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DFMWR supports
wounded warriors



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ARMY FLIER

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CHILDREN BACK TO SCHOOL

*Excitement, fun as
new year begins*

By Nathan Pfau
Army Flier Staff Writer

Back to school – three words many children dread and many parents love to hear, but regardless of how they feel, excitement was in the air as families headed out for a new school year Aug. 6.

Children on Fort Rucker were welcomed with open arms as they experienced their first day back to school, and among the first-day jitters were anxious children, excited parents and teachers eager to get the new school year under way, according to Vicki Gilmer, Fort Rucker Elementary School principal.

“I am super excited about starting the new school year,” she said. “We have a phenomenal year planned for our FRES families and we’re really excited to get the year under way.”

Parents walked with their children to their classrooms and got the chance to introduce themselves to their children’s new teachers, and although some were nervous to get the new year started, some were downright happy.

“I get to be in a class with a lot of my friends, so I think this is going to be a lot of fun,” said Charlie Planter, FRES student. “I can’t wait to use my new school supplies – I think that’s the most fun part.”

The first day of school can also provide mixed emotions for parents, as Planter’s mother, Dana, described.

“It’s always a mix of feelings when you drop your children off at school at the beginning of the year,” she said. “You get so used to having them around throughout the summer and then they’re gone for most of the day again. It provides some relief because I know they’re in good hands, but you still miss them.”



PHOTOS BY NATHAN PFAU

Children make their way across the crosswalk on Red Cloud Road to get into their classrooms for the first day of school at Fort Rucker Elementary School Aug. 6.

Sometimes tears can be common at Fort Rucker Primary School where parents are dropping their children off to school for the first time, according to Melissa Heitzenroder, FRPS school secretary, but parents are comforted knowing that their children will be well taken care of.

“Our first day of school was amazing,” said Heitzenroder. “The kids were all excited, and we actually had fewer children and parents cry this year than in previous years. Everything got off to a great start with no issues.”

Although parents were able to introduce themselves to their children’s teachers, they will have an opportunity to get to know the teachers better during a parent orientation day Aug. 26 and the parent teacher conference date is Oct. 23.

“This will provide us the opportunity to share more with the parents and will allow us

to start the year off as a strong, solid community,” said Gilmer.

The primary school will be offering a pre-kindergarten orientation for parents Aug. 20 at 9 a.m. and 1 p.m. to give parents with children new to school a chance to get to know the teachers and ask questions.

Many FRPS parents got the opportunity to speak with their children’s teachers during the Sneak-a-Peek, where they got to make their first impressions.

A lot of preparation goes in to planning for a new school year, and much of the prep work is often done before the children even get to the schools, and oftentimes, Gilmer said, many teachers will prep for the new school year immediately after the previous year.

“We’re so happy that school is back in session and we’re all excited for a great, new school year,” said Heitzenroder.



Children settle into their classroom as they prepare for the first day of school at Fort Rucker Elementary School Aug. 6.

ALL-HAZARDS EXERCISE

Post tests response to worst-case scenario

By Nathan Pfau
Army Flier Staff Writer

Vigilance is a word often heard across military installations, but it’s not enough for emergency responders to be vigilant – they must also be proficient.

That’s why Fort Rucker is conducting its annual all-hazards exercise in the form of an active shooter scenario Tuesday through Aug. 20 to make sure the installation’s finest are prepared to take on the threat, according to Willie Worsham, Fort Rucker emergency manager.

“The installation will be conducting an active shooter exercise to test the installation’s capability to respond to that type of scenario,” Worsham said. “Somewhere on post there will be a scenario where there is a shooter and emergency responders, including police, firefighters, (emergency medical technicians) will have to respond to the incident as if it were a real-world event. There will be 100-percent accountability for certain units on the installation.”

Fort Rucker will also work with some of its Wiregrass partners, as first responders and emergency manage-

ment personnel from the surrounding communities will also be involved, including the Enterprise Police Department, the Coffee County Sheriff’s Department and other law enforcement.

Ambulances will come from Enterprise to test their response times, as well as the ability for Fort Rucker to test its triage procedures with the responders.

The scenario itself will be fairly realistic, according to Worsham, complete with weapon simulators that will simulate the sound of live-fire ammunition, as well as casualties with varying degrees of injuries that will require treatment.

“With everything that’s been going on around the country, we just want to make Fort Rucker ready to respond to something like that if it happens,” he said.

People can expect minor delays at the gates, which will be closed in response to the exercise for three to five minutes, but the exercise itself shouldn’t disrupt the daily activities of the installation, said the emergency manager.

“The area that the exercise will be conducted will be away from any major roads on the installation, so it shouldn’t

interfere with people’s daily routine,” he said. “For everyone else it will be business as usual.”

After the initial boots-on-the-ground day, an after-action-review is typically performed in the following days to assess the response of the installation and emergency responders, said Worsham, adding that a full-scale AAR with the installation command group will take place in September.

“From that we will figure what we need to change in our plans to make our response better and to make sure that we don’t have any holes in our capabilities,” he said. “Within 60 days of the exercise, we also have to have our report ready to send up to Installation Management Command for review. The work does not end for us on the day of the exercise.”

The need for exercises like the active shooter scenario stems from home-grown and foreign terrorist threats, and Worsham said no matter how unlikely a scenario may seem, it’s always best to be prepared.

“Terrorists are getting smarter every day, and we just want to make sure that we are up on the most up-to-date techniques for handling situations like this,” he said. “It seems like we learn something new every time.

“Every time we do this, we learn more capabilities from the partners of our mutual aide agreements can do to help us,” he continued. “With us continuing to do exercises together, it makes us a lot more proficient at what we do.”

Small exercises, similar to the active shooter scenario, are conducted across the installation throughout the year by individual units and organizations, but this is the one time of year a full-scale exercise that encompasses all aspects of response is tested, and Worsham said it’s important for responders to be prepared for anything.

ACS welcomes new outreach director

By Jeremy Henderson
Army Flier Staff Writer

Army Community Service offers numerous programs, and Fort Rucker has a new voice to guide Soldiers and their families to the tools they need to remain resilient.

Cheareice Thomas, ACS’ Outreach Program director, helps provide an overview of those tools to the Fort Rucker community.

“I ensure the Soldiers and their families are aware of all the resources available through ACS,” she said. “I reach out and educate the community on the areas or programs that are possibly less well-known.”

Thomas said she was also recently named the unit services coordinator point of contact, which will allow her to spend time educating individual units on the various programs available through ACS.

“It is typically an overview of all the programs housed at ACS,” she said. “I just want Soldiers and their families to be aware of all the resources available and that we are here to support them.”

According to Thomas, she also serves as a sounding board for community needs.

“I definitely provide an open ear for any needs ACS may be able to fill,” he said. “I provide needs assessments and surveys to the community. I analyze those to ensure the community’s needs are met.”

Working with the community and fulfilling the needs of military families provides its own reward, Thomas said.

“I love meeting new people,” she said. “I love providing assistance and helping people fulfill their needs. This has been the best of both worlds for me. It has been a bonus to do something I enjoy and see happy people that are being taken care of.”

Thomas, who helped manage a dual-military family alongside her husband until she left active duty Army service in 2004, said her experience provides a useful glimpse into the benefits of ACS programs.

Thomas is the proud mother of four daughters and three sons. Her husband, 1st Sgt. Anthony Thomas, is stationed at Fort Polk, Louisiana.

For more information about ACS programs, call 255-3817.



Thomas



FILE PHOTO

Simulated victims are moved to be medically evacuated from Yano Hall by Flat Iron after a shooting scenario during the 2013 Fort Rucker All-Hazards Exercise. This year’s exercise is scheduled for Tuesday-Aug. 20.

