea
 - 3 Pooch pests
 - 4 Rorschach test features
 - 5 Luau chow
 - 6 Hemming in
 - 7 Type in anew
 - 8 See 95- Down
 - 9 Beltor's note
 - 10 Series-ending abbr.
 - 11 Succeeds
 - 12 Spin around
 - 13 — Barbera
 - 14 "The Middle" network
 - 15 Poked fun at
 - 16 Register
 - 17 Indiana county whose name is a red color
 - 18 Afore
 - 19 Gun, in slang
 - 24 Parts of hammers
 - 29 — good clip
 - 32 Ice-T's style
 - 33 Hack
 - 34 — roll (lucky)
 - 35 Deriding look
 - 36 — Nevada
 - 37 Partner of a mortise
 - 38 Hearing ailer
 - 39 Share a view
 - 40 Artery
- DOWN**
- 41 Minneapolis-to-Dallas dir.
 - 44 Hit with a zapping gun
 - 45 The Beatles' "Let —"
 - 46 Collision
 - 50 Register for
 - 51 Hoops cable channel
 - 53 Pole carving
 - 54 Advice giver
 - 55 Yankee Yogi
 - 56 Bob — restaurants
 - 57 Per-unit costs
 - 58 "Bye Bye Bye" boy band
 - 60 Rumba's kin
 - 62 Garden soils
 - 65 Johnny who cried "Come on down!"
 - 68 OPEC fuel
 - 69 Idolize
 - 70 Keystroke or mouse click
 - 72 Canadian gas brand
 - 73 Detached, in mus.
 - 75 Old game console
 - 76 Lanai and Skye, say
 - 77 Product label wds.
 - 78 Ruminated
- DOWN**
- 79 County in New Mexico
 - 81 Tree once associated with bow wielders
 - 85 Pained cries
 - 86 "Dirty Sexy Money" actress Zoe
 - 88 Symbol atop the Kremlin
 - 89 Pair of poetic lines
 - 90 Mythical bird
 - 91 Mork's planet
 - 92 Pitching whiz
 - 93 Sausage, in Stuttgart
 - 95 With 8-Down, swims without a suit
 - 96 They made LPs passe
 - 99 Kid
 - 100 West with 21 Grammys
 - 101 — lie (fibbed)
 - 104 Funny Laurel
 - 106 Gossamer
 - 107 Dogs, for playwrights
 - 108 Eye malady
 - 109 GPS drawing
 - 110 From — B
 - 111 Ring legend
 - 113 Prefix with law or tourist
 - 114 Cat coat
 - 115 Swing to and —



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



Boy Scout turned Soldier aims for gold

By Shannon Collins
Department of Defense News

EL PASO, Texas – When a fifth grader and Boy Scout watched the World Trade Center towers fall during the 9/11 terrorist attacks, he knew then he wanted to serve his country.

“We really saw the world change, and then thinking about service, commitment to yourself, your community and your country, the Army’s kind of a natural place to go from there,” said Sgt. Stefan Leroy, a cavalry scout who now serves at Walter Reed National Military Medical Center, Maryland.

Years later, Leroy found himself carrying a fellow Soldier to a MedEvac helicopter June 7, 2012. That Soldier had stepped on an improvised explosive device. While helping to save his comrade, Leroy himself stepped on an IED. He lost his left leg above the knee and his right leg below the knee.

Throughout his more than 40 surgeries, Leroy focused on maintaining his weight and fitness because he said amputees can have trouble keeping their weight in check. His sport of choice was



PHOTO BY EJ HERSOM

Sgt. Stefan Leroy prepares his hand cycle for the Army Trials on Fort Bliss in El Paso, Texas, April 1. The trials earned him a spot on the Army's team at the 2015 Department of Defense Warrior Games.

hand cycling.

“It was a big one for me because it helped me maintain my weight,” he said. “It took me awhile to get on my legs. I had my last surgery six or seven months ago and that really was when I was able to walk all the time from then on.”

Leroy said adaptive conditioning and adaptive sports through hand cycling and wheelchair basketball helped him maintain being an athlete until he gained confidence with his new running legs.

During the Army Trials, Le-

roy earned a bronze medal in the men’s 1,500 men’s classified and a bronze medal in the men’s hand cycle. He will represent the Army Team on Marine Corps Base Quantico, Virginia, Friday through June 28.

Throughout the games, wound-

ed, ill and injured service members and veterans from the Army, Marine Corps, Air Force, Navy and Coast Guard will compete in track and field, shooting, swimming, cycling, archery, wheelchair basketball and sitting volleyball.

