



ARMY FLYER

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

VOL. 65 ■ NO. 25

FORT RUCKER ★ ALABAMA

JUNE 25, 2015

UNITS WELCOME NEW COMMANDERS

1st Avn. Bde.

By Nathan Pfau
Army Flier Staff Writer

A new leader assumed command of the 1st Aviation Brigade as hundreds of Soldiers stood in formation braving the summer heat to welcome their new commander.

Col. Woodard B. Hopkins III assumed command of the brigade from Col. Shawn Prickett during a change of command ceremony on Howze Field Tuesday.

Maj. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, bid farewell to Prickett, thanking him for his leadership and guidance to the Soldiers, as well as expressing his full confidence in the new commander.

“As the Pricketts leave our formation, it’s absolutely astounding what they’ve accomplished in the two years they’ve been in command,” said the commanding general during the ceremony. “As you look at this brigade and the mission that it does, a lot of people don’t understand how complex it is. Every mission this brigade does, they do it without fail and they excelled under Shawn Prickett’s leadership. Thank you for all that you’ve done. You’ve brought every single Soldier into our Branch in the last two years, and that legacy will continue over the next 30 years.”

That legacy includes more than 4,000 Soldiers in the brigade who are distributed between Fort Rucker and Fort Huachuca, Arizona, said Lundy, adding that undertaking the task of leading the brigade is a huge responsibility. The brigade also runs the Survival, Evasion, Resistance and Escape course, the Helicopter Overwater Survival Training, the Warrant Officer Basic Course, the Basic Offi-



PHOTO BY NATHAN PFAU

Col. Woodard B. Hopkins III, 1st Aviation Brigade commander, assumes command from Col. Shawn Prickett as he accepts the unit colors from Maj. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, during a change of command ceremony on Howze Field Tuesday.

cer Leader Course, the Warrant Officer Advanced Course and the Captains Career Course.

“The good news is we have the Hopkins (family) coming in. I have the utmost confidence that (he) and (his wife), Kelly, are going to be the great Army family that we’ve got and continue to set that great example, so I know the Golden Hawks are in great hands. I welcome you to our family and I welcome you to our community, and I look forward to wearing you out like I’ve worn Shawn out over the last two years.”

Hopkins returns to Fort Rucker from his most recent assignment at MacDill Air Force Base, Florida, where he served as the branch chief for the Strategy, Plans and Policy Directorate for U.S. Central Command.

He was commissioned into the Army in 1991 as a second lieutenant and brings a wealth of leadership ex-

perience having served in numerous assignments including brigade S4 for 82nd Aviation Regiment, 5th Infantry Division; commander of Troop E, 1st Squadron, 17th Cavalry Regiment; executive officer for the 603rd Aviation Support Battalion; and as a congressional liaison for the Army.

He has served in multiple deployments, including a tour in Bosnia in 1998, a tour in Iraq in 2005 and two tours in Afghanistan.

“It is with great pride and excitement that Kelly and I return to the Wiregrass to serve the Soldiers and civilians of the 1st Aviation Brigade,” said Hopkins. “We look forward to working with the Aviation team here at the home of Army Aviation. To the Soldiers of the Golden Hawk Brigade, you look great, and I’m extremely humbled to join your team and look forward to getting to know you and the very diverse missions that we execute in the Aviation Branch.”

1-14th Avn. Regt.

By Nathan Pfau
Army Flier Staff Writer

As Soldiers stood in formation, the 98th Army “Silver Wings” Band played, and civilians and family members looked on, the 1st Battalion, 14th Aviation Regiment welcomed a new commander June 18.

Lt. Col. Jeffrey S. Dahlgren assumed command of the unit from Lt. Col. Mark C. Gillespie as the unit colors changed hands during a ceremony on Howze Field.

Col. Jayson A. Altieri, 110th Aviation Brigade commander, presided over the ceremony and expressed his confidence in the new commander while bidding farewell to the departing family.

“The Tomahawks have indeed been fortunate to have the command team of Lt. Col. Mark and Amy Gillespie at the controls. Both Mark and his wife have provided calm and steady leadership and support,

SEE 1-14TH, PAGE A5



PHOTO BY NATHAN PFAU

Lt. Col. Jeffrey S. Dahlgren, 1st Bn., 14th Avn. Regt. commander, accepts the unit colors from Col. Jayson A. Altieri, 110th Aviation Brigade commander, as he assumes command from Lt. Col. Mark C. Gillespie during a change of command ceremony at Howze field June 18.

WOCC renames awards in veterans’ honor

By Nathan Pfau
Army Flier Staff Writer

The past and present of the warrant officer cohort merged as two U.S. Army Warrant Officer Candidate School awards were renamed in honor of two storied veterans and presented to two of the Army’s newest warrant officers June 17.

The school renamed its Distinguished Honor Graduate Award and Leadership Award to the CW3 (R) Doris Allen Distinguished Honor Graduate

SEE WOCC, PAGE A5



COURTESY PHOTO

Retired CW3 Doris Allen presents W01 Emanuel Medinasoto with the CW3 (R) Doris Allen Distinguished Honor Graduate Award during a U.S. Army Warrant Officer Career College graduation ceremony June 17 at the U.S. Army Aviation Museum as Col. Garry L. Thompson, WOCC commandant, looks on.

CELEBRATING FREEDOM

Event features fun, fireworks, music

By Jeremy Henderson
Army Flier Staff Writer

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

Kristi Fink, Directorate of Family, and Morale, Welfare and Recreation special events coordinator, said the annual event is the perfect opportunity for Soldiers and families to celebrate the nation’s independence and experience a full day of local entertainment.

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

Activities begin at 4 p.m. and the 30-minute fireworks display begins around 9 p.m. The event’s opening remarks are scheduled for 7 p.m. and the 98th Army “Silver Wings” Band is scheduled to take the stage at 7:10 p.m.

W01 Daniel Parker, 98th Army Band commander, said the band’s performance will contain a little bit of everything.

“The band has two diverse sets of great popular music to entertain the crowd,” he said. “The first set will feature country, classic rock, pop and funk hits from the Vietnam Era to present day. To energize the crowd and honor our nation, the second set will feature a variety of patriotic



PHOTO BY NATHAN PFAU

Sgt. Ted E. Bear shows off his patriotism with his most recent paint scheme.

tunes leading up to fireworks. The whole evening will be a true production celebrating the rich heritage and bright future of this great nation.”

Staff Sgt. Christine Permenter, 98th Army Band vocalist, said Freedom Fest is always a special opportunity for the band.

“Freedom Fest is the ‘Silver Wings’

Band’s most visible and well-attended musical engagement, drawing concert-goers from Fort Rucker and all throughout the Wiregrass,” she said. “It’s always an honor to entertain so many people in the area.”

Sgt. James Old, 98th Army Band

SEE FREEDOM, PAGE A4

PERSPECTIVE

Doctrine defines Army ethic in new chapter

By Bill Ackerly
Mission Command Center of Excellence

FORT LEAVENWORTH, Kan. — A major revision of Army Doctrine Reference Publication – ADRP 1, the Army Profession – includes a new chapter on the Army ethic.

“With the addition of Chapter 2 to ADRP 1, we now have a concisely articulated, easily accessible and understandable expression of the Army ethic,” said Brig. Gen. Bill Burleson, director of the Mission Command Center of Excellence.

The Center for Army Profession and Ethic serves as the primary proponent for doctrine on the Army profession. The revision reflects nearly two years of widespread collaboration across the Army.

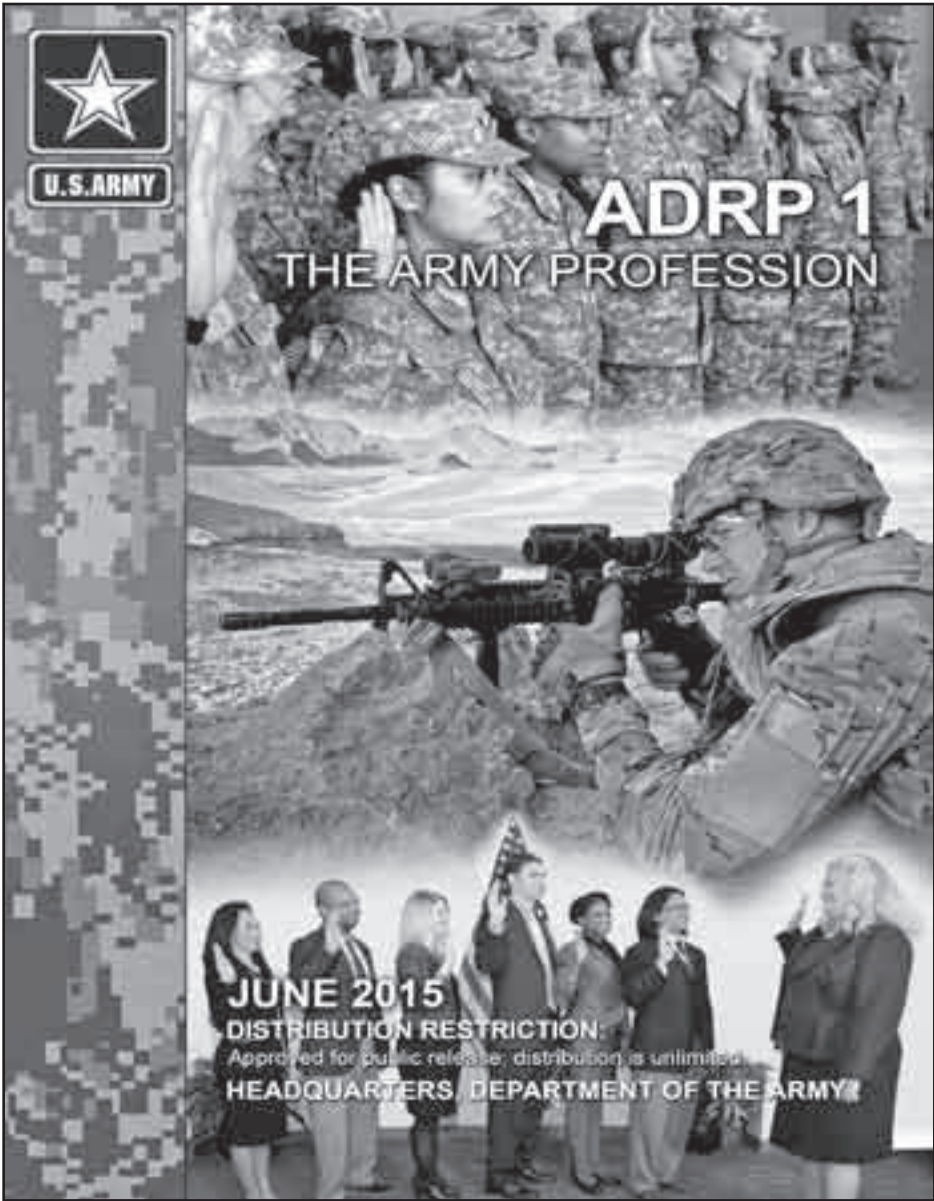
“It’s hard to write doctrine on how you make judgments,” noted a participant at an Army profession symposium last year.

“The heart of the Army profession is the Army ethic, which guides Soldiers and Army civilians in making right decisions, and taking right actions in the conduct of the mission, in the performance of duty and in all aspects of life,” said Col. John Vermeesch, CAPE director.

ADRP 1 is published not only in PDF format on the Army Publishing Directorate, but also in ePub format, which can be read on any mobile device.

As the Army moves further into the 21st century, the Army is in a period of strategic transition, which presents tremendous opportunities for the profession. The Army should be the nation’s leading institution for leader, human capital and ethical development. The Army must intensify its understanding of what it means for the Army to be a profession and ensure all Soldiers and leaders understand their respective responsibilities.

ADRP 1 describes the essential characteristics, which identify and establish the



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Army as a military profession:

- Trust;
 - Honorable service;
 - Military expertise;
 - Stewardship; and
 - Esprit de corps.
- Consistently demonstrated, the character-

istics of the Army profession reflect American values, the Army ethic, and the Army’s approach to accomplishing its mission in support and defense of the Constitution.

Trust is the bedrock of the Army’s relationship with the American people. Within the Army profession, mutual trust is the or-

ganizing principle necessary to build cohesive teams. The Army’s ability to fulfill its strategic role and discharge its responsibilities to the nation depends on:

- Trust between Soldiers;
- Trust between Soldiers and leaders;
- Trust between Soldiers and Army civilians;
- Trust among Soldiers, their families and the Army; and
- Trust between the Army and the American people.

Soldiers pursue a noble calling and contribute honorable service as a partner within the armed forces and, along with other government services, dedicate themselves to defending the nation, the Constitution and the interests of the American people. Soldiers are competent professionals with the expertise to accomplish the mission the right way – ethically, effectively and efficiently.

Soldiers stand strong as stewards to maintain the Army profession by upholding the Army ethic – preventing misconduct and doing what is right to stop unethical practices. The commitment of the Army profession to fulfill this duty is demonstrated with indomitable esprit de corps – winning spirit – and the ability to be always ready and resilient.

The Army ethic is expressed in law, Army values, creeds, oaths, ethos and shared beliefs embedded within Army culture.

It inspires and motivates the conduct of Army professionals.

“As Soldiers and Army professionals, we accomplish the mission as a team – Soldiers and Army civilians who are bound together in common, moral purpose,” Burleson said. “They contribute their best effort, do what is right to the best of their ability and always strive for excellence. Leaders set the right example, live by and uphold the Army ethic, establish a positive climate, and inspire the team.”

Rotor Wash

“A spin challenge begins at 5:30 p.m. June 29 at Fortenberry-Colton physical fitness center. Why is it important to set goals and continually challenge yourself?”



Jesse Lewis,
military family member
“You’ve got to keep things interesting and setting goals can help give you drive.”



W01 Joel Walker,
B Co., 1st Bn.,
145th Avn. Regt
“Doing the same thing can get monotonous, so if you change it up, it keeps it interesting and motivated.”



Erica Daniels,
military family member
“Setting a goal gives you something to work toward.”



Jason Davis,
military family member
“Your body gets used to the same workouts after a while, so setting a new goal or challenge makes your body readjust to work out in a different way.”



Erin Hough,
military spouse
“Goals and challenges are a good way to keep exercising fun instead of seeming like work.”