PERSPECTIVE

PURPLE HEART

How U.S. military award has changed over time

By **Katie Lange**
Department of Defense News

Aug. 6 was Purple Heart Day, when we honor United States military members who received the Purple Heart after being wounded or killed in service to our country.

There are a lot of service medals out there and sometimes they can get confusing. But did you know the Purple Heart is the only award service members are entitled to – if they meet the requirements, of course – as opposed to being recommended for?

Whether you knew that or not, here are some other facts about the Purple Heart, which is awarded in the name of the president to any member of the armed services who was wounded, killed or may die of wounds inflicted while serving after April 5, 1917.

Origins

The award was established under Gen. George Washington on Aug. 7, 1782, originally just for the Army. It was called the Badge of Military Merit then, and was awarded for “any singularly meritorious action” by enlisted men and NCOs in the lower ranks.

In 1783, three Revolutionary War volunteers were awarded the badge, which was the “figure of a heart in purple cloth or silk edged with narrow lace or binding.” The names of others who received it were to be kept in a “Book of Merit,” but according to the National Purple Heart Hall of Honor, that book has never been recovered.

Forgotten, but not forever

The award was mostly forgotten after the revolution. It wasn’t reinstated until 1932, the bicentennial of Washington’s birth, when War Department Secretary Douglas MacArthur announced it would have a new name – the Purple Heart – as well as a new design and purpose.

The design then became what it is today – a purple enameled heart within a bronze



PHOTO BY ASHLEY BELL

Army Chief of Staff Gen. Ray Odierno presents the Purple Heart to Spc. Thomas Wirthlin during a ceremony on Forward Operating Base Azzizullah, Afghanistan, Aug. 7, 2013.

border and a profile of Washington in Continental Army uniform. It includes Washington’s family coat of arms, as well as “For Military Merit” inscribed in the heart, with space for the recipient’s engraved name. The medal is suspended by a vertical purple band with white borders.

Eligibility

This also changed. When the Legion of Merit was created in 1942, the Purple Heart was no longer necessary for meritorious service, so the requirement of being wounded or killed fell into place.

The Purple Heart was originally only for Army personnel, but after Pearl Harbor, President Franklin D. Roosevelt extended

it to members of all other armed services. He also made the award available posthumously to any service member killed on or after that date – Dec. 7, 1942.

President Harry Truman furthered that in 1952 by making it retroactive to April 5, 1917, so service members from World War I would be eligible.

Prisoners of war have been eligible to receive the Purple Heart since 1962, but for many decades, that policy wasn’t retroactive, meaning wounded vets in conflicts prior to that date weren’t eligible.

The National Defense Authorization Act changed that in 1996, giving World War II and Korean War vets a chance to apply, as long as they had supporting documen-

tation, such as copies of their repatriation medical reports or a witness statement.

The Purple Heart, which is the oldest U.S. military award given to its members, is ranked behind the Bronze Star in order of precedence. Because consistent records have not been kept since the medal was established, it’s hard to tell how many people have been awarded it; however, the National Purple Heart Hall of Honor estimates that 1.8 million service members are recipients.

So now you’re up on the history. If you know someone who has earned a Purple Heart, whether they’re still with us or not, make sure to send them a big “thank you” today. They certainly earned it!

Rotor Wash

“Girls Night Out is 6-9 p.m. Friday at The Landing. Why is it important to enjoy time out with your peers?”



Sgt. 1st Class Jessica Allen, B. Co., 4-518th

“It’s important to have down time to relax from everyday work.”



2nd Lt. Edward McFadden, B Co. 1-145th

“Spending time with friends keeps you more grounded.”



2nd Lt. Margaret Budke, D Co., 1-145th

“If you don’t spend time out with your friends, you could go crazy, especially with all the training and studying a lot of flight students are having to do.”



Bailie Welk, military spouse

“It’s good to just get out and let loose. Sometimes you just need a break.”



John Walden, military family member

“A lot of times, friends are the only family some people have, so they need to spend time with the ones they care about.”

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FORT RUCKER COMMANDING GENERAL

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

Milley confirmed as chief of staff

By David Vergun
Army News Service

WASHINGTON — The Senate confirmed Gen. Mark A. Milley Aug. 5 to become the 39th chief of staff of the Army.

He will succeed Gen. Ray Odierno in a change of responsibility ceremony scheduled for Friday at 10 a.m. at Joint Base Myer-Henderson Hall, Virginia.

Also on Aug. 5, President Barack Obama nominated Patrick J. Murphy to be the next under secretary of the Army, a post currently held by Acting Under Secretary Eric Fanning. The office was assumed by Fanning July 6 after Brad Carson became the acting under secretary of Defense for Personnel and Readiness.

No date has yet been set for Murphy's confirmation hearing before the Senate Armed Services Committee and the Senate is currently scheduled to be on recess until Sept. 7.

Murphy was the first Iraq War veteran elected to Congress, according to an Aug. 5 White House press release. Murphy represented the 8th District of Pennsylvania in the House of Representatives from 2007 to 2011.

As a lawmaker, he served on the House Armed Services Committee, the House Permanent Select Committee on Intelligence and the House Appropriations Committee.

Murphy received his law degree in 1999 from Widener University School of Law in



PHOTO BY DAVID VERGUN

Gen. Mark A. Milley tells 300 ROTC and U.S. Military Academy cadets his winning philosophy. Milley, commander of U.S. Army Forces Command, spoke during the George C. Marshall Award and Leadership seminar on Fort Leavenworth, Kan., March 31.

Harrisburg, Pennsylvania, after earning a bachelor's degree from Pennsylvania's King's College in 1996.

While in college, he attended ROTC at nearby Scranton University and was commissioned a second lieutenant in the Army Reserve upon graduation. He went on active duty in 2000 as a staff judge advocate and then became a faculty member at West Point.

From 2003 to 2004, he was deployed to Iraq, where he earned a Bronze Star Medal with the 82nd Airborne Division.

At his Senate Armed Services

Committee confirmation hearing July 21, Milley told lawmakers, "Our fundamental task is to win, to win in the unforgiving crucible" of combat.

Milley is commander of U.S. Forces Command, headquartered at Fort Bragg, North Carolina.

Besides combat, there are many other tasks the Army does every day and does very well, he said. It provides humanitarian assistance, shapes outcomes, builds partner capacity and deters the nation's adversaries.

"But our very reason for being, the very core of what it means to have an Army, it's to win and to

win decisively in ground combat against the enemies of our country so that the American citizens can enjoy life, liberty and the pursuit of happiness," he continued.

"I have huge confidence in our Army today," he added, calling it "the most skilled and combat experienced Army in the nation's history."

Milley told some 300 ROTC and U.S. Military Academy Cadets at the George C. Marshall Award and Leadership Conference at Fort Leavenworth, Kansas, March 31, that his childhood hero was Vince Lombardi, former coach of the Green Bay Packers.

When Lombardi was younger, he looked up to World War II heroes like Gen. George Patton and Gen. Douglas MacArthur, and tried to pattern himself after them and their leadership techniques, Milley said.

The two points Lombardi took away from those heroes was, first, "you're in it to win, so winning matters and your team matters." The second was, "We don't break the rules," Milley said.

Milley promised the lawmakers that, if confirmed, he would work to keep the Army the best in the world and take on the "significant challenges" it faces "in manpower, readiness and modernization."

The general also told the senators he'd ensure upholding Army values and ethics would continue to be a top priority.

During his visit with the ca-

dets, he exhorted them: "Playing by the rules involves internalizing the warrior code of ethics. It is something you have to practice at 24 hours a day. Unethical actions not only can get you or your Soldiers killed, they can also hurt the Army."

Milley told the senators he comes from a family who proudly served. His mother treated wounded service members in a military hospital near Seattle and his father served in the 4th Marine Division in the Central Pacific seeing combat in Kwajalein, Saipan, Tinian, and Iwo Jima.