Leroy will compete in running, hand cycling, swimming, wheelchair basketball and sitting volleyball.

“I’m looking forward to representing the Army and having a great time,” he said.

He said the Department of Defense Warrior Games is an important program.

“There are a good number of disabled athletes in the Paralympics, or who are training for the Paralympics, who started out at the Warrior Games or in adaptive programs in the military,” Leroy said. “The military’s offered them the programs to better themselves. They’ve gone from a debilitating injury or illness and done something fantastic with it.”

Paralympics may be in his future down the road but with his first Warrior Games looming, Leroy said he just wants to focus on it for now and continue to be motivated by those around him.

Alabama Soldier seeks ‘chance for redemption’

By Shannon Collins
Department of Defense News

EL PASO, Texas – For a Soldier from Alabama, representing the Army team at the Department of Defense’s Warrior Games continues to be a chance at redemption.

Quintarious Almon, a former Army Reserve truck driver with the 287th Transportation Company out of Aniston, Alabama, first attended the Warrior Games in 2011, but couldn’t finish any of his events because of heat exhaustion.

He returned in 2013, and took the gold medal in the men’s 100-meter wheelchair race. In 2014, he took the silver medal in the men’s 100-meter wheelchair race.

This year, he will compete in the 100-meter, 200-meter and 4x100 relay and also in sitting volleyball at the games, scheduled for Friday through June 28, at Marine Corps Base Quantico, Virginia.

“I had learned my lesson about training and nutrition, and what I had to do going forward,” he said.

Almon received his traumatic brain injury in a car crash when he fell asleep behind the wheel while driving in 2010. He said he doesn’t remember the incident. As he was recovering in the Warrior Transi-

tion Unit at Fort Benning, Georgia, he learned about adaptive sports.

“Adaptive sports are a great way for Soldiers to find another way to go about doing things and learn that there are still things out there that they can do,” he said.

Active-duty, Guard and Reserve Soldiers, along with veterans, can participate in the Warrior Games. Almon said events like the games help veterans like him have a goal.

“When veterans get out of the military, some go through a stage of depression. Most guys don’t know what they’re going to do outside the military,” he said. “It gives veterans another outlet and a chance to become an elite athlete.”

For Almon, who ran track in eighth grade, and made it to state and played basketball and football in high school, it gave him a chance to feel like an athlete again.

“I enjoy working out and staying fit,” he said. “It helps in my recovery. I still have long-term injuries, but my short-term injuries are not as noticeable anymore. They’re still there, but I work really hard to overcome those and strive to continue to get better. I’ve done a lot of things since adaptive sports, and I



PHOTO BY EJ HERSOM

Quintarious Almon serves a volleyball during the Army Trials at Fort Bliss, Texas, March 31. Athletes in the trials were competing for spots on Army's team in the Department of Defense Warrior Games.

wouldn’t trade it for anything else.”

Throughout the games, wounded, ill and injured service members and veterans from the Army, Marine Corps, Air Force,

Navy, and Coast Guard will compete in track and field, shooting, swimming, cycling, archery, wheelchair basketball and sitting volleyball.

Wounded warrior takes aim at DOD Warrior Games

By Shannon Collins
Department of Defense News

EL PASO, Texas – The crowd cheered and shouted words of encouragement as the athlete steadied his aim and shot, earning his position on the Army team for the 2015 Department of Defense Warrior Games scheduled for Friday through June 28.

Medically retired Capt. Frank Barroqueiro, who served in the Army National Guard for 13 years, culminating as an infantry company commander, earned a gold medal in the air rifle prone, a gold medal in the air pistol and a silver medal the men’s archery compound category during the Army Trials on Fort Bliss March 29-April 2.

This will be his third trip to the games. During the 2013 Warrior Games, he took a gold medal in the men’s archery compound, a silver medal in the team archery compound and a bronze medal in the men’s SH1 pistol category. In 2014, he took the silver medal in the men’s archery compound and gold in the team archery compound.

Barroqueiro’s journey began when the Army gave him the opportunity to finish his bachelor’s degree in education.

“I had always thought about serving, and the Army also provided me with the opportunity to finish college,” he said.

While serving as an infantry company commander in Kunduz, Afghanistan, Aug. 27, 2009, he was shot during a firefight. He underwent 12 surgeries as the doctors fought to rebuild his arm. Barroqueiro said he had never touched a bow before he was injured.

“My big driving force was when I was in Landstuhl in Germany. There was a huddle of doctors in my room, and they were discussing how they were going to amputate my arm,” Barroqueiro said. “I was watching a hunting show on TV, and I mentioned to the nurse that I would like to try that. One doctor looked at me and said I would never shoot a bow. Two years later, I won a gold medal with it. You’ve just got to keep trying.”