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

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

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

ACE SUICIDE INTERVENTION

Ask your buddy

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

Care for your buddy

- Remove any means that could be used for self-

injury.

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

Escort your buddy

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

iWATCH enhances community awareness

By Nathan Pfau
Army Flier Staff Writer

When it comes to the safety and security of people on Fort Rucker, law enforcement can only do so much, so one program encourages people to keep a watchful eye for suspicious activity.

iWATCH Army is an antiterrorism program that’s focuses on encouraging Army-wide community awareness and outreach efforts to address important topics related to protecting communities, not just from terrorist acts, but all crime, said Cory Greenawalt, the Fort Rucker Training and Doctrine Command antiterrorism officer.

“iWATCH Army is a community program to help your neighborhood stay safe from terrorist activities (and crime),” he said. “People and their fellow Army community members can report behaviors and activities that make them feel uncomfortable or just don’t look right.”

Greenawalt said people on the installation need to remain vigilant because it’s up to everyone to keep Fort Rucker safe.

The weblink for the iWatch website is: www.mymilitaryonesource.com/familyprogramsandservices/iwatchprogram/default.aspx.

“Parents need to talk to their children about this, as well,” he said. “Although school is out, there are plenty of summertime activities that go on throughout the installation, so people need to watch out for suspicious behavior everywhere,” add-



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ing that parents can find information papers for themselves and teenagers on the iWatch website.

There are a number of different reasons to report suspicious activity, but Greenawalt said that keeping the installation safe is first and foremost. It’s people’s awareness that can help predict and prevent attacks before they happen, he added.

“Our law enforcement is the reactionary force to (reported activities), but they need more eyes and ears out there to help them – every person a sensor” said the antiterrorism officer. “(Authorities) can’t be everywhere at once.

“We’re here to protect our country and

our neighborhoods,” Greenawalt continued. “We’re the frontline of defense and then we call the proper authorities to take care of the issue. We see it, we report it, and we get the experts and the professionals to deal with it. That is how we protect ourselves.”

Some things people should look out for include: people drawing or measuring important buildings; strangers asking questions about security forces or security procedures; briefcases, suitcases, backpacks or any packages left unattended; cars or trucks left in no-parking zones in front of important buildings; intruders in secure areas; persons wearing clothes that are too big or bulky, or too hot for the weather; and even chemical

smells or fumes that don’t seem right.

“People need to trust their instincts,” said Greenawalt. “We rely on our senses every day of our lives. If a behavior or activity makes you feel uncomfortable, report it.”

When people report an incident, they should try to give as many details as possible. Greenawalt provided a checklist that people can use to make sure they get the necessary information: date and time; where it happened; what they witnessed; description of people involved including gender, height, build, ethnicity, hair color and age; and license plate numbers if available.

Greenawalt also advises people not to get directly involved unless there is an immediate threat or if it’s the only action available, and for them to allow the proper authorities to handle the situation.

He also advises that people share information regarding iWATCH Army to everyone they know.

“Everyone needs to get this kind of information out to their neighbors,” said Greenawalt. “This is not the kind of information that should be kept to themselves, but shared with the world. We strongly encourage people to share this information with each other so that they know what to do if they see something out of the ordinary.”

Greenawalt also stressed that 911 should only be called for emergency situations, but people can call the non-emergency line at 255-2222 to report any suspicious activities.

Army opens 20,563 engineering positions to women

By David Vergun
Army News Service

WASHINGTON — Military Occupational Specialty 12B, Combat Engineer, is now open to all female enlisted Soldiers of all components, according to Army Directive 2015-27.

The June 16 directive from Army Secretary John M. McHugh makes available 20,563 additional positions for women and opens the last of the 16 engineer MOSs, which were closed to women. The only positions not open to women in engineering are in certain special operations units.

Female officers were previously assigned as combat engineers “to provide a support network for junior female Soldiers and to offer advice to the unit’s male leadership,” said McHugh, who signed Army Directive 2014-16, June 17, 2014, making that happen.

Col. Linda Sheimo, chief of the Command Programs and Policy Division at the Directorate of Military Personnel Management, Army G-1, said the decision to open these positions to female Soldiers was made after U.S. Army Training and Doctrine



COURTESY PHOTO

Soldiers helocast into Lake of the Ozarks during the U.S. Army Sapper Leaders Course at Osage Beach, Mo. Female enlisted Soldiers can now become combat engineers.

Command completed extensive validation studies.

“The Army remains on the cutting edge of determining scientifically-based occupational accessions standards for all military occupational specialties,” Sheimo

said. “Validating these physical standards enhances our ability to predict an applicant’s ability to perform the critical, physically demanding tasks of MOSs.”

Women, as well as men, who do not meet the standards, will

not be allowed into MOS 12B, or, for that matter, any other MOS, she emphasized. She explained that the standards are, and will remain, fair and transparent.

“The Army’s plan is to continue removing barriers to al-

low the best-qualified Soldiers to serve in any position, where they are capable of performing to standard,” Sheimo said. “This is about enhancing force capability and readiness while retaining the trust and confidence of the American people in our Army’s ability to defend the nation.”

The seven skill identifiers in MOS 12B are

- 2C (Javelin Gunnery),
- 6B (Reconnaissance and Surveillance Leaders Course),
- B6 (Combat Engineer Heavy Truck),
- D3 (Bradley Fighting Vehicle Operations and Maintenance),
- J3 (Bradley Infantry Fighting Vehicle, or BIFV, System Master Gunner),
- K9 (Combat Engineer Mine Detection Dog Handler), and
- S4 (Sapper Leader). This directive applies to all three Army components.

Soldiers in MOS 12B are expected to be proficient at a wide-variety of tasks, including demolitions, route and mine clearing, constructing fighting positions, erecting fixed and floating bridges, and operating heavy equipment.

News Briefs

Post Run

Fort Rucker and the U.S. Army Aviation Center of Excellence will host a post run July 2. Soldiers will form up on Howze Field at 5:45 a.m., observe “Reveille” and then head out on the run. Roads along the route will be closed during the run. The run will head past the headquarters building on Novosel Street to Ruf Avenue, continue down to Second Street onto Andrews Avenue, and then onto First Street before heading back onto Ruf and ending back at headquarters on Novosel.

According to Army Regulation 600-25, during “Reveille,” Soldiers in uniform and not in formation must come to attention and salute in the direction of the flag upon the first note. If the flag cannot be seen, Soldiers should face the direction of the music. Soldiers in formation should follow the command of their senior Soldier who should call the group to attention.

The same rules apply for Soldiers in civilian clothes and civilians, but a salute is not required. Instead, they should stand with their hand over their heart, facing the direction of the music.

All vehicles on the installation should come to a stop, including civilians, but Soldiers who are in a vehicle during “Reveille” are required to stop and dismount their vehicle to render honors.

Blood drive

The Sullivan Memorial Blood Center from Fort Benning, Georgia, will host a blood drive at Fort Rucker today 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.military-blood.dod.mil/benning/>.

Changes of command

- The 1st Battalion, 223rd Aviation Regiment will

host a change of command ceremony Friday at 8:30 a.m. at Howze Field.

- The 110th Avn. Bde. will host a change of command ceremony Wednesday 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.

Commissary grand opening

The new Fort Rucker Commissary will celebrate its grand opening with a ribbon cutting ceremony July 15 at 8:30 a.m. The Fort Rucker community is invited to attend the opening of the new store.

Eagle Rising ceremony

The U.S. Army Warrant Officer Career College will host an Eagle Rising ceremony July 22 from 10-11 a.m. at the U.S. Army Aviation Museum to induct retired CW4 Benny R. McKee into the order.

LifeSouth blood drive

LifeSouth Community Blood Centers, Inc., will host a blood drive July 2 from 9 a.m. to 5 p.m. in the post exchange parking lot. All donors will receive T-shirt for donating. Donors must have valid photo ID to donate, weigh 110 pounds or more and be 17 years of age or older (16 year olds can donate with a signed LifeSouth parental consent form). LifeSouth is in critical need of all negative blood types at this time, especially O negative.

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 now 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.

IG move

The inspector general’s office will move to Bldg. 536 July 27-31. During this period, assistance will be by appointment only. For an appointment, call 255-2118. Regular office hours, to include walk-ins, will resume Aug. 3 at 8:30 a.m.

1-14th: Incoming commander vows to continue hard work

Continued from Page A1

critical to running an important Aviation mission that is challenging under any environment,” said the 110th commander during the ceremony. “Mark has set the example as a competent, passionate, mission-focused selfless leader.

“In so much as the 1-14th was extremely fortunate to have Mark as their leader these past four years, they are just as lucky to have Jeff Dahlgren taking the controls,” he continued. “Jeff brings with him both a wealth of leadership and experience, and tactical knowledge to the battalion having recently come from the Army Joint Support Team. We also want to welcome his wife and son to the brigade. I know that that the Tomahawk battalion is in good hands.”

Dahlgren is no stranger to Fort Rucker, having served as the operations officer for the 1-212th Avn. Regt., as well as the 110th Avn. Bde.

His wealth of leadership experience spans multiple continents and includes assignments such as liaison officer for Task Force 2-1 KFOR during Operation Joint Guardian in Kosovo; attack platoon leader for the 1-1st Avn. Regt. in Katterbach Germany; liaison officer for 2-101st Avn. Regt. in Fort Campbell, Kentucky and Operation Iraqi Freedom; and deputy team chief and security force assistance adviser for the 2-28th Infantry Regt. during Operation Enduring Freedom in Afghanistan.

He is a decorated Soldier whose awards include the Bronze Star Medal with one oak leaf cluster, the Meritorious Service

Medal with three oak leaf clusters, the Air Medal with numeral 5, the Army Commendation Medal with oak leaf cluster, as well as the Army Achievement Medal with five oak leaf clusters.

“We are excited to be back in the Wiregrass and exceptionally blessed to a part of the Tomahawk family,” said Dahlgren during the ceremony. “To my fellow Tomahawks, you look great as always, and I look forward to training students with each and every one of you.”

The incoming commander also took the time to thank Gillespie for his leadership and guidance during the transition period, and said he will do his best to continue the work his predecessor has performed.

Part of that work is training the more than 8,000 flight school and graduate-level

Aviators within the 110th Avn. Bde. for six days a week, 50 weeks a year with over 100,000 flight hours in Gillespie’s battalion alone, according to Altieri.

Although Dahlgren has the daunting task of leading the unit, Gillespie said he has full confidence that the new commander is up to the task.

“I spent the last few weeks talking with Lieutenant Colonel Dahlgren and I’m 100 percent confident that the Army made the right decision in selecting him to lead the Tomahawk team,” said the outgoing commander. “He brings with him a great family and team, and a wealth of operational and institutional knowledge and experience. He will continue to raise the bar and set new standards for the Tomahawks as he leads this brigade.”

WOCC: Famous Aviator’s wife presents special award during ceremony

Continued from Page A1

Award and the CW4 (R) William L. Ruf Award, respectively, and presented the awards for the first time under their new monikers during a graduation ceremony at the U.S. Army Aviation Museum.

“I think it is great that we are able to honor two heroes of our Army and the warrant officer cohort,” said Col. Garry L. Thompson, U.S. Army Warrant Officer Career College commandant. “We’ve been presenting the awards to candidates for over 20 years, so naming the awards was long overdue.”

It was a process, he added, that took nearly a year after submitting and coordinating nomination packets.

The first recipients of the renamed awards were W01 Emanuel Medinasoto, recipient of the CW3 (R) Doris Allen DHG Award, and W01 Matthew Cook, recipient of the CW4 (R) William L. Ruf Award.

Allen, who is a Vietnam-era veteran and served 30 years in the Army, was available to present the award during the ceremony, and she said she was honored to do so.



COURTESY PHOTO

Kim Ruf, wife of the late Willie L. Ruf, presents the CW4 (R) Willie L. Ruf Award to W01 Matthew Cook during a WOCC graduation at the U.S. Army Aviation Museum.

“I was invited to attend and I consider it quite an honor for them to invite me and for me to be there,” she said. “I think it’s historic. To lend authenticity is so important, and I want to be able to be the one that can come and do that here.

“It’s also just a proud moment,”

she continued. “If I had no humility, I’d be jumping on the ceiling. After all that I’ve been through, it’s just an honor – period.”

Allen enlisted into the Women’s Army Corp in 1950 and entered the Army as an entertainment specialist at the Adjutant General School in 1951 at Fort Lee, Vir-

ginia. She had a storied career, assigned as a radio broadcast specialist at Camp Stoneman, California, and served five years as an information specialist for the headquarters at Fort Monmouth, New Jersey, before completing French language training in 1963 and becoming the first military female trained in a prisoner of war interrogation course at the U.S. Army Intelligence School at Fort Holabird, Maryland.

As a specialist seven, Allen reported to Vietnam as the senior intelligence analyst for Army Operations Center, Headquarters, U.S. Army at Long Binh, Vietnam. She began her second tour in Vietnam and by spring of 1970 she was appointed as a warrant officer – one of only nine female warrant officers in military intelligence and one of only 23 in the Army.

She returned to the U.S. in September of 1970 after completing her third tour in Vietnam, and she served as an instructor for prisoner of war interrogations. She would be promoted to chief warrant officer three before retiring from the Army in 1980.

The late Ruf, whose wife, Kim, was available to present the award, is well known in the Avia-

tion world and even has a street named after him on Fort Rucker.

He was a pioneer in Aviation, having graduated from the first rotary-wing flight class at Fort Rucker in 1955. He eventually went on to serve as a helicopter pilot for two presidents: Dwight D. Eisenhower and John F. Kennedy.

Ruf also served as an infantryman in World War II, as well as a pilot in the Korean War, and volunteered as an Aviator in the Vietnam War. During his 26-year Army career, he accumulated more than 16,000 total flight hours, 1,200 of which were in combat, before retiring in 1967. He continued to serve as a flight instructor after his Army service.