Unfortunately, both of his parents passed away, but he said he still feels their presence.

He noted he's lucky to have been married for the last 30 years to the "most dedicated and strongest woman in the world," his wife Hollyanne. "She's a constant source of inspiration and love."

She represents all the Army spouses "for their resilience and sacrifice," he continued, having raised their two children while he was away on seven deployments and thousands of days of training.

Milley's operational deployments include Iraq, Afghanistan, Panama, Haiti and Bosnia-Herzegovina. Most of his 35-year career has been spent leading infantry and Special Forces Soldiers.

Finally, Milley thanked Odierno and his wife, Linda, for their "selfless service." He added that the nation and the Army have been well served by them.

USASAM tests decompression sickness MedEvac procedures

By Capt. Zachary R. Mitchell
U.S. Army School of Aviation Medicine

The U.S. Army School of Aviation Medicine is home to the Army's only training Low Pressure Altitude (Hypobaric) Chamber.

Established in 1971 at Hanchey Army Heliport, it moved to its current location at the back of the Aeromedical Center when USASAM was organized in 1984. To date, the chamber has trained over 67,000 aircrew members.

USASAM conducts initial and refresher hypobaric chamber training for fixed-wing and rotary-wing Aviators, flight medics, Aviation psychologists, flight surgeons, special operations forces and a variety of Department of Defense-supported agencies.

The focus is on altitude physiology, and the effects of hypoxia for high-altitude fixed-wing or rotary-wing flight. The training requires

each student to demonstrate thorough understanding of the effects of altitude on the human body – how to recognize hypoxia and utilize available oxygen systems.

The chamber profiles are determined by the mission of the student's unit. This training enables the aircrews to experience the effects of altitude exposure in a safe and controlled environment, providing the student with the training necessary for global deployment.

USASAM conducted a validation exercise July 31 of the evacuation protocol for a simulated patient suffering from decompression sickness as a result of a hypobaric chamber exposure. DCS can be attributed to nitrogen saturation of the body. This condition is related, in turn, to inefficient removal and transport of expanded nitrogen gas volume from the tissues to the lungs.

The onset of DCS can occur as



COURTESY PHOTO

Inside the chamber at Pensacola Naval Air Station, Fla.

long as 48 hours after exposure to altitudes above 18,000 feet. Delayed onset can occur even if no signs or symptoms were evident during flight. Decompression sickness can manifest itself in many different ways and has many dif-

ferent symptoms, but the most common symptoms are extreme fatigue, joint and limb pain, tingling and numbness, just to name a few.

The scenario began with a simulated patient experiencing de-

compression sickness symptoms causing the physiological training officer to initiate an emergency descent to ground level. The on-duty flight surgeon was notified, and evaluation and treatment of the simulated patient began. Local MedEvac assets from Fort Rucker were activated to evacuate the patient to Pensacola Naval Air Station, Florida, for hyperbaric chamber treatment.

Hyperbaric compression therapy involves exposure to increased air pressure by insertion of compressed air into a metal chamber to simulate the pressure found in underwater diving. This exposure to increased pressure is also used as therapy for certain illnesses, such as evolved-gas disorders and decompression sickness.

The exercise is conducted once a year to validate the evacuation procedures to identify any flaws or shortcomings in the response plan.

News Briefs

ASAP closure, move

The Fort Rucker Army Substance Abuse Program of offices and clinic will close Aug. 21-25 while the agency moves into its new location of T301 – the temporary trailers in the southwest corner of the Lyster Army Health Clinic parking lot near Andrews Avenue. The agency will resume normal operations, 7:30 a.m. to 4:15 p.m., Aug. 26.

For urgent ASAP concerns during the move, people should call 255-7509 or 447-3859.

AAAA meeting

The Aviation Center Chapter of the Army Aviation Association of America will host a general membership meeting Aug. 20 at 5 p.m. at The Landing.

School physical appointments

Lyster Army Health Clinic will offer after-hours school physical appointments during the dates and times below to help ensure the highest continuity of care possible while providing timely access for patients requiring a school physical. The slots will fill quickly, so people are advised to book appointments as soon as possible.

The dates include: today, 4-6 p.m.; Aug. 27, 4-6 p.m.; and Sept. 10, 4-6 p.m.

People should make sure to bring any required documentation to the appointment, with the patient portion filled out completely. The appointment will be for the school physical only. Any other issues will need to be addressed with people's primary care providers.

Commissary Value Brand expands

With nearly 100 items recently added to the Commissary Value Brand program, military patrons will have even more opportunities to save, according to the Defense Commissary Agency's senior enlisted adviser. "We recommend that patrons continue to monitor the orange 'Value' signs in the stores because they will see a larger offering of products," said Air Force Command Chief

Master Sgt. Stuart M. Allison. Since the middle of February, new products added to the program include several cheeses, condiments, canned and powdered milk, canned soup, dry pasta, honey, rice, laundry bleach and paper towels. With the influx of new items, the Value Brand mix will boast nearly 400 products, such as frozen vegetables, pizza and entrees; pet foods; health and beauty care; cereals; cleaning supplies; soft drinks; coffee; canned fruit, soup and fish; disposable lunch and storage bags; condiments and more. The average savings for Value Brand is about 42 percent when compared to national brands, and 25 percent against the store brand and private label items found in commercial retail stores. Patrons looking for these items will see orange Value tags. A list of items, frequently asked questions and a video of the program are available at <http://www.commissaries.com/shopping/value-brand.cfm>.

Volunteers needed

Lyster Army Health Clinic is looking for volunteers to drive patients to and from the parking lot in its golf cart. The golf cart was donated in 2011 by the mayor of Dothan after a retiree noticed that patients often needed assistance when walking to and from the clinic parking lot. Those interested in volunteering can call Capt. Brian Turner at 255-7245.

Lyster activity classes

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

Thrift shop

The Fort Rucker Thrift Shop is open Wednesdays-Fridays from 10 a.m. to 2 p.m. The thrift shop needs

people's unwanted items. People can drop off donations at any time in the shed behind the shop (former Armed Forces Bank building) located in front of the theater next door to the bowling alley. Donations are tax deductible.

For more information, call 255-9595.

TRICARE Nurse Advice Line

Lyster Army Health Clinic uses the TRICARE Nurse Advice Line for all after-hours urgent care questions. Call 1-800-TRICARE (874-2273) to speak with a nurse 24 hours a day, 7 days a week.

ID card appointment system

Mondays, Wednesdays and Fridays from 7:45 a.m. to 3:45 p.m., the ID card service, located in Bldg. 5700, is available to people by appointment only to better serve the community and alleviate some of the long waits that people experience when getting their ID cards, according to military personnel division officials. If necessary, people will still be able to get their ID cards as a walk-in customer on Tuesdays and Thursdays from 7:45 a.m. to 3:45 p.m.

To make an appointment, people can visit <https://rapids-appointments.dmdc.osd.mil/appointment/building.aspx?BuildingId=876>.

When visiting the website, people can choose their desired appointment date by looking at the calendar that is available on the site. Days shown in green mean there are appointments available for the day, and days shown in grey mean there are no appointments available for the day.

People need only to select their desired appointment day, the time they wish for their appointment, and then fill out the necessary information on the screen. After their information has been submitted, a confirmation email should be sent to the address provided to confirm the appointment.

For more information, call 255-2182.

DISA to enforce email mailbox size limits

Army Chief Information Officer/G-6
Press Release

WASHINGTON — Effective Oct. 1, the Defense Information Systems Agency will enforce existing Department of Defense Enterprise Email Service Level Agreement mailbox size limits to lower costs, and improve efficiency and Outlook start-up times.

Each of the Army’s more than 1.4 million DEE accounts has a storage limit. Most users fall into the basic class, with a maximum storage limit of 512 megabytes. Business class users, with an operational requirement for a larger storage size, have a maximum storage limit of 4 gigabytes. Previously, those storage limits have not been enforced.