Barroqueiro said adaptive sports gave him a renewed sense of purpose and encourages others to give them a try.

“They once again made me feel like I had a mission,”

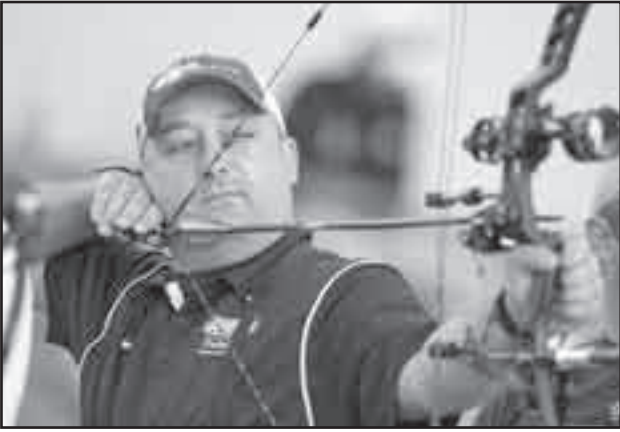


PHOTO BY EJ HERSOM

Retired Capt. Frank Barroqueiro aims an arrow during the archery competition of the Army Trials on Fort Bliss, Texas, March 31.

he said. “There are loads of people who are hurt and wounded and get going on with things. You may not even have discovered what it is that you really are passionate about yet.

“There might be something waiting around the corner that you would be really good at. When you go out to these clinics where they have these things for the Warrior Games, try everything. You might be good at something and not even realize it.”

Barroqueiro said his injury has made him more resilient.

“It completely changed my definition of normal. It ended my mission early. It was the first time I didn’t complete my mission,” he said. “It also ended my military career, something I really took a lot of pride and joy in. When that was gone, that was a very challenging transition for me. The archery definitely helped with that because it gave me something new to try, and I really had to invest everything into it.”

Barroqueiro is using the leadership experience he gained in the Army and his new love of the sport to pursue his coaching certifications in archery, he said, so that he can teach the sport to other wounded warriors and children with disabilities. He is also competing in USA Archery tournaments.

Barroqueiro said he will continue to compete in the Warrior Games, not so much for the medals for himself,

but for his Army team.

“The Warrior Games is so important because it gives an opportunity to our nation’s injured, ill and wounded to get back in the fight again and have someone on their left and right again, and they’re fighting for a common goal,” he said. “They have a mission one more time. They’re working for something bigger than themselves. They’re trying to win medals and the cup for the Army – not for individuals. That’s the biggest thing I like.

“You get the opportunity to see individuals who have done phenomenal things,” he said. “We have folks here who have been practically dead, but they came back, and they’re here fighting and competing, so it’s amazing.”

Throughout the games, wounded, ill and injured Service members and veterans from the Army, Marine Corps, Air Force, Navy and Coast Guard will compete in track and field, shooting, swimming, cycling, archery, wheelchair basketball and sitting volleyball on Marine Corps Base Quantico, Virginia.

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HEALING WATERS

Warrior Games help Soldier cope with cancer

By Flavia Hulsey
Western Regional Medical Command
Public Affairs

FORT BELVOIR, Va. — “It’s cancer.” Two words people hope to never hear.

And as Sgt. Kawaiola Nahale, an Army Reserve budget analyst, with the 311th Signal Company on Fort Shafter, Hawaii, faced the diagnosis and associated complications, it was a non-medical complication that was among the hardest.

“I wasn’t allowed to be in the water,” said Nahale of her initial recovery. “With all my surgeries, my doctors didn’t want me getting an infection because (the surgery sites) are so close to vital organs.”

Not being able to get in the water may seem like an unusual concern for someone with a cancer diagnosis, but for Nahale, a Honolulu native, the water is home.

Her father first took her to the water when she was just a month old – a common custom for Hawaiian families. At age 4, her parents took her to swim lessons and by the time she was 6, she was swimming competitively.

In her civilian capacity, she serves as a lifeguard and competes on a canoe paddling team. And at the end of June, she will compete in swimming and cycling as an Army athlete in the 2015 Department of Defense Warrior Games.

“The water is my healing place. After all my surgeries and restrictions, being in the water was my place of peace,” she said.

It was three surgeries total, which included a right mastectomy and a left lumpectomy,



Army Reserve Sgt. Kawaiola Nahale, assigned to 311th Signal Command, Fort Shafter, Hawaii, poses for a photo after training for the 2015 Department of Defense Warrior Games on Fort Belvoir, Va., June 7.

to fight the breast cancer she was diagnosed with in April 2013.