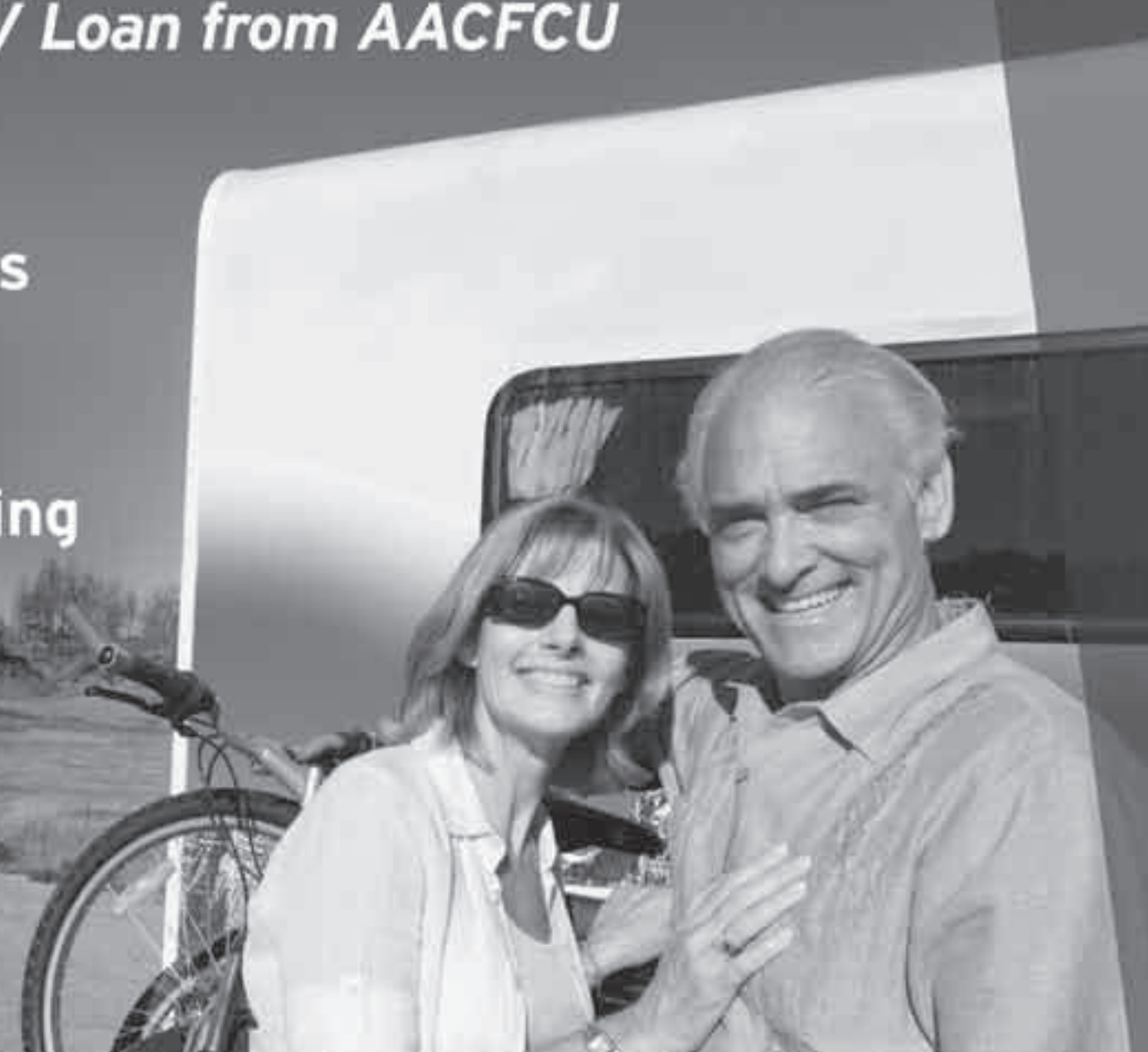
Regardless of the storied lives of the two warrant officers the awards are named after, Allen said the takeaway for young Soldiers should be that nothing in the Army is a single effort, but it is the efforts of many that make the Army great.


“When you’re in the military, if you don’t do it together then it won’t get done,” said Allen. “We’re born, we live and we die. The best we can do is to live the best we can through it all.”

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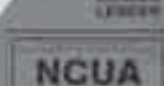

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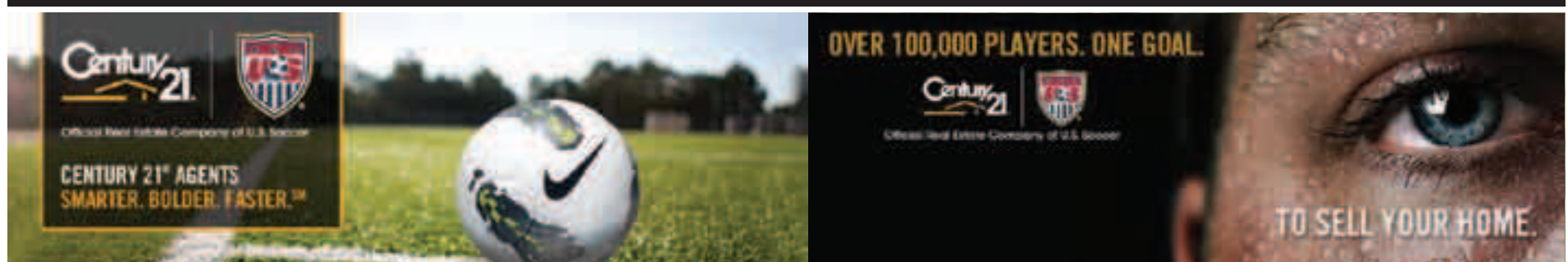
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REDUCING DRAG

Joint U.S., Israeli device seeks to improve performance



ARMY PHOTO

Items, which are added to helicopters, such as weapons systems, create drag and decrease aircraft performance.

By Bill Crawford*U.S. Army Aviation and Missile Research, Development and Engineering Center*

REDSTONE ARSENAL — U.S. Army and Israeli scientists are conducting testing and research on active flow control devices as a means to reduce drag on future Army aircraft.

The Suction and Oscillatory Blowing Actuator invented by Dr. Avraham Seifert, Israeli scientist with Tel Aviv University, uses the active control of airflow to reduce drag. Testing of the SaOB device is being conducted at the U.S. Army Aviation and Missile Research, Development and Engineering Center's Aeroflightdynamics Directorate at Moffet Field, California.

A U.S./Israel rotorcraft project agreement allows the two countries to share in the research and development of many projects, including the SaOB actuator.

"Just like a boat makes a wake through

water, a helicopter fuselage plows an invisible wake through the air," AFDD engineer Jacob Wilson said. "If we reduce that wake, we essentially make a more aerodynamic vehicle. The SaOB actuator works by adding energy to air just above a surface, helping it flow cleanly around."

Wilson said the SaOB is designed to send compressed air to the aircraft surfaces where they interface with the airflow over the aircraft. This compressed air flows through a supersonic ejector nozzle with a fluidic amplifier, creating one device with no moving parts then can provide steady suction and pulses of air over the aircraft surface that, in turn, reduces drag. Although the actuator requires compressed air to operate, its efficient and compact design make it a great candidate to apply to rotorcraft aerodynamic issues, he said.

SEE DRAG, PAGE B4

BUILDING PARTNERSHIPS

U.S. military on display at Paris Air Show

By Air Force TSgt. Ryan Crane
U.S. Air Forces in Europe

PARIS — Department of Defense representatives and aircraft, including Army Aviation helicopters, were on hand at the 51st International Paris Air Show, the largest aerospace event in the world, at Le Bourget Airport June 15-21.

Secretary of the Air Force Deborah Lee James, along with Heidi Grant, deputy undersecretary of Air Force international affairs; Dr. William LaPlante, assistant secretary of the Air Force (acquisitions); and Gen. Frank Gorenc, U.S. Air Forces in Europe and Air Forces Africa commander, attended the air show to meet with foreign defense officials, air chiefs and industry chief executive officers.

While the flying demonstrations at the air show were expected to draw a crowd of more than 139,000 over the three days it was open to the public, the main attraction for the DOD is the opportunity to build partnerships with its European allies, and reaffirm its commitment to a secure and peaceful Europe.

James spoke to many of those partners during the U.S. pavilion opening ceremony.

"It takes all of us working in a very synchronized fashion to reach our goal," James explained. "We in the Air Force like to talk about global vigilance, global reach and global power, but we can't get any of that done without our partners. In fact, I would submit that our joint success in the future will depend on those very partnerships."

The air show provides a collaborative opportunity to share and strengthen the U.S. and European strategic partnership that has been forged during the last seven decades and is built on a foundation of shared values, experiences and vision.

"It's important to show American equipment and American Airmen," Gorenc said, "and it's important that we describe how those Airmen and equipment operate together. We need to highlight our ability to interoperate with our partners."

While these meetings with foreign military officials and industry executives are the main focus for the DOD representatives, the crowd pleasers are the aircraft the U.S. flew in to showcase.

Eleven aircraft make up the DOD cor-

SEE SHOW, PAGE B4



PHOTO BY AIR FORCE TSgt. RYAN CRANE

An AH-64 Apache on display at the Paris Air Show June 18.



PHOTO BY SGT. JOSE D. RAMIREZ

Lithuanian Land Forces Soldiers assigned to the Iron Wolf Brigade and Soldiers assigned to A Company, 2-159th Attack Reconnaissance Battalion, 12th Combat Aviation Brigade, stationed at USAG Ansbach, Germany, hold each other's national flag during a photo shoot at the Great Lithuanian Hetman Jonasas Radvila Training Regiment, in Rukla, Lithuania, June 13 as part of Saber Strike 2015. The two nations are training together using Lithuanian forward observers on the ground and American AH-64 Longbow helicopters in the air. Saber Strike is a long-standing U.S. Army Europe-led cooperative training exercise. This year's exercise objectives facilitate cooperation amongst the U.S., Estonia, Latvia, Lithuania and Poland to improve joint operational capability in a range of missions, as well as preparing the participating nations and units to support multinational contingency operations. There are more than 6,000 participants from 13 different nations.

25th CAB helps NASA mission

By Staff Sgt. Sean Everett
25th Combat Aviation Brigade Public Affairs

KONA, HAWAII — Imagine this: you've been living in a dome about half of a volleyball court in size on Mars for eight months. You left the Red Planet and are returning home, but when your re-entry capsule is at 13,000 feet above the ground, you have to exit the vehicle and spend the last few minutes of your trip falling to Earth.

This was the experience for the six crew members of the NASA Hawaii Space Exploration Analog and Simulation Mission Three June 13 as they left their dome habitat on Mauna Loa; boarded a 25th Combat Aviation Brigade, 25th Infantry Division CH-47 Chinook; climbed to 13,000 feet above Kona; and jumped from the helicopter in tandem with members of the U.S. Army Parachute Team, "Golden Knights."

"As soon as I was strapping in, the butterflies in my stomach were flying all over the place," said Sophie Milam, one of the HI-SEAS crewmembers. "We stood up and got to the edge, and it was surprisingly calm. Then we jumped out. I remember flipping and seeing the helicopter above me, and it was incredible. Everything was just so pretty."

"The sensation is crazy," said Zak Wilson, another of the six HI-SEAS crewmembers. "Everything was just kind of



PHOTO BY STAFF SGT. SEAN EVERETTE

Golden Knight Staff Sgt. Richard Sloan exits a 25th Combat Aviation Brigade CH-47 Chinook in tandem with NASA Hawaii Space Exploration Analog and Simulation crewmember Allen Mirkadyrov 13,000 feet above Kona, Hawaii, June 13 while Golden Knight Staff Sgt. John Lopez films the experience.

mellow in the dome. And then, in 30 seconds in a helicopter, I'm further away from my home than I have been in eight months. We jump out and the wind is rushing through my face like, 'Whoa!' It's a whole different world."

NASA's HI-SEAS mission simulates what it might be like to live in a small space with a six-person crew during a mission to Mars or other long duration, isolated missions. Wilson said that the scientific study looked at crew dynamics and how to pick teams for such missions.

"It was an interesting experience being around such a small group of people," Wilson added. "It's not a normal situation, so I learned a lot about myself and social interactions in general."

"The group size is just small enough where you get to know everyone really, really well," Milam said. "You know what annoys people and you know how to make people laugh, and that's always good in that kind of situation."

One of the things that helped relieve stress for the team was exercise. The workout pro-

gram of choice in the dome was P90X, and the crew called program creator Tony Horton their "seventh crew member." Through a series of online interactions between Horton and the crew, a relationship was built, so he came out to Hawaii and participated in the jump with them.

"It was an amazing experience," Horton said. "I was surprised when I saw them doing P90X on TV. To get the chance to come to Hawaii and meet them, and then skydive from

SEE LAUNCH, PAGE B4

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Drag: Future fleets held to performance standards

Continued from Page B1

Wilson said the SaOB has shown promise in the reduction of aircraft drag and is worthy of future experimentation. The reduction in aircraft drag may have an equal effect on rotary wing performance because the rotor will operate more efficiently with lower thrust at high speed. Drag is defined as “an aerodynamic force (created) in a direction opposite to

that of flight due to resistance.” Additional items added to helicopter frames increase drag and can reduce aircraft performance. These items include weapons systems, external fuel tanks, hoists and landing gear. The reduction of drag in aircraft makes the aircraft more aerodynamic, causes the aircraft to fly faster, require less power and generally perform better. The Army’s fleet of future vertical lift

aircraft are being held to performance standards, such as achieving speeds of up to 300 knots, which are revolutionary versus evolutionary. These future aircraft will be required to travel faster, further and carry weight more efficiently than any previous rotary wing aircraft, AFDD director Barry Lakinsmith said. “The reduction of drag is essential in the achievement of the requirements mandated by the Army’s Future Vertical Lift

program,” Lakinsmith said. “Designs, tolerable at 130 knots, kill your performance when you double that speed. “Programs, such as the SaOB, are looking into flow control in ingenious ways that have never been investigated and the results are promising,” Lakinsmith said. “Drag will always be a force to be recognized in the world of rotary wing Aviation and we need to find ways to attack it successfully.”