Even without strict enforcement, most Army users have stayed within their maximum allowable email storage. As of July 31, however, Army reports indicate that more than 75,000 Army personnel are storing more than 4GB of email. More than 7,700 user mailboxes exceed 10GB of storage each. That level of heavy use makes for a slow, inefficient and costly email system for both the individual user and the Army as a whole.

“Using email effectively is one way that today’s Army personnel can help reduce costs and make communications more



ARMY GRAPHIC

The Army successfully completed the bulk of its migration to DOD Enterprise Email in July 2013 and size limitations will soon be enforced for mailboxes.

agile – from the home front to the tactical edge,” said John Howell, U.S. Army Program Executive Officer Enterprise Information Systems product director, Enterprise Content Collaboration and Messaging. “Each user has a role to play to help facilitate state-of-the-art access to email from any location, by being mindful of the limits already in place to reduce costs and launch times.”

Clearing out old, outdated emails is good practice for any user. But, what if you aren’t already in the habit? All users at risk of exceeding their size limits will receive auto-generated warnings when their mailboxes exceed authorized limits. Basic users will receive that warning if their mailbox exceeds 410 MB of storage, while business users will receive the warning if their mailbox exceeds 3.7 GB

of storage. “The warning emails serve as a heads-up for users, to remind them to clear out extra emails before their mailbox size starts to impact their ability to use the email system,” said Howell. “We have resources and information available to help individuals who aren’t sure how to get a handle on their email’s storage issues.” If people’s email storage exceeds its limit, they will receive a second warning that the account will no longer be able to send email until the extra emails are cleared out. If the email account continues to grow – beyond 700MB for basic users or 4.6GB for business users – users will receive the third and final warning that the account will also lose its ability to receive incoming mail. At that point, anyone sending email to the outsized account will receive a non-delivery notification.

It is especially important to note that users can still store everything they were storing before, just not in their Outlook inbox. Additional email can be stored in personal folders as .pst files located on local drives or shared drives in accordance with local command policies.

Find tips and strategies for reducing your email’s storage overload on the Army Enterprise Service Desk’s Customer Support website at <https://esd-crm.csd.disa.mil/app/home/>.

Counterterrorism course builds a global team

By Christine June
George C. Marshall Center for Security Studies

GARMISCH-PARTEN-KIRCHEN, Germany — The premier counterterrorism course spearheaded by the U.S. Department of Defense and German Ministry of Defense graduated 75 participants from 51 countries Aug. 6, adding to a global team of more than 10,500 at the George C. Marshall European Center for Security Studies.

The Program on Terrorism and Security Studies’ graduation wrapped up four weeks of study on terrorism, its origins and more.

At the ceremony held in the center’s large plenary hall, Lt. Gen. Ben Hodges, commanding general of the United States Army Europe, emphasized the importance of networking and winning the fight against terrorists during his keynote address to participants before they received their graduation certificates.

“I can guarantee that within five years, you will be talking to someone in this room about a problem you need help with,” Hodges said.

Started in 2004, PTSS convenes twice a year, and brings together military and civilian counterterrorism practitioners from around the world to share their experiences and best practices to help countries develop a practical and workable strategy to deal with terrorism in their countries.

Describing PTSS as “a global team against a global threat,” Professor James Howcroft, PTSS 15-7 course director, said this class added to the more than 1,500 PTSS alumni from 131 countries of the Marshall Center’s network of 10,537 alumni from 146 countries.

Howcroft designed the course to highlight four objectives: understand the threat, build capacity, build network and enable transnational cooperation.

Course curriculum consisted of lectures from international government and non-government experts on a wide-range of topics dealing with counterterrorism. It also included seminars, case studies, a PTSS-designed exercise, and a field study trip to the Bayerisches Landeskriminalamt (Bavarian state police), Munich SWAT team and the 1972 Olympic Village.

Special Agents Thomas F. O’Connor and Jean K O’Connor, both with the Federal Bureau of Investigation’s Joint Terrorism Task Force, gave a presentation on evidence and prosecution July 31. In their presentation, the husband-and wife-team, who are Marshall Center alumni, discussed terrorism and major scene evidence collection and prosecution techniques.

Thomas attended PTSS in 2011 and Jean attended PTSS in 2012. “It’s too late to build partnerships when the bomb goes off,” said Thomas during his presentation. “PTSS builds those partnerships. PTSS is the international form of the FBI Joint Terrorism Task Force, which has 40 agencies working together to combat terrorism.”

The Foreign Terrorist Fighter Exercise was designed for the PTSS, said Tamir Sinai, exercise program manager at the Marshall Center’s College of International Security Studies.

As of mid-2015 it is estimated that 25,000 foreign fighters from as many as 100 countries have made their way to Syria and Iraq, said Dr. Sam Mullins, professor of counterterrorism, during his overview before the exercise on July 20. Mullins added that significant numbers of foreign fighters have already returned to their countries of origin and there is great concern about the threat that they pose. “The exercise encourages an in-depth exchange on the different national approaches and best practices of how to deal with this dan-



PHOTO BY SGT. AMANDA MONCADA

Inspector Anandah Nursimulu, police force inspector at the Mauritius Special Supporting Unit, looks through the scope of a sniper rifle during a field study trip to the Bavarian SWAT team as part of the four-week George C. Marshall European Center on Security Studies’ Program on Terrorism and Security Studies July 22 in Munich.

gerous phenomenon,” said Sinai.

As a desk officer for the Defense Intelligence Agency in Nigeria, PTSS 15-7 participant Ada Iye Idoko writes daily reports on the activities of Boko Haram, a terrorist group operating in Nigeria and neighboring countries: Chad, Cameroon and Niger.

“I always tried to relate what I learned in class and also from my fellow classmates, to Nigeria and how to use the tools, resources and strategies to tackle Boko Haram,” Idoko said. “What was really good about this course is that there were 50 other countries represented in my class, and this was very important for networking, as well as a better understanding of various cultures and terrorist groups they are dealing with and how it relates to Boko Haram.”

Participants hailed from: Afghanistan, Albania, Armenia, Bangladesh, Belize, Bosnia and

Herzegovina, Botswana, Cameroon, Costa Rica, Croatia, Czech Republic, Dominican Republic, Egypt, Estonia, Georgia, Germany, Greece, Hungary, Ireland, Italy, Kenya, Kosovo, Kyrgyzstan, Latvia, Macedonia, Malaysia, Mali, Malta, Mauritania, Mauritius, Moldova, Morocco, Nigeria, Pakistan, Peru, Philippines, Poland, Romania, Rwanda, Senegal, Serbia, Sierra Leone, South Africa, South Korea, Tanzania, Thailand, Togo, Tunisia, Uganda, United States and Uzbekistan.

The mission of the Marshall Center, as a vital instrument of German-American cooperation, is to create a more stable security environment by advancing democratic institutions and relationships; promoting active, peaceful, whole-of-government approaches to address transnational and regional security challenges; and creating and enhancing enduring partnerships

worldwide.

The Marshall Center offers eight resident programs that examine complex transnational, regional and international security issues: Program on Terrorism and Security Studies, Program on Applied Security Studies, Program on Security Sector Capacity Building, Seminar on Regional Security, Seminar on Transnational Civil Security, Countering Narcotics and Illicit Trafficking, Program on Cyber Security Studies and Senior Executive Seminar.

More information on these and other Marshall Center activities is available at www.marshallcenter.org.

For those who are interested in attending a Marshall Center resident program, call the Registrar’s Office at +49 (0)8821-750-2656/2530/2327 or 314-4402-656/530/327, or email registrar@marshallcenter.org.