“April 2013 was pretty quick –it moved along very, very fast. I was in and out of the hospital every day for the first two weeks,” Nahale said.

By the end of the month, she had her first surgery. That May, she joined the Warrior Transition Battalion at Schofield Barracks, Hawaii, where she stayed for a year and half during treatment and recovery.

Being a part of the WTB made a huge impact on her recovery, Nahale said.

“Going from not knowing to knowing exactly what was wrong with me, they all

had it not been for my illness,” Nahale said. “And being a part of Team Army allows me to say, ‘You know what? The Army was there, and they stepped up, and they helped me through my treatment, my recovery and my healing, and they’re helping other service members, also.’”

These are her second games. Her first games were in 2014, just a few short months after she received the all-clear to get back in the water.

“Being in the water is where I’m supposed to be,” Nahale said.

On top of the mind-body healing it provides, she also used swimming as a way to recover from her surgeries.

“Being in the water, there’s no impact. So trying to retrain my pectoral muscles, especially for push-ups, sit-ups and just to pass the (Army Physical Fitness Test) that helped a lot because the pain was a little less than actual push-ups,” Nahale said. “I could build up slowly and not further injure my muscles than just doing push-ups right away.”

It is that experience using swimming as a recovery tool that she hopes to share with others during the games.

“My take home from the DOD Warrior Games 2015 is being around the Soldiers and being able to help them in their recovery and healing,” Nahale said. “Being an athlete with the Warrior Care and Transition Program, allows me to be around Soldiers – being here I can relate to other Soldiers and service members from the other branches, and where we are in our recovery process, what helps us heal and how we can help others.”

SPORTS BRIEFS

Daddy & Me Bowling

Rucker Lanes will host its Daddy & Me Bowling special Sunday 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.

Superintendents Revenge Tournament

Silver Wings Golf Course will host its Superintendents Revenge Tournament June 27 from 11 a.m. to 1 p.m. For more information, call 598-2449.

Ladies League golf

Silver Wings Golf Course will host Ladies

League golf every Wednesday in July from 6–7 p.m. The cost is \$60 for all sessions, or \$15 per night. Cost includes range balls, group and private instruction, green fee and cart fee. All levels of players are welcome to take part.

For more information or to sign up, call 598-2449.

July 4th Flag Tournament

Silver Wings Golf Course will host its July 4th Flag Tournament July 4 with tee times from 7-9 a.m. People can register until 9 a.m. the day of the tournament. Entry cost is \$5 plus green fee and cart fee. Players must have a valid handicap.

For more information, call 598-2449.

Stars and Strikes

Rucker Lanes will host its Stars and Strikes Independence Day Bowling special from

noon to midnight July 4. Games will cost 25 cents per person and 50 cents per shoe rental. Regular pricing applies to menu items.

For more information, call 255-9503.

Enterprise baseball

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

Senior Golf Tournament

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

For more information, call 598-2449.

PUZZLE ANSWERS

Super Crossword

Answers

DALL	PERDIEM	WHATEVER		
ERIN	ONEIOTA	HABANERO		
PACKPICK	PUCK	INCURRED		
PLEBE	LES	EARN	NOM	
LERGY	LOST	LAST	LIST	
CORONAS	SONIA	NELLIE		
SPOTS	SPITS	PAT	ICED	LEN
PIUS	NAW	ETRE	NIRO	
ANT	TAGS	BERN	BARN	BORN
NEESON	ELEVATES	SANA		
HATNO	ORATE	HOYT		
RULE	LEARNERS	INVAIN		
MESS	MOSS	MASS	TALC	TYSE
UYEA	TOSS	DOAR	MALT	
SER	RENO	CROW	CRAW	CREW
FRASER	GOORS	OGULIST		
DECK	DOCK	DUCK	TWERE	
TIS	HASP	SOW	SLAMS	
MAINTAIN	LEFT	LOFT	LIFT	
ATONALLY	ECUADOR	ARAY		
PONYRIDE	TORNADO	NYSE		

Weekly SUDOKU

Answer

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

- Answers
1. Kellogg’s Frosted Flakes
 2. Angel Falls in Venezuela
 3. Miguel de Cervantes
 4. Dutch guild
 5. Oliver Barrett
 6. About 20 feet
 7. D.V.M. (Doctor of Veterinary Medicine)
 8. Batman
 9. Sleepwalking
 10. Characters in Shakespeare’s plays

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