Launch: Golden Knights aid NASA mission with tandem jumps

Continued from Page B1

13,000 feet with the Golden Knights, it was one of the best experiences in my life.” While the focus of the event was the end of the NASA mission, none of it could have happened without the Golden Knights. They came from Fort Bragg, North Carolina, to help make sure the HI-SEAS crew came back to Earth in the coolest way possible. “We took them up to 13,000 feet,” said Staff Sgt. Rich-

ard Sloan, a Golden Knights tandem instructor. “We exited a 25th CAB Chinook helicopter, did 120 miles per hour with them and brought them down to a nice, soft landing.” A tandem jump is when a new or novice skydiver is attached to a more experienced parachutist at the shoulders and hips by a fitted harness and the two jump together. “We do tandem camps quite often,” said Sgt. 1st Class Christopher Acevedo, a Golden Knights tandem instructor. “We’ll do jumps with politicians, educators and first

responders. This one is a little more unique since we’re working with NASA.” The HI-SEAS crew said they couldn’t think of a better way to end their grand experiment. “This was one of the most amazing combinations of experiences,” Milam said. “Getting out today and then getting to go up with the Army and come back down with the Golden Knights, it really added this incredible sense of finality and made the mission a million times better – feeling like I came back to Earth.”

Show: Nearly 100 Soldiers, U.S. personnel on hand to meet guests

Continued from Page B1

ral of static displays, which feature the AH-64 Apache, CH-47 Chinook, UH-72 Lakota, UH-60 Black Hawk, RQ-7 Shadow unmanned aircraft system, A-10 Thunderbolt II, F-15E Strike Eagle, F-16C Fighting Falcon, WC-130J Weatherbird and the P-8 Poseidon. Many of these aircraft are vital components supporting Operation Atlantic Resolve, an ongoing mission led by U.S. European Command. OAR is the all-encompassing mission to demonstrate commitment to NATO allies and partners for peace in light of on-going Russian intervention in Ukraine. Events like this highlight the importance of working together to take on future challenges. “Last year the biggest thing on the plate was how are we going to transition in Afghanistan,” Gorenc said in a recent interview. “This year, we deal with Russia, we’re dealing with ISIS



A CH-47 Chinook on display at the Paris Air Show June 18.

PHOTO BY SGT. JESSE SMITH

(the Islamic State group), and we’re dealing with Ebola. So, it reinforces the fact that despite all of our efforts, we cannot pre-

dict the future. However, what we can predict is when there are challenges in the world, air power will be part of that solution.

Oftentimes, air power is the first to respond.” That responsive airpower is on display at Le Bourget.

Nearly 100 Soldiers and other U.S. personnel, who are familiar with the aforementioned aircraft, were on hand to meet guests, answer questions and give tours. They also had the chance to channel their inner celebrity and strike a pose for their fans. “Every time we come to an air show, the best part is just interacting with the crowds and people,” said Col. Dave Pollmiller, DOD air boss. “To be able to share our story and what our airplanes do, that is always the best part.” For most of the U.S. military here, it is the first time exhibiting their aircraft at an air show, and it’s not a time they will soon forget. “I like seeing people from other countries and all of their aircraft and the items that they have here,” said Chief Warrant Officer Gerry Smith. “They are very friendly, and it’s great to be able to see things in person that we could normally only see on TV. It has been a great experience here in Paris.”



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Story on Page C3

JUNE 25, 2015

GEMS

Program gives teens learning advantage

By Nathan Pfau
Army Flier Staff Writer

While many teens are using their summer vacations to sleep in, hang out with friends or generally goof off, others are using their time to be productive and get a leg up in life through a Fort Rucker program.

The U.S. Army Aeromedical Research Laboratory held its first sessions of the Gains in the Education of Mathematics and Science program June 1 through Friday. The program is designed to challenge young minds and give students hands-on, interactive learning through experiments that focus on the Science, Technology, Engineering and Math curriculum, according to Anna Clay, GEMS medical module resource teacher.

The program is great for giving students an advantage in learning, she said.

"I think GEMS is more fun than being in a regular classroom because the students get more completely engaged in the activities they're doing," said Clay.

During the program's first sessions, students got the opportunity participate in two different GEMS sessions: robotics and medical.

In the robotics portion, students learned about programming and how robotics is used today, as well as how they will shape the future. They also got the chance to program their own robots and put them to work.

"During the program, they had to program LEGO robots, and they used light sensors and programmed them to find the threshold between white paper and black tape," said Jacob von Eschenbach, assistant GEMS mentor. "The idea is that they are in a driveway and they have to program the robot to turn based on whichever route they choose to move into the garage. They calculated the circumference of the wheels to find out how far it was they needed their robot to travel. They then had to program how many rotations the wheels needed to travel the distance provided – it had to be precise."

For most of the students, like Morgan Young and Trey Lockhart, the programming was the most difficult part of the program, but despite the difficulties, it didn't avert their appetite to learn the process.

"There was a lot of trial and error throughout the process – going back to change a lot of the measurements if it wasn't work-

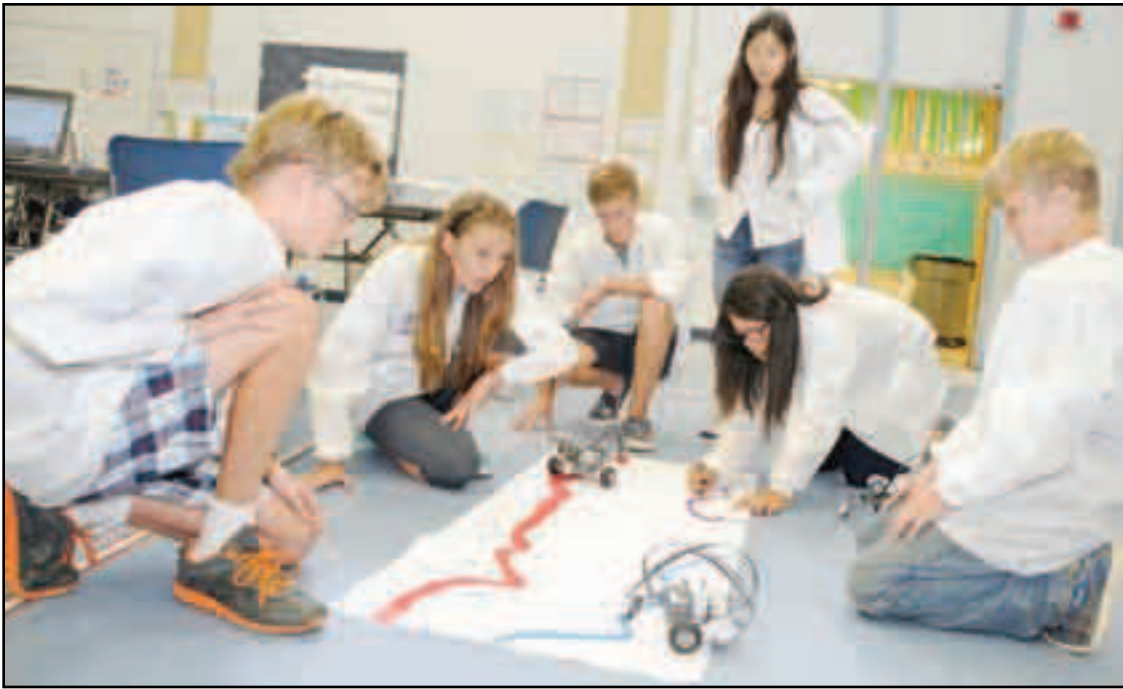


PHOTO BY NATHAN PFAU

Students of the GEMS program watch as they set their robots on a course to follow the colored lines during one of the sessions at the Fort Rucker Elementary School June 16.

ing at first," said Young. "You definitely need to know how to use a computer, but I like to learn about everything and anything new."

"The programming was pretty difficult," added Lockhart, who traveled from Huntsville to participate in the program. "We needed to measure the flooring and see how long our rotations of the wheel had to be. This taught me how precise programming has to be and how much you have to learn to be able to make the robots perform."

This was Young's second year attending the GEMS program and Lockhart's first, but both said the program was well worth the effort they put into it.

"I've always wanted to be an engineer because my father was an engineer, so I've always wanted to build things and help the world by doing things like build-

ing bridges," said the Huntsville native. "I started to think that if I want to become a civil engineer, then I have to get an early start, so my mom started looking for programs like this and we found GEMS."

For students like Lockhart, GEMS is one way to get a head start on a career path in the STEM field and von Eschenbach believes the program does just that.

"I think GEMS is a good opportunity to inspire kids in the local area and future generations," he said. "American industry (wants) more engineers, more scientists, more doctors, and I think this is a great way to start them out on the right track and inspire them, and hopefully they'll pick up the interest."

Robotics wasn't the only career lane that students were exposed to. They were also in-

troduced to the medical side of science.

During medical GEMS, students started off with a focus on vital signs and performed experiments to test each vital sign, such as measuring heart rate response to certain stimuli. Also, throughout the week, various medical professionals were available to speak to the students about the medical profession, and students even got the opportunity to dissect a dogfish shark, a frog and a pig heart.

It's that hands-on learning that Clay said is a big part of the success of the program.

"I love the interaction with the students and I love watching them explore things they didn't know beforehand. This is great preparation for college because they get some real-world career advice (through the program)," she said.

Exceptional Family Member Program



PHOTO COURTESY OF ACS EFMP

The newly donated resources in the Exceptional Family Member Program section of the Center Library.

Agency donates materials to library

By Marion Cornish
Exceptional Family Member Program Manager

The Exceptional Family Member Program donated over 25 books and DVDs to the Center Library over the last couple of months.

Materials are available for parents, children and professionals. Topics available include sensory processing disorder, attention deficit hyperactivity disorder, Down syndrome, diabetes gluten-free diet, applied behavior analysis and more.

The Center Library has setup an EFMP section for children. These books can help parents explain to children about various types of disabilities in a way that they can

understand.

Sometimes, parents and other adults have a difficult time talking to children about disabilities, especially if it is their own child. Several books may be read by children without adult assistance. Some material is also suitable to teach inclusion and to learn about diversity.

A variety of books are available that will make an excellent resource for professionals and for people writing research papers. The library staff can help people looking for the resources.

Fort Rucker's EFMP serves over 800 active duty military exceptional Family members and these books and DVDs will be an excellent resource for these families and others in the Fort Rucker community.

VOLUNTEER OPPORTUNITIES

Silver Wings Golf Course

Project: Volunteers needed for Pro AM Aug. 14-16 and Ladies Professional Golf Tournament Aug. 18-20.

For more information, call 598-2449.

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 workgroup 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-Learning Facility*

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 aides 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.

For more information, call 255-2925 or 255-1429.

ON POST

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

Summer reading registration

Registration continues for the Center Library Summer Reading Program now through Saturday. 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.

Right Arm Night

The Landing Zone will host Right Arm Night today 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.

Relocation readiness workshop

Army Community Service will host its relocation readiness workshop Friday 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.

Job fair prep workshop

Army Community Service’s Employment Readiness Program will host a job fair preparation workshop Tuesday 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. Monday. 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 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 Scream-Free Parenting workshop July 9, 16 and 23 from 9:30-11 a.m. at The Commons. According to organizers, ScreamFree 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.

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 July 9. People who attend will meet in Rm. 350 at 8:45 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about 10:45 a.m. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.

For more information, call 255-2594.

Financial readiness training

Army Community Service will host its financial readiness training July 10 from 7:20



FILE PHOTO

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 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.

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.

‘The Little Mermaid’

MWR Central will host a trip to Montgomery July 16 for a matinee production of Disney’s “The Little Mermaid” at the Alabama Shakespeare Festival. The bus will leave Fort Rucker at 8 a.m. First, there will be a stop at the Montgomery Museum of Fine Arts where attendees will have lunch – not included in the pricing – or people may bring a lunch to eat at the surrounding grounds. The play begins at 2 p.m. Prices are \$45 for adults and \$35 for children, ages 4 and up. The trip is limited to 27 people.

For more information or to sign up, call 255-2997 or 255-9517.

Corvias movie night

Corvias Military Living will host a movie night July 17 at the Bowden Terrace Community Center pool with a showing of “Big Hero 6.” The event will also feature free games, giveaways, food and freeze pops for residents.

Illusionist show

Illusionist Wayne Hoffman will perform

DFMWR Spotlight

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July 17 from 7-8:30 p.m. at The Landing. Doors open at 6:30 p.m. The show is billed as family friendly for ages 12 and older. Ages 12–17 must be accompanied by an adult. Tickets are \$12 in advance until noon

July 17. Tickets sold after that at the door will be \$16. Tickets may be purchased at The Landing, Coffee Zones or MWR Central. For more information, call 255-9810.

FORT RUCKER MOVIE SCHEDULE FOR JUNE 25-28

Thursday, June 25

Inside Out (PG)7 p.m.

Friday, June 26

Inside Out (PG)7 p.m.

Saturday, June 27

Poltergeist (PG-13)7 p.m.

Sunday, June 28

Tomorrowland (PG)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.

Odierno thanks Arlington Ladies

By J.D. Leipold
Army News Service

WASHINGTON — Through bitter cold – snow, wind, sleet – and stifling humidity, heat and soaking rain, the burials and inurnments at Arlington National Cemetery always press forward so families can move through grieving to utter their last goodbyes to those they love being laid to rest.

Usually the services have gatherings of family, extended kin, comrades and close friends. Occasionally, though, there's the Soldier, Sailor, Marine, Airman or Coast Guardsman who's passed alone. The Old Guard pallbearers are there to do their dignified jobs as is the chaplain to read scripture, but there's no immediate family.

Off to the side stands a woman in conservative dress, her hand clasping the crooked arm of a generally much taller Old Guard Soldier. In this case, they are the sole Army Family of this fallen Soldier.

She is one of about 60 Army Arlington Ladies and she offers the personal condolences of the Army chief of staff – if only to be passed to the Soldier's spirit. Where there are loved ones, she offers the chief's condolences and her card should they wish to talk with her.

About 40 of the Army Arlington Ladies gathered Friday on the front porch of "Quarters One" for a reception in their honor. Along with Linda Odierno, the women awaited the arrival of her husband, Army Chief of Staff Gen. Ray Odierno, and Sgt. Maj. of the Army Daniel A. Dailey.

As soon as the Soldiers arrived, the ladies greeted them with wide smiles, handshakes and hugs, then gathered round for a group photo on the steps and wrap-around porch of the historic house on Joint Base Myer-Henderson Hall, which has been home for 107 years to all 38 chiefs of staff and their families.

Following the photo session, the chief and Linda invited the ladies into their home where he relayed a few stories about the history of the house, saying it was a real honor to share the "Army's house" with friends and guests "and especially with this group of ladies – it means a lot," he said.