PUBLIC NOTICE:

Fort Rucker Solar Array

Notice is hereby given that the U.S. Army, Fort Rucker, Ala., has prepared a Final Draft Environmental Assessment (EA) for a 30-year Utilities Easement with Alabama Power for the design, construction, operation and maintenance of a Photovoltaic Solar Array System capable of a capacity greater than 10 Megawatts of renewable energy. The Easement will be for approximately 110 acres within the Fort Rucker installation boundary.

Copies of the EA have been provided for public review at the Daleville Public Library located at 308 Donnell Blvd., Daleville, AL, 36322, phone number 334-503-9119; and the Fort Rucker Cen-

ter Library, Building 212, 5th Ave., Fort Rucker, AL, 36362, phone number 334-255-3885; and the Sustainable Fort Rucker Website at <https://www.fortrucker-env.com/programs.aspx?cur=33>.

The EA will be available for review and comments for 30 days starting Aug. 13. Comments on the EA should be sent to: Ms. Leigh Jahnke, Directorate of Public Works, Environmental and Natural Resources Division, ATTN:IMRC-PWE, Building 1121, Fort Rucker, AL, 36362 or leigh.m.jahnke.civ@mail.mil.

Comments will be addressed and incorporated into the Final EA.

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Conventional, special forces team up

By C. Todd Lopez
Army News Service

FORT IRWIN, Calif. — Rounds from an M1A1 main battle tank followed by rockets from a High Mobility Artillery Rocket System illuminated the desert, kicking off a Joint Forcible Entry exercise.

The JFE was designed to test the ability of both special and conventional forces to work together to seize an objective in a location that is controlled entirely by an enemy.

As part of the JFE exercise at the National Training Center Aug. 5 and 6, about 1,500 service members provided a demonstration of American military power. Senior military leaders and journalists were invited to the training area in the dark of night to watch portions of the exercise — the first of its kind in years.

The primary goal of the JFE was to use a joint capability to seize an airfield and then once secured, seize additional objectives and also expand the lodgment there to bring on a larger force, if needed. The concept of a joint force, working together, to come into an area held by an enemy, seize that area, and create an opening for follow-on American forces to enter into a battle space is a joint forcible entry.

“This is about deterrence. We are making sure everybody knows that we have a capability, if we have to, to force our way into an area, if it is in our nation’s best interest,” said Chief of Staff of the Army Gen. Ray Odierno. “I think it’s important for everyone to understand we have this capability. That’s why it is so important we work on this and practice it.”

Soldiers with the 11th Armored Calvary Regiment at Fort Irwin, along with partners from XVIII Airborne Corps; 82nd Airborne Division; 75th Ranger Regiment; 3rd Battalion, 10th Special Forces Group (Airborne); and units from the Air Force were called upon to demonstrate their ability to work together to project American military power anywhere across the globe.

Showing the interoperability of forces, highlighting the interdependence and testing the ability of joint forces to work together was a critical part of the JFE, said Gen. Joseph L. Votel, commander of U.S. Special Operations Command.

“One of the key lessons we’ve learned over the last 14-15 years of constant war from a Special Operations standpoint, is that we are hugely dependent on the conventional forces. We don’t do anything by ourselves. We are completely enabled by them. So this interoperability, this integration, this interdependence... is really demonstrative of how we want to work together in the future. It really provides our nation a much greater capability,” He said.

At dusk, in the middle of nearly 1,200 square miles of training space inside the Mojave Desert, tanker Soldiers with the 11th Armored Calvary Regiment — a unit stationed at Fort Irwin that usually serves as the opposing forces for units who rotate in to the National Training Center to train — lined up nine M1A1 Abrams battle tanks



PHOTO BY C. TODD LOPEZ

AH-64 Apache aircraft were part of the Joint Forcible Entry exercise Aug. 5-6 at the National Training Center on Fort Irwin, Calif.

and fired on near-peer enemy forces from Denovia, one of the two fictional countries involved in the conflict that was central to the exercise scenario.

Lt. Col. Jon Poole, the operations officer for the National Training Center, explained the training scenario in detail, which involved the fictional countries of Atropia and Denovia.

Within the scenario, the four northern provinces of Atropia held elections nine months ago that put in charge a “Balosivar ethnic group,” which he abbreviated as “BFB,” that subsequently began ethnic cleansing of ethnic Atropians.

Three months later, “we saw some Denovian cross-border action that was condemned by the U.S. and Europe. The U.N. security council drafted some resolutions against the Denovian cross-border aggression,” Poole said.

A month ago, he said “based on the BFB ramping up their cleansing, as well as Denovian actions along the border, some training actions, the U.S. sent some Special Operations Soldiers to assist in training some local personnel within those provinces in Atropia — at the request of the Atropian government, in conducting unconventional warfare operations.”

Finally, just nine days before the start of the JFE, he said, Denovian military forces, a near-peer army, crossed into Atropia.

Watching it unfold

Spectators had been bussed into the war zone and set up on bleachers to watch the battle unfold. The tanks were just a short hike away from viewers. Those in the bleachers were instructed to wear ear and eye protection. Behind the scenes, an announcer called a play-by-play of the action over a loud speaker.

Using their tank’s main guns, along with machine gun fire, and aided by AH-64 Apache aircraft, the tankers delivered devastating blows to enemy Denovian forces.

“They are holes now,” said Capt. William Larsen of their targets. He served as commander of one of the tanks, as well as commander of Delta Company, 1st Squadron, 11th (Armored Cavalry

Regiment), known as the Death Dealers.

“What we did was set the conditions for the bigger picture for the JFE exercise. It kind of tells the story about an artillery raid being done by the High Mobility Artillery Rocket System,” he said. “We attacked forward to create the space for that HIMARS to move in and destroy air defense in the vicinity of objective Desoto.”

“Everything went off as planned without a hitch,” Larsen said. “All the guys were shooting great. All the crews were doing the right things. There was great movement. Everything looked and sounded great.”

Once Larsen and the other tanks had made the area safe, a HIMARS rolled in and fired off several rockets meant to take out enemy air defenses that were protecting a landing strip located at Objective Desoto — another part of Fort Irwin where spectators would later be taken to watch another part of the exercise.

“This is kind of the next step,” Larsen said of the JFE. “It’s something that hasn’t been practiced as much in the last 10 years, where we had focused on counter-insurgency. This is really to show, and practice, being able to integrate different international and intergovernmental agencies, and within the services, as well — to be able to project combat power forward if needed.”

3 objectives

The HIMARS had launched rockets over a distant mountain, not at the enemy vehicles that were visible at the base of those mountains. Where those rockets hit was not visible to spectators. But they were, in fact, aimed at enemy air defenses on the other side of the mountains that were protecting the landing strip American forces aimed to seize as part of Objective Desoto.

After watching Abrams tanks and three Apache helicopters eliminate Denovian forces, and the HIMARS launch its rockets over the mountains, spectators were bussed to a nearby landing strip and loaded aboard CH-47 Chinook helicopters for a 12-minute ride to Objective Desoto, where they would watch the second phase

of the operation.

Desoto actually included three sub-objectives — each with their own name. First was the landing strip, called Objective Coolidge. Rangers with the 2nd Battalion, 75th Ranger Regiment, flying in CV-22 Osprey aircraft from Joint Base Lewis-McChord, Washington, about 900 miles north would be responsible for securing the strip.

To the west of the landing strip, about 1,500 meters away, is a small town called Nur on the Fort Irwin map. For visitors, it’s one of a dozen or more fabricated prop-towns that are used for training purposes. The Army built these small towns, like Hollywood sets, all over Fort Irwin. For the Army Rangers participating in the JFE exercise, it was Objective Carter.

Less than 300 meters south of the landing strip was Objective Cleveland, another training town on Fort Irwin, called Dezashah. Paratroopers from 2nd Brigade, 82nd Airborne, would drop from the sky onto the landing strip — after it had been secured by the Rangers — and then proceed south to take control of the town.

Up in the mountains overlooking Objective Desoto were Soldiers of 3rd Battalion, 10th Special Forces Group, known as Green Berets.

“They have been there for days, watching this objective. Real Soldiers, watching and reporting everything that’s been going on out here,” said Lt. Gen. Stephen J. Townsend, commander of the XVIII Airborne Corps.

Townsend explained to spectators how the Green Berets had used “covert infiltration platforms to sneak their guys into the battlefield.”

The JFE involved special forces and conventional forces working together against a “hybrid threat” that included insurgents, terrorists, criminal elements and conventional near-peer forces.

Votel said the lessons learned from the JFE will ensure the Army is ready for any fight it may face in what the Army’s chief of staff has called an increasingly complex world.

“This creates more muscle memory with these organizations. While we may never exactly replicate exactly what we are doing tonight, there will be lessons learned — there will be experiences out of this, we will see things that go well, things that don’t go as well as we want them to, and we will learn from that,” Votel said. “This is about building readiness and about creating experiences together that allow us to provide options and do things in a more effective way in the future.”

Odierno said the real-world missions similar to the scenario that drove the JFE could happen anywhere in the world.

“It’s up to us to have the capability to go anywhere, anytime, no matter what continent it is, and be able to put a joint capability on the ground that can secure terrain that then allows us to bring on follow-on forces,” Odierno said. “We have the capability to do this.”

The general said the JFE exercise is something he wants to see happen on a yearly basis.

Soldiers inch closer to earning Ranger Tab

Maneuver Center of Excellence
Press Release

FORT BENNING, Ga. — The U.S. Army Maneuver Center of Excellence announced July 31 that 125 men and two women met the standards to complete the Mountain Phase of the Ranger Course.

These students will moved onto the Swamp Phase of Ranger School Aug. 2 located at Camp Rudder in Eglin Air Force Base, Florida. Additionally, 60 men and one woman will be recycled, or given a second attempt at the next Mountain Phase of Ranger School, which started Aug. 8.

Maj. Gen. Scott Miller, commanding general of the Maneuver Center of Excellence, said “(Command Sgt. Maj. Timothy) Metheny and I had the opportunity to observe and participate in training with Class 08-15. Day 9 of a 10-day field training exercise in the north Georgia mountains develops all of the qualities we are looking for in our future Rangers: grit, refusal to quit, tactical competence and, perhaps most importantly, teamwork while under extreme individual conditions. It is impressive to observe the students’ problem solving in this environment, and equally impressive to watch our Ranger instructors coach, teach and mentor in an absolutely professional manner.”

The Swamp Phase of the Ranger Course is 17 days of extended platoon-level operations executed in the coastal swamp environment near Valparaiso, Florida. The phase consists of two jumps for Airborne qualified personnel, four days of waterborne operations training to include small boat movements and stream crossings, a 10-day

field training exercise with student-led patrols and two administrative days where the students are counseled on their performance during the phase.

Students who meet the standards of the Swamp Phase travel to Fort Benning Aug. 21 to graduate at Victory Pond.

On July 11, 158 men and three women began the demanding training in the mountains around Dahlonega. Highlights of the training included military mountaineering, a knot test, a 1.8-mile foot march straight up Mount Yonah and platoon level combat patrols. Six men failed to meet the standards of the Mountain Phase of the course and have been dropped from the course. For a variety of reasons, these students were unsuccessful at meeting the standard. However, the vast majority being dropped from the course were unable to successfully lead a patrol.

“The Ranger students, both male and female, are two-thirds of the way done with the Ranger Course. I was very impressed with the students’ toughness at leading platoon-size patrols in the north Georgia mountains, during this extremely hot summer. The coastal swamps of Florida will continue to test the students — only the best will be successful and earn the Ranger Tab,” said Col.



PHOTO BY SPC. ERIC HURTADO

Soldiers conduct mountaineering training during the Ranger Course on Mount Yonah in Dahlonega, Ga., July 14.

David Fivecoat, commander of the Airborne and Ranger Training Brigade.

More information regarding the Ranger Course can be found at <https://www.benning.army.mil>.

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GUNNERY



PHOTO BY GERTRUD ZACH

Aviators assigned to 2nd Battalion, 159th Attack Reconnaissance Regiment, 12th Combat Aviation Brigade fire the M-230 30-mm automatic cannon on an AH-64 Apache Longbow during an aerial gunnery at the 7th Army Joint Multinational Training Command's Grafenwoehr Training Area, Germany, Aug. 5.

FOND FAREWELL

10th Combat Aviation Brigade says goodbye to Kiowa



PHOTO BY SPC. OSAMA AYYAD

OH-58D Kiowa Warriors, from the 6th Squadron, 6th Cavalry Regiment, 10th Combat Aviation Brigade conduct a rehearsal flight over New York's north country before the squadron's final flight.

By Capt. Peter Smedberg
10th Combat Aviation Brigade
Public Affairs

FORT DRUM, N.Y. — The skies over New York's north country had a solemn feel as the 10th Combat Aviation Brigade's 6th Squadron, 6th Cavalry Regiment conducted its final OH-58D Kiowa Warrior flight over the post and the surrounding communities July 28.

The mass formation flight of 30 aircraft marks the end of an era as the aging but reliable OH-58D Kiowa is scheduled to leave Fort Drum soon.

The retirement of the OH-58D Kiowa Warrior aircraft is a direct result of the continuing evolution



PHOTO BY CAPT. PETER SMEDBERG

OH-58D Kiowa Warriors conduct a low flyover above Memorial Park on Fort Drum, N.Y., during the squadron's final Kiowa Warrior flight July 28.

of the national military strategy and the changing environment in which the United States will have to conduct its global mission in the future.

The aircraft and support equipment specific to the aircraft will be transported to a centralized processing location on Davis-Monthan Air Force Base, Arizona, later this summer.

Col. Michael C. McCurry, 10th CAB commander, was one of the first 10th Mountain Division (LI) Aviators to fly the Kiowa Warrior as the aircraft was being fielded in the division in 1994.

"The Army is continually in transition," he said. "We are constantly improving ourselves, whether it be in training or equipping."

McCurry, who piloted the lead aircraft in Tuesday's final Kiowa Warrior flight, has seen the aircraft's mission in the 10th Mountain Division come full circle.

"I feel pretty blessed to have been in the first flight of Kiowa that landed here in 1994, and now, as the brigade commander, I get to see them off and fly with these great cavalry pilots on their last mission before we turn the aircraft in," he said.

Although the equipment is changing, the spirit, determination and esprit de corps among 6-6th Cavalry troopers remains constant, the commander said.

"Today was a special occasion for all of us," said CW4 Thomas Montijo, 6-6th Cavalry standardization instructor pilot. "We have all served

SEE 10TH CAB, PAGE B4

4th CAB conducts UAS training

By Sgt. Jonathan Thibault
4th Combat Aviation Brigade
Public Affairs

FORT CARSON, Colo. — Preventing the endangerment of Soldiers and targeting enemies is a military leader's goal. Unmanned aircraft systems can help make that goal a reality.

UAS operators from 4th Combat Aviation Brigade, 4th Infantry Division, conducted training at Camp Red Devil Training Area July 23.

"We worked out of a ground station (that) allows two personnel to keep track of the UAS while it's in flight," said Staff Sgt. Joshua Johnson, UAS sergeant, A Company, 1st Attack Reconnaissance Battalion, 4th Aviation Regiment, 4th CAB.

"We work off of five different radios at a time and watch camera feeds from the UAS."

Johnson talked about the UAS' many lifesaving capabilities and enemy targeting potentialities.

"The UAS have the ability to perform reconnaissance to give us feeds that we can send to our aircraft," said Johnson. "This allows them to see the enemy without putting them in harm's way. It can also act as a targeting system (that) can help aircraft and troops on ground to zero in on enemy targets."