"The other thing I'd like to mention, since I've been the chief of staff, is this program called Soldiers for Life and that program was established to make sure that everybody keeps their identity from the time they enlist or get commissioned in the service from



PHOTOS BY STAFF SGT. STEVE CORTEZ

About 40 Army Arlington Ladies gather on the front porch of Quarters One with Army Chief of Staff Gen. Ray Odierno, his wife, Linda, and Sgt. Maj. of the Army Daniel A. Dailey Friday.

the time they leave the service and for the rest of their lives," he said.

"I would say that you ladies are clearly Army volunteers for life," Odierno said. "Many of you have done this for a very long time and you continue to give back to the Army and in my mind, you represent what's best: a willingness to continue giving back to the Army you love – and we truly, truly appreciate that.

"There's no more important time than when a Family is going through the incredible grief of loss that they understand the Army is there for them and you all make that a little easier by what you do, by letting them know that we do care about them, so for me this is very important for us to have you here to thank you for helping our Soldiers, past and present, as they continue to serve through difficult times," he said.

The chief also thanked chairwoman Margaret Mensch for her untiring selfless-service in leading and coordinating the group since 1999, though she's been an Arlington Lady since 1978.

After inducting the two newest volunteers into the AAL, Odierno presented each with AAL pins and his personal coins. Following the presentation, the chief, his wife, and Dailey escorted the ladies into the dining room for a reception with the soft music of the Army Band's choir.

It would be a short reception for several of the ladies. There were seven funerals needing their attention on this day. In keeping with their motto that no Soldier will be buried alone, an Army Arlington Lady will always be there.



About 40 Army Arlington Ladies gather on the front porch of Quarters One with Army Chief of Staff Gen. Ray Odierno, his wife, Linda, and Sgt. Maj. of the Army Daniel A. Dailey Friday.



Army Chief of Staff Gen. Ray Odierno introduces Sgt. Major of the Army Daniel A. Dailey to the Army Arlington Ladies at a reception in their honor at Quarters One Friday. His wife, Linda, and Army Arlington Ladies chairwoman Margaret Mensch are also shown.

New 'peer' consultation service debuts

By Terri Moon Cronk
Department of Defense News

WASHINGTON — A "peer-to-peer" specialty consultation service that began June 15 offered by Military OneSource is the newest resource to support and connect service members and their families with professionals who understand the military life, a Defense Department personnel and readiness official said.

In an interview with DOD News, Air Force Lt. Col. Tammy S. Hinskton, director of the non-medical counseling office in personnel and readiness, said peer consultants are or have been connected to the military and have a minimum of a master's degree.

The military's unique life, in which deployments, relocations and transitions are a commonplace, makes it essential to find consultants with similar life experiences, she said.

"Service members and their spouses want to talk with others who are military and understand them," Hinskton said.

Service a call away

Peer consultants are now accessible at 800-342-9647, she said, adding that MilitaryOneSource.mil will consider adding different methods of delivery as the program grows.

"We anticipate the service will get better and bigger, and we will add to it as we learn new things and continue to improve it," Hinskton said.

The consultants are military retirees, reservists, Guardsmen, spouses and separating service members, all of whom have trained in best-support practices at the Defense Centers of Excellence, she said.

No waiting

Available for calls at three centers around the United States, consultants are ready for discussions that could range from an urgent need to just a friendly chat, Hinskton said.

Working around the clock, callers never get an answering service. "You'll talk to a live person every time you call," she said.

And because Military OneSource offers a wide and growing array of resources, consultants can connect callers to the information outlets they might need. "We can provide help in other areas callers didn't know was available to them," Hinskton noted.

Broad eligibility

Active-duty service members, Guardsmen, reservists – regardless of activation status – and family members are eligible to call the service, she said.

Veterans who have been separated from military service for up to 180 days also are eligible, Hinskton said. If a veteran calls after the 180-day cutoff, "we will give them a warm handoff to (the Department of Veterans Affairs) and connect them to the support they require there," she said.

"Although we're not a crisis line, if someone calls in crisis, safety is our number one priority. We will never turn away a person in crisis, but will use all the resources at our disposal to ensure callers get the help they need," said Hinskton.

Strong service members

DOD officials believe the peer consultation service is important because anything that makes a military member stronger, more resilient and ready makes a person able to successfully accomplish the DOD mission, Hinskton said.

"When you have stressors going on that

occupy your mind, the consultants will address some of those issues and make referrals (to) further help you deal with them and be able to focus on your mission, which is DOD success," Hinskton said.

The peer consultant's goal is to help military people deal with stress, "before the stressors get out of control," she said. "It's preventive maintenance for your mental health."

Church Directory

"Be ye followers of me, even as I also am of Christ."
1 Corinthians 11:1

First United Methodist Church
Traditional Worship Service
8:30AM & 11:00AM
Contemporary Worship - New Connection
8:45AM & 11:00AM
The Gathering - Youth
5:45PM
Sunday School
10:00AM
Nursery Care: During all services
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PORK, BLUES, INNER TUBES

Tourism department invites families on an exploration of Alabama barbecue

By The Year of Alabama Food Staff
Press release

In Alabama, barbecue is a culture all in itself. The state serves some of the nation’s best, with iconic and award-winning restaurants just about everywhere you look.

Take a tour of some of north and central Alabama’s best – from the fruits of lifelong professional pit masters to new kids on the barbecue block – and pick up a side of fun along the way.

Visit the home of Alabama white sauce

Over the past 85 years, Big Bob Gibson Bar-B-Q, in Decatur, 1715 Sixth Ave. SE; (256) 350-6969, has grown from a makeshift table in Gibson’s backyard to a regional barbecue staple – garnering attention from news outlets and cooking competitions all over the country.

In the 1920s, vinegar-and-mustard-based Carolina-style sauce was the predominant choice of barbecue cooks. Big Bob Gibson didn’t think it complemented his chicken very well, so he came up with his own mayonnaise-based condiment, which also contains vinegar, apple juice, horseradish, lemon juice, black pepper and cayenne pepper.

Big Bob Gibson’s split, seasoned chickens are laid open on the barbecue pit for several hours and then dipped in white sauce. The unique flavor of the sauce, combined with meat smoked in hickory-fired brick pits, helped the restaurant take off and established white barbecue sauce as a north Alabama regional specialty. Four generations of the Gibson family have continued the restaurant’s tasty traditions.

While in Decatur, be sure to spend an afternoon at Point Mallard Park, 2901 Point Mallard Dr., (256) 341-4900. The park spreads over more than 500 acres and features camping, hiking and biking trails, a golf course and year-round ice skating. The most popular draw, however, is the Point Mallard Water Park at the J. Gilmer Blackburn Aquatic

Center. Enjoy the wave pool, Olympic-size swimming pool, water slides and more.

Pork with a side of soul

In Florence, you’ll find the W.C. Handy Home, Museum and Library, 620 W. College St.; (256) 760-6434, where you can see musical instruments, personal papers and original sheet music belonging to the “Father of the Blues.” The legendary songwriter is credited with taking the blues from the South into other parts of the country, educating people along the way and turning the genre into a cherished art form. Each July, the W.C. Handy Festival celebrates the Florence native’s musical contributions and those of other blues musicians.

Bunyan’s Bar-B-Q, 901 W. College St.; (256) 766-3522, is located less than a half-mile from the W.C. Handy museum. A local favorite since 1972, Bunyan’s is known for its pork and hot slaw. Grab a spot at one of the small tables inside or dine al fresco at one of several outdoor tables.

Need a place to stay for the night? Check into the Marriott Shoals Hotel & Spa, 10 Hightower Pl.; (256) 246-3600. The AAA four-diamond hotel boasts a European spa, rotating restaurant, two championship Robert Trent Jones Golf Trail courses and great views of the Tennessee River Valley.

Rib it up in Tuscaloosa

Head down to Tuscaloosa and prepare to get your hands a little messy. Your first stop? Lunch at Archibald’s, 1211 Martin Luther King Blvd.; (205) 345-6861, in Northport.

George Archibald Jr. was 12 years old when he started working in the barbecue business his father started in 1962. Today, George and his sister, Paulette, keep this diamond in the rough going, serving the famous ribs and vinegar-based sauce that have garnered local admiration and national attention.

After lunch, stop by the Kentuck Gallery Shop, tempo-

rarily housed in the Clarke Building, 1922 Fifth St.; (205) 758-1257, while the Kentuck Art Center undergoes renovations. The shop features unique folk pieces by local artists and hosts workshops and other events throughout the year. Kentuck also presents the nationally acclaimed Kentuck Festival of Arts each October.

From Northport, head to the University of Alabama campus to explore Bryant-Denny Stadium, 920 Paul W. Bryant Dr.; (205) 348-3600, and the Paul W. Bryant Museum (300 Paul W. Bryant Dr.; 205-348-4668), where you can take in more than 100 years of Crimson Tide football history. There’s plenty to see and do on campus, and you’re sure to work up a championship-sized appetite.

Get your fill in Birmingham

Birmingham is a barbecue lover’s mecca. From pulled pork at Jim ‘N Nick’s to Full Moon’s famous chow-chow, there’s plenty to keep your taste buds entertained. Pace yourself as you sample some of the best Alabama has to offer.

Jim ‘N Nick’s Bar-B-Q, 1908 11th Ave. S.; (205) 320-1060, has served the Birmingham community for more than 25 years, and it now boasts more than 25 locations throughout the South and in Colorado. Known for its pulled pork, cheese biscuits and homemade slaw, the restaurant consistently receives accolades from local and national publications like Saveur and Bon Appétit. In addition, Jim ‘N Nick’s was crowned the winner in the Alabama Tourism Department’s inaugural Alabama BBQ Bracket.

Also in Birmingham’s Southside is Full Moon Bar-B-Que, 525 25th St. S.; (205) 324-1007. The restaurant famous for its half-moon cookies and chow-chow – a spicy, sweet Southern relish – was once owned by Pat James, then was bought in 1996 by brothers David and Joe Maluff. Full Moon now has eight locations, including the original.

Some of the Magic City’s most popular attractions are

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ANDALUSIA

JULY 10-11 — The World Championship Domino Tournament begins at 8 a.m., with registration beginning at 6:30 a.m., at the Kiwanis Fair Complex. People may attend for free, but fees apply to enter the tournament. For more information, visit <http://www.worlddomino.com>.

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

NOW-JULY 25 — The Poplar Head Farmers Market takes place Saturdays (except for July 4) From 8 a.m. to noon at the Dothan Civic Center. The open-air market features fresh vegetables, fruits, flowers, locally prepared foods and specialty items. For more information, visit www.poplarheadfarmersmarket.com.

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

ENTERPRISE

JUNE 26 — As part of Fabulous 4th Friday, 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.

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

GENEVA

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

MIDLAND CITY

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

NEW BROCKTON

JUNE 25 — Disabled American Veterans Chapter 99 will meet at 6 p.m. in the

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

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

OZARK

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

JUNE 30 — Lively Stones Ministries will host a community-wide cancer awareness workshop from 6:30-8:30 p.m. with guest speaker Dr. John Burgess, internal medicine who will provide free expert advice. The event is open to everyone. For more information, call 733-5153.

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 Wednes-

days from 11 a.m. to 4 p.m., and Saturdays from 1-4 p.m. There is no admission charge to see the show.

PINKKARD

ONGOING — The public is invited to the Cross Country Workshop every Sunday at 6 p.m. at the Pinkard 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.

WIREGRASS 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

Turtle Talk

Apalachicola National Estuarine Research Reserve will offer free weekly talks about sea turtles, their nesting habits, how the nests are identified and protected, and how visitors and residents can help sea turtles have a successful nesting season. Turtle Talk – nesting sea turtles of Franklin County beaches – takes place Wednesdays now through Aug. 26 at 2 p.m. at the reserve located at 108 Island Drive in Eastpoint, Florida. For more information, call 850-670-7700.

Nature Connects LEGO® Bricks Exhibit

Now through July 26, the Huntsville Botanical Gar-

den features certified LEGO® Artist Sean Kenney’s exhibit consisting of 27 sculptures, making up 14 displays, created from nearly 500,000 LEGO® bricks. Inspired by the garden and wildlife, the exhibit ranges from six inches to nearly eight feet. See birds to flowers, butterflies to garden tools. The garden is located off of I-565 Exit 15 on Bob Wallace Avenue. Admissions is free for members, and costs \$12 for adults and \$8 for children ages 3-18.

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

Native American Pottery Workshop

Fort Payne’s Little River Canyon Center Educational Center will host a Native American pottery workshop July 11 from 10 a.m. to noon with nationally renown potter Tammy Beane to show how pottery was made on

Lookout Mountain thousands of years ago. The center will provide the clay, as well as bone needles and paddles to make designs on people’s pots. This workshop usually fills up fast, so people are encouraged to pre-register early. Cost is \$15 for adults and \$5 for children. For more information, visit <http://www.jsu.edu/epic>.

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 Monday through July 4.

For more information, visit www.montgomeryzoo.com.

SECDEF:

Diversity, inclusion critical to force of future

By Terri Moon Cronk
Department of Defense News

WASHINGTON — Embracing diversity and inclusion is critical to recruiting and retaining the force of the future, Defense Secretary Ash Carter said at the Pentagon's Lesbian, Gay, Bisexual and Transgender Pride Month event June 9.

Speaking at the fourth annual celebration since the repeal of the Don't Ask, Don't Tell policy that prohibited homosexuals from serving openly in the military, the secretary said the Defense Department must be diverse, open and tolerant to attract the best and brightest people to the national defense mission, garnering applause from military and civilian leaders and White House representatives in the Pentagon auditorium.

The 2011 repeal of Don't Ask, Don't Tell followed years of gay and lesbian service members having to hide who they were, Carter said.

"Today," he added, "we take pride in how they're free to serve their country openly."

DOD believes no one should serve in silence and everyone should be treated with the dignity and respect they deserve, Carter said, noting the department has made a "lasting commitment to living the values we defend."

The Defense Department must be a meritocracy, the secretary said.

"We have to focus relentlessly on the mission, which means the thing that matters most about a person is what they can contribute to it," he added.

Equal opportunity

It is a commitment DOD must continually renew, the secretary said.

"And that's why today I'm proud to announce that the Department of Defense has completed the process for updating its military equal opportunity policy to include sexual orientation, ensuring that the department, like the rest of the federal government, treats sexual-orientation-based discrimination the same way it treats discrimination based on race, religion, color, sex, age and national origin," he said to an applauding audience.

Emphasizing that he is "very proud" of the work the military services have put into the policy in the last several months, Carter said "discrimination of any kind has no place in America's armed forces."

History of service

Gays and lesbians have long served the nation in uniform, and stories that illustrate their willingness to serve and sacrifice number

in the thousands, Carter said.

Army Cpl. Lloyd Darling was a Green Beret who died while serving in Vietnam in 1968. His fellow soldiers knew he was gay, and they never forgot his courage under fire amid heavy fighting near the Mekong Delta when the unit was overrun, Carter noted, while Darling stayed back to cover their retreat to safety.

"Years later, one of his battle buddies said, 'He died for us,'" the secretary said.

Marine Corps Staff Sgt. Eric Alva was the first American wounded just hours after the Iraq invasion began in 2003. "Staff Sergeant Alva gave his right leg serving our country, even as he was required to hide his sexual orientation," Carter said.

And Army Staff Sgt. Tracy Dice Johnson of the North Carolina National Guard became a war widow after her wife, Army Staff Sgt. Donna Johnson, was killed by a suicide bomber in Afghanistan in 2012.

"Tracy continues to serve our country in uniform and she's now receiving the same survivor benefits as every other family of America's fallen patriots," the secretary said, noting that her story is "emblematic of a deep and abiding commitment in recent years — both in this department, and across the country — to recognizing gay and lesbian marriages and families in full accordance with the law."

Family values for all

Carter noted that DOD officials work hard to ensure everyone receives the benefits to which they are entitled.

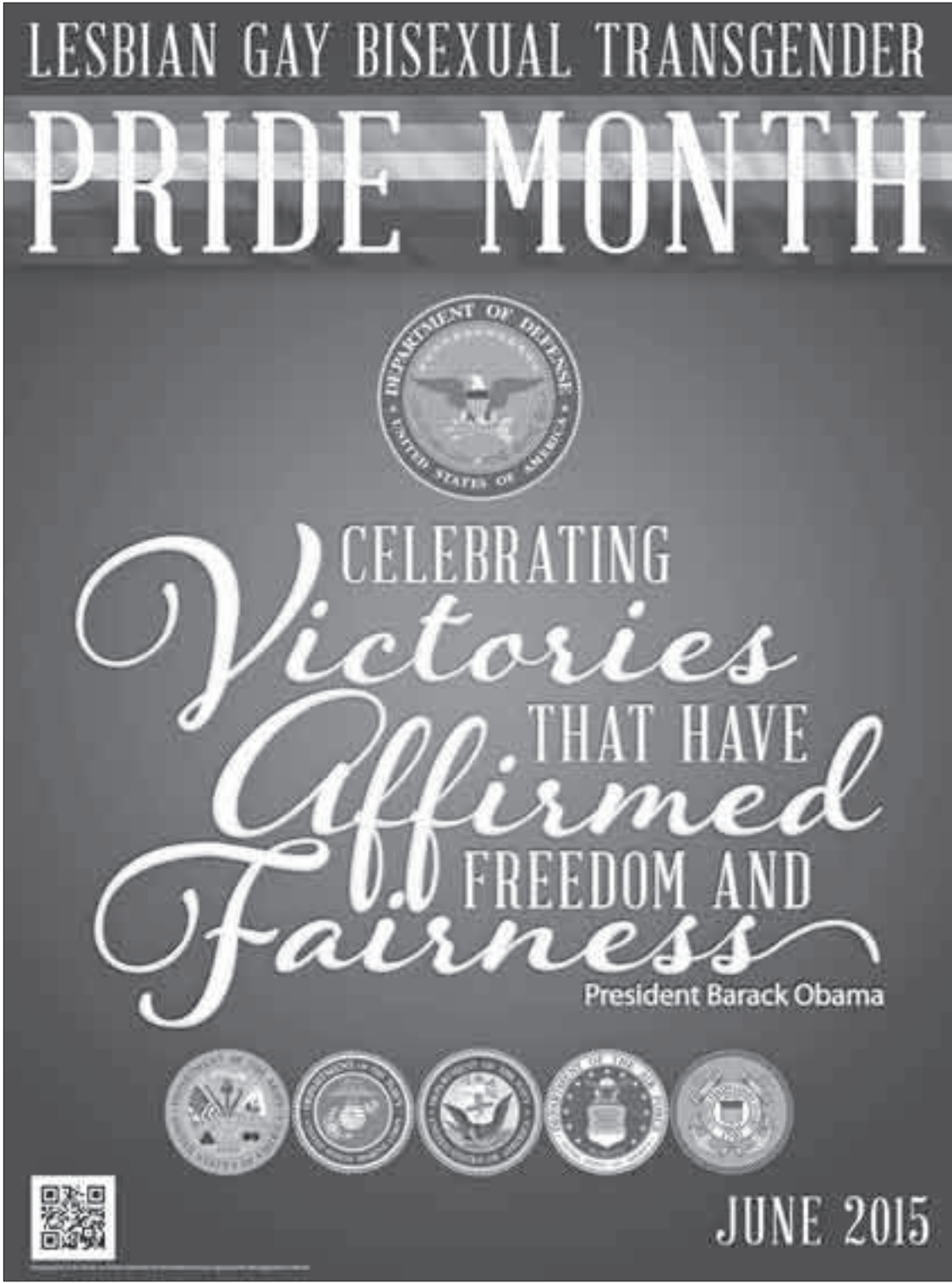
"We have been, and remain, strongly committed to making sure that all our military families and spouses can fully and equally receive the benefits their loved ones have earned, from TRICARE (military health plan) coverage to housing allowances to side-by-side burial at Arlington (National Cemetery)," he said.

And when some states wouldn't issue DOD ID cards to same-sex spouses at National Guard facilities, he added, "we pushed back — not just because our service members and their families deserved it, but because everyone's rights had to be protected."

Point of inclusivity

Recognizing that DOD's openness to diversity is what has allowed it to be the best, everyone in the department must ensure that those who are able and willing to serve have the full and equal opportunity to do so, the secretary emphasized.

"And we must start from a position of inclusivity, not exclusivity," he added. "Anything less is not just wrong — it's bad defense policy and it puts our future



COURTESY PHOTO

strength at risk."

Developing the military's future leaders, innovators and strategists also requires the Defense Department to be inclusive, Carter said.

"While we don't know who they'll be or what they'll look like, we do know they could come from anywhere," he said. "It takes decades to grow our senior military leaders, and today, we can't afford to close ourselves off to anyone. As we remind ourselves how diversity and inclusion help make us stronger, we must also remember another reason why they're important: be-

cause they're part of our national character."

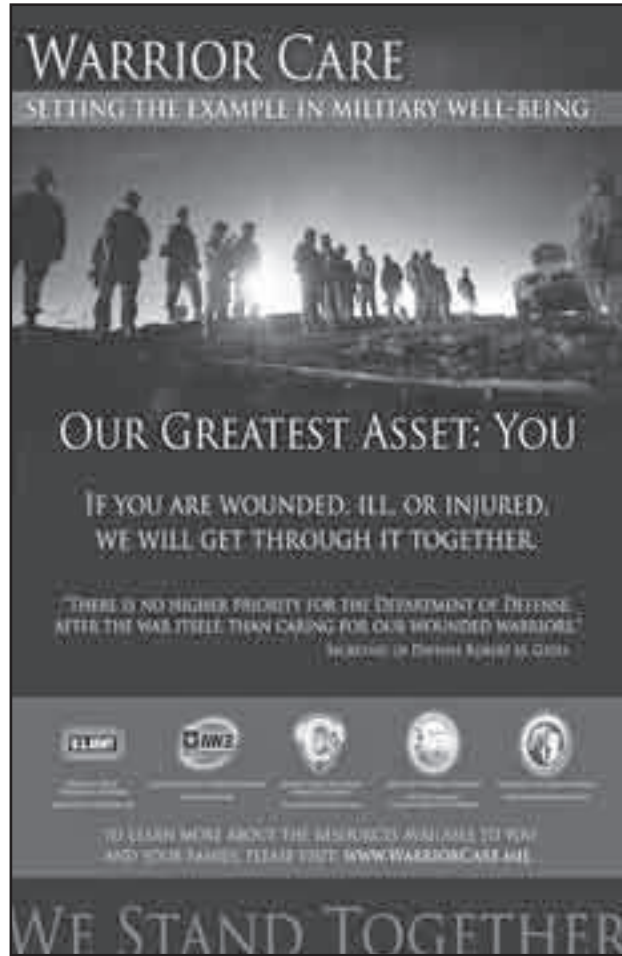
Gay and lesbian service members who once desired to serve openly were not aberrant or counter to the ideals that the U.S. military has always defended, Carter said.

Those ideals are the same ones enshrined in the nation's founding documents, he said — "the belief that we're all created equal, endowed with unalienable rights to life, liberty and the pursuit of happiness."

The sacrifices that Darling, Alva and Johnson made — sacrifices of life, limb, and love — are

no different from those that have long been made by Americans in uniform willing to defend the country and its ideals, and help make a better world, Carter said.

"And whether they fall in combat or go on to live a long life, in the end, the earth makes no distinction in its embraces of our honored patriots and neither should we," he added. "So, as we celebrate LGBT Pride Month, let us take pride in all who step forward to serve our country — past, present and future. As fellow citizens, we honor them, thank them (and) cherish them, today and always."



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II INSIDE OUT - PG
2:15, 4:15, 7:15 & 9:15

COMING JULY 1 - MAGIC MIKE XXL

WESTGATE CENTER

III SAN ANDREAS - PG13
2:00, 4:15, 7:00 & 9:15

IV SPY - R | **DOPE - R**
1:50 & 7:00 | 4:15 & 9:25

COLLEGE CINEMA • ENTERPRISE

I TED 2 - R
2:00, 4:15, 7:15 & 9:30
— Coming Terminator Genisys —

II JURASSIC WORLD - PG13
3D: 1:30, 4:00, 7:15 & 9:40

III JURASSIC WORLD - PG13
1:45, 4:15, 7:00 & 9:30

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COURTESY PHOTO

Pick-of-the-litter

Meet Puss n Boots. She is a 2-year-old, orange female tabby cat available for adoption at the Fort Rucker stray facility. She is extremely friendly and affectionate. Adoption fees vary per species and needs of animal, which includes 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 8036
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 8839
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
Hanchey AAF, Bldg 50102N, Rm 101,
11:30 a.m.

164th TA06 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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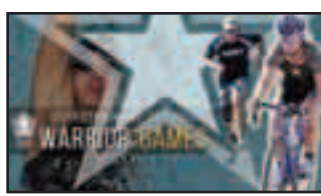
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JUNE 25, 2015

DOMINATION

'Hit Happens' silences 'Guns and Hoses,' 12-2

By Nathan Pfau
Army Flier Staff Writer

As Fort Rucker intramural softball players get ready for the playoffs, teams played their final games of the regular season to position themselves for their runs at the championship.

The 6th Military Police Detachment's Guns and Hoses took on the B Company, 1st Battalion, 145th Aviation Regiment's Hit Happens during both team's final games of the regular season where Hit Happens came out on top, 12-2.

Despite both teams having only nine players, some of which were fill ins, the game started off with Guns and Hoses coming on strong with Hit Happens lagging behind, but the B Co. team turned things around with a string of base hits in the second inning, allowing them to take and keep the lead.

One of the big downfalls for both teams was the nine-player rule, which states that if a team has only nine players, each 10th batter earns the team an automatic out. But despite the rule, Hit Happens managed to rally to pull out a win.

"It was a nice to close out the season with a win," said WO1 David Sprick, team captain. "It was a team effort and everyone contributed 110 percent."

The game started off slow for the B Co. team, which took to the plate first. They hit a pop fly to left field with their first at bat, followed by a ground ball to second, but were unable to beat the throw to first for their second out.



PHOTO BY NATHAN PF AU

Jessi McCormick, player for Hit Happens, takes a swing during a Fort Rucker Intramural Softball game at the Fort Rucker Softball Fields Monday.

They managed to get a runner on base, but another ground ball to second base allowed Guns and Hoses to tag the runner for the third out.

The 6th MP team took to the plate and had better luck, able to keep the ball on the ground and out of their opponent's hands to get runners on base. An RBI

brought in their first run and a sacrifice allowed them to get another run in before a pop up gave them their third out to lead 2-0 going into the second inning.

Not to be outdone, Hit Happens managed to turn things around with multiple base hits that seemed to rattle the 6th MP team, who seemed to fumble the ball at every turn, allowing B Co. to bring in multiple runs.

Hit Happens ran with their newfound momentum and were able to find the gaps in their opponent's defense, even managing a three-run, in-the-park homerun due to multiple errors on Guns and Hoses' part.

The onslaught continued until a popup to left field ended the B Co. team's time at the plate, leading 11-2 and giving the 6th MP detachment a chance to catch up.

Try as they might, however, Guns and Hoses couldn't seem to find their footing in the game as their opponent's defense proved too much for the team. But as hard as Hit Happens' defense played, Guns and Hoses' defense played just as hard, not allowing their opponents to extend their lead any further in the third or fourth inning.

Neither team seemed to make anymore headway, but Hit Happens needed only to hold off their opponents to pull out a win, but instead of waiting it out, another in-the-park homerun by Hit Happens player, Martin Baldwin, in the top of the fifth was the nail in the coffin for the 6th MP detachment.

Guns and Hoses was unable to score a run with their time at bat in the bottom of the fifth, allowing the 10-run rule to go in effect, winning the game for Hit Happens, 12-2.

Student helps win Armed Forces Triathlon

By Gary Sheftick
Army News Service

WASHINGTON — A Fort Rucker flight student helped the All-Army women's team earn first place at the Armed Forces Triathlon Championship at Hammond, Indiana, June 7.

Second Lt. Justine Emge, an AH-64Apache pilot with the Missouri National Guard now attending flight training on Fort Rucker, finished the race in fourth place with a time of 2:18:26.

Emge actually finished the swim — the first leg of the race — in first place with a time of 20:09 alongside Clay, who swam 20:14.

"It's nice to come out of the water in front of the pack," Emge said. But she fell back some on the biking and then the run, as the cold and rain was a factor. She said the wind was gusting from 15 to 25 mph on the bike course, making it a challenge.

"Really, no triathlon ever goes as planned," she said. "The wind, even on the run, was brutal."