The UAS is a highly mobile system that can be moved across the battlefield with ease, said Johnson.

SEE TRAINING, PAGE B4



PHOTO BY SGT. JONATHAN THIBAULT

Spc. Kory Mertens, unmanned aircraft systems maintainer, A Company, 1st Attack Reconnaissance Battalion, 4th Aviation Regiment, 4th Combat Aviation Brigade, 4th Infantry Division, takes a UAS to be checked out before its next flight during training conducted at Camp Red Devil Training Area July 23.



PHOTO BY CAPT. DANIELLE KILLIAN

Spc. Brittany Clark, UH-60 Black Hawk mechanic, 2nd Battalion, 3rd Aviation Regiment, 3rd Combat Aviation Brigade, 3rd Infantry Division sits inside a UH-60 Black Hawk helicopter during a SHARP training video shoot on Hunter Army Airfield, Georgia, Aug. 4.

SHARP

3rd CAB participates in latest video

By Capt. Danielle Killian
3rd Combat Aviation Brigade
Public Affairs

HUNTER ARMY AIRFIELD, Ga. — Soldiers of 2nd Battalion, 3rd Aviation Regiment, 3rd Combat Aviation Brigade, 3rd Infantry Division participated in an Army Sexual Harassment/Assault Response Prevention training video Aug. 4.

Venture Media, a video production company based outside of Charlotte, South Carolina, was contracted by the Army to film the latest series of SHARP training videos on Fort Stewart and Hunter Army Airfield. The production company chose 3rd CAB's

hangars to shoot some of the scenes.

"We are doing a spot called workplaces, where we are seeing people in all different workplaces within the Army," said Jim Duffy, director of filming. "The noncommissioned officer was interacting with their troops, as well as calling a meeting about SHARP and just going over the SHARP rules and regs, making sure everyone knows who the sexual assault response coordinators and victim advocates are and that sort of thing."

Twelve Soldiers and one senior NCO from 2nd Bn., 3rd Avn. Regt. worked on a

SEE SHARP, PAGE B4

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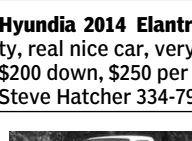
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10th CAB: 6-6th Cavalry’s mission changes

Continued from Page B1

alongside cavalrymen that are no longer with us – this final flight allows us to honor their memory.”

Before returning to Wheeler-Sack Army Airfield for the last time, a flight of six Kiowa Warriors made one final pass over Memorial Park and 10th Mountain Division headquarters in the missing man formation to honor all of

the air cavalry troopers who have made the ultimate sacrifice.

“It’s a whirlwind of emotion right now,” McCurry said. “I have tremendous pride in everything that these Soldiers have done and the Soldiers that we’ve lost.”

The divestment of the Kiowa Warrior will not mark an end to the 6-6th Cavalry’s mission. The squadron will be fielding AH-64 Apaches and Shadow unmanned aircraft

systems to continue to accomplish the aerial scout mission.

“The first thing I tell people is, ‘we’re not getting rid of scouts,’” McCurry said. “I expect you to still be a scout whether you’re riding a horse, driving a Bradley (Fighting Vehicle), flying a Kiowa Warrior, an Apache or (a UAS). I still expect you to apply the fundamentals of reconnaissance and security, and be a scout.”

Training: Coordinators help deconflict UAS airspace

Continued from Page B1

“We can set up a full UAS in three to four hours,” said Johnson. “We can put it away even faster. We are training to – hopefully one day – be able to jump from one location to another while managing the UAS in the air and land them safely at our new destination.”

Spc. Steven Anderson, UAS operator and mission coordinator, helped deconflict airspace and set up UAS operational tasks for daily training.

“I act like an air traffic controller, but without the radar,” said Anderson. “We don’t direct the UAS in the air to change courses. We simply tell the operators where not to fly to keep incidents from happening. I also keep our tasks in order

to make our missions more efficient.”

Anderson explained the effects of weather on the UAS and the precautions they take to prevent accidents.

“Our systems are very automated to keep human error low,” said Anderson. “We watch the weather very carefully. We don’t want weather to affect our satellite systems and cause us to have lags in communication with the UAS.”

Johnson said UAS operators go through thorough training that is in line with Federal Aviation Administration guidelines.

“We go through a year of UAS training,” said Johnson. “At school, we learn basic map reading and digital imagery, and then we learn FAA rules from the FAA Ground School. Once that is successfully completed, we move on to actual simulated flights.



PHOTO BY SGT. JONATHAN THIBAUT

A UAS from 1st ARB, 4th Avn. Regt., lands during UAS training.

When we get to our duty stations, we participate in a progression program. Operators progress to different levels once they

complete landmark tasks that are observed by operators who have completed the progression program.”

SHARP: Soldiers enjoy opportunity to help create video



PHOTO BY CAPT. DANIELLE KILLIAN

Soldiers from 2-3rd Avn. Regt. shoot a workplace scene for the upcoming Army SHARP training videos.

Continued from Page B1

UH-60 Black Hawk in the scene.

Spc. Brittany Clark, a native of Houston, isn’t used to cameras and hot lights while working as a Black Hawk mechanic.

“I’m not normally filmed every day,” said Clark. “I was kind of nervous about being on camera, but it was a fun experience.”

Sgt. 1st Class Justin Reese, shops platoon sergeant, D Company, 2nd Battalion, 3rd Aviation Regiment, was the senior NCO of the group and was center stage for much of the shooting.

“I didn’t know what to expect because, you know, you start thinking about the past SHARP videos and how they were done, so I kind of had an idea of what it would be like, but not to the fullest extent,”

said Reese, who hails from Douglasville, Georgia.

“I really enjoyed it. I thought it was a good time and I think it is a good thing to put the word out about SHARP.”

It was an unusual day for the Soldiers, but everyone enjoyed the experience and the director was pleased with the video shoot.

“The shoot went great today,” said Duffy. “It could not have been more cooperative here at the hangar. Everybody was terrific. They were closing doors for us when we need doors closed for lighting, they couldn’t do enough for us. They were terrific.”

Venture Media will begin post-production of the videos and editing can take up to four months. The finished product will appear on the Army’s SHARP website shortly after post-production.

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AUGUST 13, 2015

YOUTH CENTER

Offers fun, arts, learning, more

By Nathan Pfau
Army Flier Staff Writer

The Fort Rucker Youth Center is one of the installation's gems for youth on post, and to showcase all it offers, the center gave parents and youth the opportunity to better get to know the facility and those who work there.

The center hosted an open house Friday to give parents and their children the chance to participate in some friendly competition, take a tour of the facility, and even get their hands on some snacks and refreshments.

"We wanted to hold an event for the new sixth graders to come and feel welcome and this is a good opportunity for that," said Felisa Matthews, lead program assistant for child, youth and school services. "This was a good chance for parents, too, to come out and get a view of what their children are doing in the afternoons. They can see what we have to offer here at the youth center."

As parents and children arrived for the open house, they started the evening off with refreshment and snacks in the form of snow cones, chicken wings, meatballs and nachos, and they were able to take a tour of the facility, showcasing its many amenities.

The facility offers sports and fitness activities, academic support, mentor support, arts and crafts activities, afterschool programs, leadership and life skill opportunities, as well as other leisure activities.

There is a gymnasium, complete with basketball court and rock-climbing wall, as well as a



D'Angelo Threat and Isaiah Reynolds play foosball as Madison Haly watches on during an open house at the Fort Rucker Youth Center Friday.

skate park located outside.

The center also boasts multiple activity rooms, including a youth technology lab where youth have computer access for learning and games with computer programs that can be used for activities, such as videography, digital photography and more.