Second Lt. Samone Franzese, a medical student, led the Army women to victory, finishing her 10-kilometer run in a torrential downpour with a winning triathlon time of 2 hours, 13 minutes and 15 seconds.

"I grew up in Portland, Oregon, and I have found that I race well in rain," Franzese said. "The weather probably helped my performance."

Capt. Nicholas Sterghos, a veteran competitor from Fort Sill, Oklahoma, finished second for the men with a combined time of 1:52:50, behind Navy Lt. Kyle Hooker of Naval Air Station Whidbey Island, Washington, who won with 1:51:24.

Second Lt. Gene Barrett LeHardy, from Fort Eustis, Virginia, finished in third place overall with a time of 1:53:04, a personal best.

"Hammond was certainly one of my better competitions," said LeHardy, whose placement earned him a first-time spot on the Armed Forces Triathlon Team, which will compete at the Military World Games later this year in South Korea.

"The course was very fast with fast transitions, and well-marked," LeHardy said of Hammond.

The transition from the 1,500-meter swim to cycling was exceptionally quick, he said, as the bikes were only a few feet off the narrow beach. Gusting headwinds, when pedaling south around the lake, made the 40-kilometer circuit somewhat of a challenge, he said, but like Franzese, he didn't mind running in the pouring rain.

"Hey, who doesn't like to race in the rain?" said the Army lieutenant, who serves as a dive-detachment liaison with the 30th Engineer Battalion S-3. "That (rain) definitely helped with the breathing and keeping the temperatures down."

Women's team title

The Army women had three of the top four female finishers. Because only the top three from each squad count in team scoring, the Army easily took the team championship with only eight points.

Franzese finished in first and 2nd Lt. Jessica Clay, from Camp Casey, Korea, finished in third place after beginning with a strong swim of 20:14 and a combined time of 2:16:29. She finished behind Air Force Maj. Jamie Turner, of Joint Base Charleston, South Carolina,



ARMED FORCES TRIATHLON

Second Lt. Samone Franzese, left, a fourth-year medical student, runs from the bike transition point alongside Air Force Capt. Stephanie Mitchell, from Fort Meade, Md., at the Armed Forces Triathlon in Hammond, Ind., June 7.

who had a second-place time of 2:15:28.

"There were some strong crosswinds on the bike that were particularly challenging," Franzese said, though she was able to close the gap some before going into the run. Her group alternated drafting and "worked really well together." They passed all but two of the women and she moved into first place just before mile two of the run.

Air Force women took second place in the team competition with 17 points and the Navy women came in third place with 31 points. The Marines were disqualified.

Men's team results

The top six finishers for each squad count in men's triathlon team scoring.

The Navy and Air Force both had 50 points, but the tie-break-

er was determined by the seventh competitor on each team (who wasn't counted in the points). Air Force Capt. Brett King, of Beale Air Force Base, California, ran 2:00:35 to beat out the Navy's seventh competitor, Ensign Christopher Brahm, from the U.S. Naval Academy in Annapolis, Maryland. Brahm finished at 2:01:17.

The Air Force men thus took first place and Navy second. The Marine Corps men finished in fourth place with 142 points.

Scoring for the Army team was third runner 1st Lt. Marcus Farris, from Joint Base Lewis-McChord, Washington, who finished overall in 15th place with a time of 1:58:58.

Maj. Eric Reid, of Joint Base Lewis-McChord, Washington, finished 17th at 2:00:07. Maj. Bryan Dunker, of Moffett Air Field, California, finished 21st with a time of 2:02:16, and

Capt. Robert Killian, of Fort Carson, Colorado, finished 26th at 2:11:14.

Looking ahead

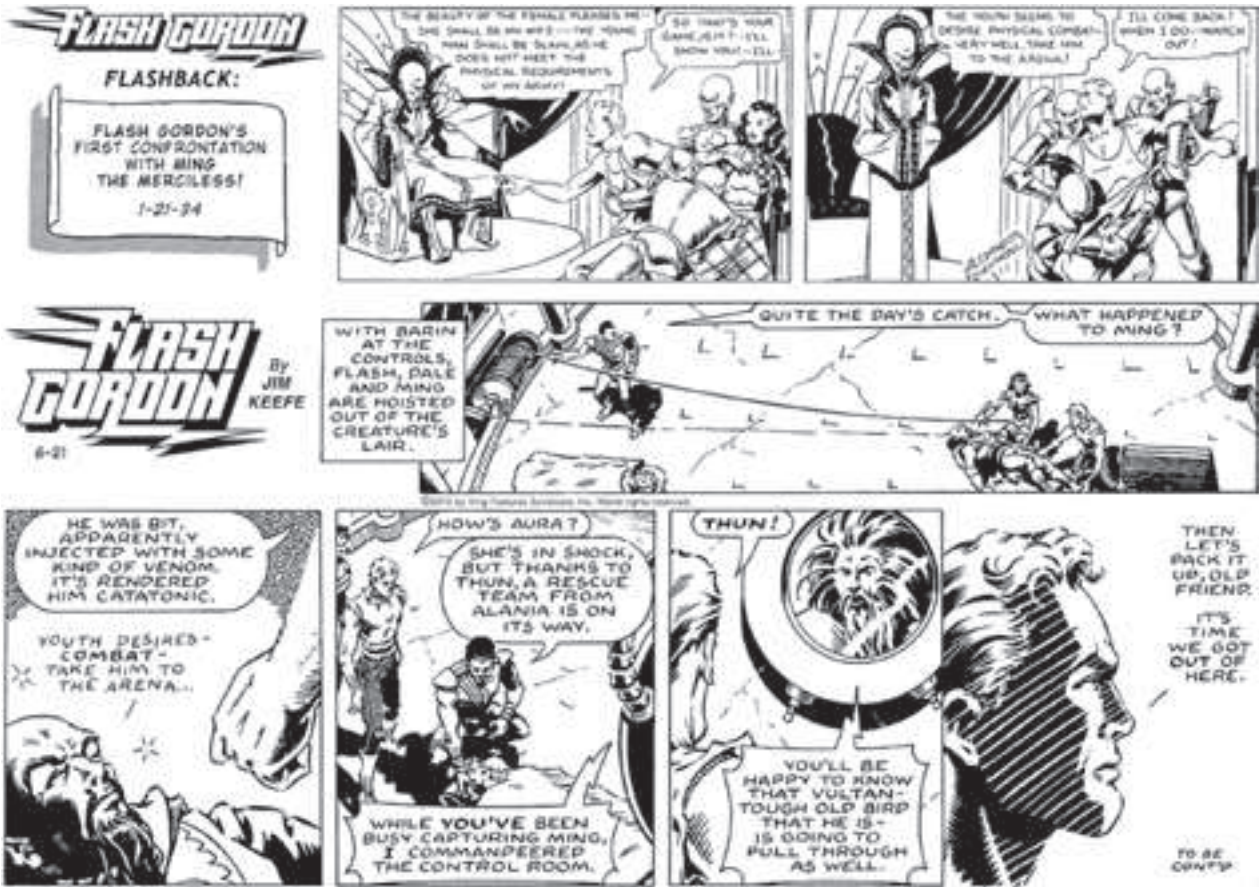
The 2015 Armed Forces Championship was held in conjunction with Leon's Triathlon in Hammond. The service members began separately out in front of the other triathlon participants, whose start time was held up due to the weather. Results of the military competitors were used to select the Armed Forces Triathlon Team, which will be representing the United States at the Military World Games in South Korea, Oct. 2-11.

Franzese, Clay and Emge made the women's team, along with Navy Lt. j.g. Jessica Hafey from San Diego, who finished the triathlon in fourth place at 2:18:4; Marine Corps Capt. Christine Taranto of Monterey, California, who finished in fifth place with a time of 2:18:57; and Air Force Capt. Stephanie Mitchell of Fort Meade, Maryland, who finished at 2:20:05.

Hooker, Sterghos and LeHardy made the men's team, along with Air Force 2nd Lt. Cody Bohachek of Fort Wayne, Indiana, who finished the triathlon fourth with a time of 1:54:23; Ensign Clay Petty of the U.S. Naval Academy, who finished fifth at 1:55:24; and Air Force Maj. James Bales of Nellis Air Force Base, Nevada, who finished sixth with a combined time of 1:56:30.

"I am very much looking forward to CISM (International Military Sports Council) and the opportunity to represent the U.S. military at the World Military Games in October," LeHardy said about the International Military Sports Council event in South Korea this fall.

DOWN TIME



TRIVIA

1. ADVERTISEMENTS: What was the name of the finicky cat in the Nine Lives commercials?
2. RELIGION: Where in the New Testament can the full version of the Lord's Prayer be found?
3. TELEVISION: Where did the astronaut Tony Nelson live in "I Dream of Jeannie"?
4. GEOGRAPHY: What is the capital of Cambodia?
5. TITLES: What is an M.P. in Great Britain?
6. ARCHITECTURE: Who designed St. Paul's Cathedral in London?
7. MUSIC: What is the means of conveyance in the Christmas song "Jingle Bells"?
8. MOVIES: In "Forrest Gump," what was the nickname of Forrest's best friend in the Army?
9. ASTRONOMY: What is the next planet beyond Saturn in our solar system?
10. MEASUREMENTS: What does the Saffir-Simpson scale measure?

See Page D4 for this week's answers.

Super Crossword

ACROSS

- 1 Boat docks
- 8 Mere penny
- 15 Stair face
- 20 Generally
- 21 Infused with carbon dioxide
- 22 Cosmetics queen
- 23 Holiday tree brighteners
- 25 Figure skating category
- 26 Baby blues, say
- 27 Detroit loc.
- 28 By way of
- 29 — Babies
- 30 Info on a library slip
- 31 Thing swung on a court
- 34 Undermined
- 38 Federal case, so to speak
- 39 Countrified
- 40 See 42-Across
- 41 German's "one"
- 42 With 40-Across, headwear for doing laps
- 46 William Tell wielded one
- 50 Nine-footer with 88 keys
- 53 Game with a cue stick
- 54 "Cat on — Tin Roof"
- 55 Bakery treat
- 56 Atypical pets
- 57 Taco sauce brand
- 59 Everyone, in German
- 61 Topic in question
- 62 Beddy-bye clothes
- 65 Gravity-defying party decoration
- 69 Have a go at
- 70 Reply to "You are not!"
- 72 Spoiled stars' problems
- 73 Running back Smith
- 75 Pro at PR
- 78 Crude abode
- 79 "Hud" actress
- 80 Morales of film and TV
- 84 Pinocchio, for one
- 86 Rosary's nonreligious relative
- 88 Like a spud-slicing GI
- 89 Aide to Santa
- 90 Some small batteries
- 91 Holiday tree topper
- 92 Really mad
- 95 Film director
- 98 Alternative to drapes
- 102 Merit
- 103 Spanish province capital
- 104 Cellular stuff
- 105 Rick's love in a 1942 film
- 106 Farmland unit
- 110 Cleaned up some leaves
- 111 What eight of this puzzle's answers have
- 115 Saw wood
- 116 Capital of New Jersey
- 117 Paying to stay at
- 118 Disburdened
- 119 Like mustard
- 120 Post-Trojan War tale
- 2 White-faced
- 3 Seldom seen
- 4 Pupil site
- 5 Greek letters
- 6 "Nashville" director
- 7 Arab, e.g.
- 8 Unduly quick
- 9 Slender fish
- 10 Force to rise
- 11 Shutting in
- 12 Fuel gas
- 13 Court divider
- 14 Grid stats
- 15 Annul
- 16 Sci-fi's Asimov
- 17 Smell awful
- 18 Uncanny
- 19 Turn to 000
- 24 Did perfectly
- 29 Secret taste-test label
- 30 Strike mark
- 31 Defreeze
- 32 Conception
- 33 Fisher's net
- 34 Tinfoil, e.g.
- 35 Irish money
- 36 BP gas brand
- 37 Painter Frida
- 40 Instructed jointly
- 42 Uses a divan
- 43 Belt's place
- 44 Acquire, as debt
- 45 Stroll
- 47 Be worthy of
- 48 Kids' writer
- 49 Bacall's first hubby
- 50 — monster
- 51 Chile — (Mexican dishes)
- 52 Gist
- 55 Blatz brewer
- 58 West Virginia's state flower, for short
- 60 Fudd of cartoonism
- 62 California's — Beach
- 63 Osaka's land
- 64 Smarmy smile
- 66 Pouty face
- 67 Epps of TV's "House"
- 68 Smarmy
- 71 Barber's cut
- 74 Some minors
- 76 Boxing combo
- 77 H'wood type
- 81 Wise soul
- 82 Some Snapple products
- 83 Cruise stop
- 85 Big brand of nonstick cookware
- 86 Joking types
- 87 Cowshed site
- 90 It's faster than adagio
- 92 Laid down the lawn?
- 93 "The Queen" star Helen
- 94 Seventh — stretch
- 95 Ward of TV
- 96 Fidel of Cuba
- 97 Sounded off
- 98 Poorer
- 99 Donald's first wife
- 100 "Zorba the Greek" novelist
- 101 John — (tractor maker)
- 105 Lacks entity
- 106 Play units
- 107 Greek letters
- 108 Artist
- 109 Irritable
- 111 Fuel additive brand
- 112 Mr. Capote, to his pals
- 113 Weed B — (lawn care product)
- 114 In — case

DOWN

- 1 Knight's club

See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D4 for this week's answers.

KID's CORNER

Junior Whirl

by Hal Kaufman

LINCOLN LOG Problem: a penny around a second penny (standing penny) wrapping stationary. In compass corner, assuming the figure of Lincoln on the outer coin is right side up. How many times will Lincoln have been right side up after one revolution of the outer coin? Give it a try if you have ten pennies handy.

KNOW YOUR ABC'S

Do you think you know your ABC's? Let's check. You are asked to complete each of the six words in the designations using only the letters A, B, C, D, E, F, G, H, I, J, K, L, M, N, O, P, Q, R, S, T, U, V, W, X, Y, Z. These designations provide clues to letters.

1. Rhyme building letter boxes.

2. RCT ingredients.

3. Used used in candy making.

4. A pair of double, for instance.

5. Cuddly, for one.

6. Sessile used to pick up some days.

Time limit: 2 min.

HOME RUN Will or won't this paper reach home plate? Pick up the paper and throw it.

Wishing Well

BLAST OFF! Hooray, it's holiday fireworks time. Apply the following colors: 1—Red, 2—Blue, 3—Yellow, 4—All colors, 5—Pink, 6—All green, 7—On, 8—On, 9—On, 10—On, 11—On, 12—On, 13—On, 14—On, 15—On, 16—On, 17—On, 18—On, 19—On, 20—On, 21—On, 22—On, 23—On, 24—On, 25—On, 26—On, 27—On, 28—On, 29—On, 30—On, 31—On, 32—On, 33—On, 34—On, 35—On, 36—On, 37—On, 38—On, 39—On, 40—On, 41—On, 42—On, 43—On, 44—On, 45—On, 46—On, 47—On, 48—On, 49—On, 50—On, 51—On, 52—On, 53—On, 54—On, 55—On, 56—On, 57—On, 58—On, 59—On, 60—On, 61—On, 62—On, 63—On, 64—On, 65—On, 66—On, 67—On, 68—On, 69—On, 70—On, 71—On, 72—On, 73—On, 74—On, 75—On, 76—On, 77—On, 78—On, 79—On, 80—On, 81—On, 82—On, 83—On, 84—On, 85—On, 86—On, 87—On, 88—On, 89—On, 90—On, 91—On, 92—On, 93—On, 94—On, 95—On, 96—On, 97—On, 98—On, 99—On, 100—On, 101—On, 102—On, 103—On, 104—On, 105—On, 106—On, 107—On, 108—On, 109—On, 110—On, 111—On, 112—On, 113—On, 114—On, 115—On, 116—On, 117—On, 118—On, 119—On, 120—On.

SPELLBINDER

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

UNLEASHED

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

Try to score at least 30 points.

Wishing Well

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

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 8 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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HOCUS-FOCUS

BY HENRY BOLTAPOFF

Find at least six differences in details between panels.

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PHOTO ILLUSTRATION BY PEGGY FRIERSON

ARMY GOAL: Keep Chairman’s Cup at Warrior Games

By David Vergun
Army News Service

QUANTICO, Va. — The Army has a firm grip on the Chairman’s Cup it won last year at the Warrior Games and team members say they’ll fend off all challengers trying to wrest it away at this year’s games on Marine Corps Base Quantico, which continue through Sunday.

The Army team has a high bar to clear this year, one they set themselves during last year’s games, by earning 23 gold medals, 27 silver and 21 bronze. That was 17 more total medals than the Marines, who finished in second place with a total of 54.

Throughout the games, wounded, ill and injured service members and veterans from six teams – Army, Marine Corps, Air Force, Navy/Coast Guard, Special Operations Command and United Kingdom – will compete in track and field, shooting, swimming, cycling, archery, wheelchair basketball and sitting volleyball.

Assessing team’s potential

On June 18, a day before the opening ceremony, team members provided insight into their chances of winning.

There’s been a lot of discussion among team members about wanting a repeat of last year’s performance, said Keoki Smythe, adaptive reconditioning coach for Warrior Transition Command.

Smythe, who’s been a coach and athlete during previous DOD Warrior Games, including last year’s, has observed how this and past teams have progressed from forming to training to competing, so he’s in a good position to assess the team’s chances this year.

“Last year, the team came together mentally and performed well. This year, the team seems to be bonding a lot faster than in the last few years that I’ve been with the program, which is really nice,” he said, indicating that the Army team has a pretty good shot at keeping the cup.

Smythe, with service dog, Bella, by his side, was reflective about the upcoming competition and team-building process, which began earlier this year at the regionals and Army trials, and proceeding to training at three camps.

“It would be nice to win it and we want that,” he said, “but at the end of the day, it’s all about the journey for these athletes and the things they overcome. It’s been great watching them overcome adversity.”

He said that all the military services put out great teams and believes all will perform well.

Ricardo Villalobos, a first-year contender, is competing in cycling, swimming, shotput and discus.

The Army team is very competitive, said Villalobos, who competed in swimming during high school.

“When we’re training in the pool, we push ourselves against each other so we can become better. It’s definitely been motivating,” he said.

Like Smythe, he, too, said he noticed that the team is bonding very well.

Villalobos said he was pleasantly surprised to find out that some of the team members lived just a few hours away from him in Winston-Salem, North Carolina. When they’re not in training, he said he hangs out with them.

That’s the level of camaraderie they’ve all attained, he said.

Villalobos also has a service dog with him at all times. The Afghanistan veteran, who is coping with post-traumatic stress and a spinal cord injury, said when he’s stressed, his canine companion keeps him calm. “I don’t know what I’d do without her.”



PHOTO BY PFC. CHRYSOTOPHER GAINES

U.S. Army active-duty and veteran athletes conduct cycling training for the 2015 Department Of Defense Warrior Games on Fort Belvoir, Va., June 13.

Nicholas Titman is competing in sitting volleyball, wheelchair basketball, cycling, swimming and track. For him, too, it’s his first year at the games.

“We’re all hoping it happens again this year,” he said, referring to the much-coveted Chairman’s Cup. “We’ve been working together and training hard. We’re one family.”

Titman said the Army team has gotten a preview of some of the competition they’re up against.

The Army Western Regional Command held its trials with the Air Force and United Kingdom teams earlier this year, he said. The Army team received some good insights into their abilities and, in turn, they saw who they were up against.

During those trials, all three teams developed friendships and it was nice meeting again here in Quantico, he said.

He added that the whole experience of training, bonding and building friendships has been terrific. “Winning will put the icing on the cake for everyone.”

Secrets of bonding

Sydney Davis, who is another first-year competitor, is competing in shotput, discus, archery, air rifle, wheelchair basketball and sitting volleyball. She offered her insights into how the process of bonding works to form a winning team.

Winning is 50 percent physical and the rest mental, she believes, and much of the mental aspect deals with how the team bonds.

“The physical part, we know we can do that. We’ve had plenty of practice time,” she said. “And the mental, we’ve got that down as well.”

A major part of the bonding process, which she also calls “meshing,” involves understanding the needs and desires of the other team members and keeping the lines of communications open with everyone.

For instance, she said some of the players are really introverted and others are extroverted.

The really introverted ones will opt out of discussions, she said. When that happens, the extroverts will try to pull them in, by saying something like, “Hey, I haven’t heard you talk in a while. What’s your opinion?”

“They don’t want to talk at first,” she continued, “but then they want to talk. They have great ideas, too.” That leads to strengthening bonds as well.

As for the extroverts, they are the dominant ones who always want to lead. “We pull those back” to give everyone a chance to participate, she said.

Davis characterized herself as somewhat between introvert and extroverts, so she said

it’s easy to notice when someone is extreme at either end.

Comprehensive Soldier and Family Fitness has also been involved in the Army team-building process, she said. CSF2 holds frequent team building exercises, which Davis calls “fun games,” like holding hands in a circle and trying to pass a hula hoop person to person around the circle without anyone breaking their handgrip. Of course, there are a lot of other games, she said.

Davis assesses the chances of the team winning again this year as excellent.

She thinks the Army will win the cup again because she’s spoken to team members from last year’s Army team who are here again this year, and they’ve informed her that they’ve got another winning team, she said.

Also, Davis knows what it takes to be a champion.

She competed in shotput and discus in high school for two years in Colorado and made it to state. This year, she learned archery, and within two months of learning, won the Virginia state championship. She resides at Fort Belvoir at the warrior transition unit there.

The Army team leaders “found me and asked if I want to participate after learning I’d won the state championship,” she said.

She said she joined the Army in 2011 “straight out of high school.” One of the things she liked about the Army was the high level of camaraderie, she said, just team Army at this year’s games.

Observations from leadership

Defense Secretary Ash Carter spoke at

the opening ceremony Friday.

“The Warrior Games – you, the participants in the [DOD] Warrior Games, you’re the pinnacle of DOD adaptive sports programs – activities that have helped our men and women heal together in mind, in body and soul,” he said.

Generations of warriors have served their nations when the most desperate call came. “Go to war,” the defense secretary said.

The (DOD) Warrior Games showcase their survival, he added, noting that over the past year, more than 150,000 U.S. wounded warriors have participated in 28 sports camps and 51 clinics, among other activities.

“I have observed our extraordinary Army team and am convinced we are in it to win it,” Col. Chris Toner, assistant surgeon for Warrior Care and Transition and commander of Warrior Transition Command said, prior to opening ceremony day.

Toner said he’s inspired by all 40 of the athletes on the Army team. “They serve as role models of courage, character, and the Army Soldier spirit and they epitomize the Warrior Ethos, ‘I Will Never Quit.’”

Toner explained that the Army’s adaptive reconditioning program promotes an array of activities for recovering warriors to promote physical and emotional recovery, including archery, biking, cooking, yoga, aquatic exercises, human optimization, plus more. Adaptive reconditioning programs at warrior transition units across the country embody spiritual, emotional, family, physical, social and career in line with the Soldier’s Comprehensive Transition Plan.

- Have a Family disaster plan and supply kit.
- Build or identify a safe room in your home.
- Purchase and use a NOAA weather radio with a tone alert feature. This will alert you to warnings issued by your local National Weather Service office.

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Recipe for a good night’s sleep: Get ready to take on the day

By BethAnn Cameron
U.S. Army Public Health Command Health Educator

Are you ready to take on the day? Sleep is a necessity – just like food, water and air. Sleep is essential to good health, emotional well-being and performance.

Without enough sleep, everyone is at increased risk for:

- Motor vehicle accidents’
- Increased obesity, diabetes and heart problems; and
- Increased risk for psychiatric conditions including depression and substance abuse.

Numerous studies have shown that not getting enough sleep may lead a person to:

- React slower;
- Have trouble focusing and paying attention;
- Get easily confused;
- Have trouble remembering new information;
- Get stressed more easily; and
- Make more mistakes and make poor judgments.

When Soldiers do not get enough sleep, their ability to judge is diminished. Diminished judgment causes bad tactical decisions, which leads to critical errors such as falling asleep at the wheel, recognizing a threat or reacting too slowly to it.

Weight gain is another problem. A 2008 study in the “Sleep Journal” showed that people with short sleep times had gained weight and increased their body

fat. Lack of sleep has a negative effect on hormones that tell a person when to eat and when to stop eating – this leads to a person overeating.

The good news is behavior changes can resolve sleep problems. Proper sleep practices that promote optimal sleep duration and quality are important for everyone. A person needs at least seven to eight hours of sleep every night.

The National Sleep Foundation recommends the following sleep tips.

- **Stick to a sleep schedule.** As best as possible, go to bed and wake up at the same time each day.
- **Reset your sleep patterns by establishing a wind-down routine.** Plan time to unwind. Relax with meditation, reading or listening to soothing music. It will help cue your body and mind to recognize when it is time to sleep.
- **Have a dark, quiet, comfortable and cool sleeping environment.** Control light, noise and temperature to promote restful sleep. Do not sleep in areas where there is regular activity. Reduce exposure to noise and light by using earplugs, blackout shades or a sleep mask.
- **Use your bed only for sleeping,** not for other activities such as reading, watching TV, playing computer games



CDC PHOTO

or surfing the web. Turn off all electronic devices.

- **Avoid large meals two to three hours before bedtime.** A large meal can cause indigestion that interferes with sleep.
- **Avoid caffeine** – coffee, colas, chocolate or teas – and nicotine two to three hours before sleeping. These stimulants can cause a person not to sleep for up to eight hours.
- **Avoid alcoholic drinks before bed.** While many people think a drink or two will help them fall asleep, studies have shown that alcohol disrupts sleep.
- **Avoid medicines that delay or disrupt your sleep.**

Some medications, such as heart, blood pressure, asthma medications, over-the-counter remedies for coughs, colds or allergies can disrupt sleep patterns.

- **Do not exercise at least three hours before bedtime.** Exercise makes a person more alert and raises the body temperature, which makes it harder to fall asleep.
- **Do not lie in bed awake.** If you find yourself still awake after lying in bed for more than 20 minutes, get up and do something relaxing (like reading or listening to music) until you feel sleepy.

- **Turn the bedroom clock around backwards if you are clock-watcher** who wakes up periodically to see how much time it is before having to get up.
- If you are having trouble sleeping after using the above tips, talk with your doctor. Your physician may have other methods to help you to get enough sleep or refer you to a provider for sleep disorders.

Tips for Soldiers

- Sleep whenever possible. Take naps that add up to seven to eight hours for each 24-hour period in order to sustain alertness and performance.
- Avoid using over-the-counter sleep aids, which leave one groggy but do not induce actual sleep.

Tips for leaders

If Soldiers are struggling to stay awake, then their ability to function is already impaired. Consider a resupply of sleep just as important as ammunition, food and water. Provide time for quality sleep in the operation plans. Develop a unit sleep management program that gives Soldiers at least six and preferably seven to eight hours to sleep out of every 24.

Get ready to take on your day by getting a good quality sleep. It benefits everyone and improves military readiness.

PUZZLE ANSWERS

Super Crossword

Answers

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

Weekly SUDOKU

Answer

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

Trivia

Answers

1. Morris
2. Matthew
3. Cocoa Beach, Florida
4. Phnom Penh
5. Member of Parliament
6. Sir Christopher Wren
7. Sleigh
8. Bubba
9. Uranus
10. Hurricane winds

SPORTS BRIEFS

Superintendents Revenge Tournament

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

Spin challenge

Fortenberry-Colton Physical Fitness Center instructors will hold a two-hour spinning challenge each month, with the next taking place Monday 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.

UFC Fitness Tour 2015

The Air Force Reserve presents the Ultimate Fighting Championship Fitness Tour 2015 July 7 at the Fort Rucker Physical Fitness Cen-

ter. There will be a fitness talk from 5-6:30 p.m. and a meet and greet from 6:30-8 p.m. with UFC trainer Mike Dolce and UFC fighter Luke Rockhold.

For more information, call 255-9810.

Open Championship Match-Up

Silver Wings Golf Course will host its Open Championship Match-Up July 18. Players will play a normal Saturday round of golf, but before they tee off, they choose someone from the Professional Open Championship in the Britain field as a partner, and pay \$5. At the end of their round, Silver Wings Staff calculate the two-man team's best ball score from the Fort Rucker player's score and the professional's round score. Prizes will be given for both gross and net scores. All rounds must tee off by 9 a.m.

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

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