There is also an arts and craft area that children can explore their creative side with sewing, paper and music crafts, as well as an interactive fitness area that children can use to keep up on their fitness. There is even an en-

tertainment area that focuses on music, dance and song, where children can use amenities like the vocal booth, keyboard and digital drum pads, and more.

Children can also relax in the common area where they can enjoy refreshments, hang out with friends, play foosball or even play video games. There is even an area for homework, which offers homework assistance and educational activities, all of which is free to use for military families whose children are enrolled in the CYSS program. The program

also provides opportunities for university and college field trips, as well as leisure field trips.

During the open house, not only were parents and children able to see everything the youth center has to offer, but they also got the chance to participate in some friendly competition with a youth-on-youth dodgeball tournament.

"I really like it here," said Jeremy Thompkins, military family member. "I like the people here and it's just fun to come here in the afternoons and have a place

to hang out with my friends, and the people who work here are really nice, too."

The center's hours of operation are Mondays-Thursdays from 2:30-8 p.m., Fridays from 2:30-10 p.m. and Saturdays from 1-11 p.m.

Children must be enrolled in the CYSS program to visit the youth center, and all visitors, including parents, must sign in at the front desk for the children's protection.

For more information, call 255-2271 or 255-2260.

GIRLS NIGHT OUT

DFMWR, vendors cater to ladies

By Nathan Pfau
Army Flier Staff Writer

One of the most popular events for ladies is returning to the ballroom at The Landing for its second round this year.

The Directorate of Family, Morale, Welfare and Recreation is hosting its Girls Night Out Friday from 6-9 p.m., and it's a chance for ladies to win door prizes, browse vendors and just let their hair down, accord-

ing to Janice Erdlitz, DFMWR marketing director.

"Girls Night Out is super popular event (DFMWR) hosts twice a year, and for this event we will have vendors showcasing their various services, including spas, medical services, clothing, jewelry, cosmetics and much more," she said. "We have over 41 booths this year and the event will feature a DJ, dancing, shopping, fashion show and other fun interactive opportunities for

women to experience."

The vendors and organizations typically cater to women and can range from spa treatments and vacation destinations to shopping and medical specialists.

Tickets are \$10 and can be purchased the night of the event, and the event is open to the public for people ages 18 and older.

Several businesses and vendors will be providing door prizes that will be given out throughout the evening, and the grand prize drawing will be held at 9 p.m. for a Michael Kors bag, so Erdlitz encourages people stick around for the drawings. People must be present to win prizes.

The last iteration of Girls Night Out saw nearly 300 women come out from around the community, and Friday night's event is expected to be just as successful and is all part of giving back to people in the community.

"A big part of what we do is providing morale boosting and recreational fun," said the marketing director. "Girls Night Out is a much-loved event and we typically have women head over directly from work to enjoy the festivities. It's just a fun opportunity for our female population to get together, relax and just enjoy a girls night out."

For more information, call 255-1749.



Ladies take to the dance floor during a previous Girls Night Out. The next event is Friday from 6-9 p.m. at The Landing.

PHOTO BY NATHAN PFAU

VOLUNTEER OPPORTUNITIES

Army Community Service

Position: Army Family Action Plan Conference (Nov. 4-5) 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 after-action review meetings and provide input for the final AAR. Serve as a spokesperson for the AFAP program. Adhere to guidelines as outlined in Army Regulation 608-47, AFAP Program Handbook and the installation AFAP Program standard operation procedure.

For more information, call 255-9637.

Position: Greeter, Information and Referral

Duties: Assist in welcoming and directing clients into ACS. Answer the telephone. Provide light clerical support relative to ACS Information and Referral Program. If interested, call 255-3161.

ON POST

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

Army Family Team Building app

People can now complete Army Family Team Building training through AFTB’s new app. Visit <http://www.ftruckerfmr.com/acs/army-family-team-building/> to find the direct link to the app. Once complete, people can contact Fort Rucker AFTB to receive their certificate. Search for AFTB in the app store for Apple devices.

For more information, call 255-9637.

Mom & Me: Dad too!

Army Community Service hosts its Mom & Me: Dad too! playgroup Mondays from 9:30–11 a.m. at the Wings Chapel nursery. The playgroup is for families with children ages birth to 3 years old.

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

Girls Night Out

The Landing will host Girls Night Out Friday in the ballroom from 6-9 p.m. The event will feature fashion, fun and prizes, with a DJ providing entertainment while attendees visit the numerous organizations on hand from throughout the community that cater to women, according to organizers. Prize drawings will be held throughout the evening, with a grand prize drawing at 9 p.m. – people must be present to win prizes. This event is open to the public for ages 18 and older. Tickets are on sale for \$10. For more information, call 598-2426 or 255-1749.

Resilience training

Army Community Service will host family member resilience training Monday and Tuesday from 8:30 a.m. to 3 p.m. at The Commons. The training is designed to give people the tools they need to become more resilient in all the challenges that life may throw at them. People need to register today.

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

Youth center membership competition

Fort Rucker Child, Youth and School Services hosts a youth center membership competition throughout August. For every new member an active CYSS member brings in to the youth center, Bldg. 2800, their name and the new member’s name will be put into a drawing for a grand prize at the end of the month. The more friends a person brings in to sign up, the greater the chance they will have to win. Youth must be between the ages of 11-18 and in grades six-12 to become a member – membership is free. Families eligible for services include active-duty Soldiers, activated or mobilized Guard and Reserve Soldiers, contractors and Department of Defense civilians.

For more information, call 255-2260.

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 Aug. 20. 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.

Newcomers welcome

Army Community Service will host a newcomers welcome Aug. 21 from 8:30–11 a.m. at The Landing. Active-duty military, spouses, foreign students, Army civilians and family members are encouraged to attend. A free light breakfast and coffee will be served. For free childcare, people can register their children at the Fort Rucker Child Development Center by calling 255-3564. Reservations must be made 24 hours prior to the newcomer welcome.

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

Deep sea fishing trip

Fort Rucker Outdoor Recreation will host a deep sea fishing trip aboard the Vera Marie in Destin, Florida, Aug. 22. All trip goers need to do is sit back, relax and enjoy a day of fishing, according to ODR staff. The bus will depart Fort Rucker at 3 a.m. from the West Beach, Lake Tholocco parking lot and return at 8 p.m. ODR recommends people



PHOTO BY NATHAN PFAU

Soldier Show

A scene from last year’s Soldier Show performance. The 2015 U.S. Army Soldier Show will perform in the Wiregrass Aug. 20 and 21 at 7 p.m. each day at the Enterprise High School Performing Arts Center. The Soldier Show is a live Broadway-style variety performance featuring the Army’s best talent. This year’s production, “We Serve” explores the foundational elements of what it means to serve, in and out of uniform, as well as how our country in return serves them. This year’s show is sponsored by GM Military Discount and CHASE. Admission is free. No tickets are required. Doors open one hour prior to the show. Seating is on a first-come, first-served basis. For more information, call 255-9810.

bring a small cooler with drinks and snacks (no glass). The staff plans to stop on the way back to get food, but the cost for food is not included in the price. The cost is \$65 per person, plus a tip. The price includes transportation to and from Destin, bait, rod, reel, fishing license, six-hour fishing trip, and people’s fish cut and cleaned at the end of the trip. The trip is open to the public, but limited to 36 participants.

For more information or to sign up, call 255-4305 or 255-2997.

Get REAL

Fort Rucker Army Family Team Building will host its free Get Rucker Experience Army Learning workshop Aug. 25 from 8:30 a.m. to 2:30 p.m. at the Divots Banquet Room at Silver Wings Golf Course. Get REAL is billed as being for people who may be confused by Army life who want to make new friends and learn more about Fort Rucker. Topics include: acronyms, Army customs and courtesies, military rank, community resources and more. Advanced registration is required. The workshop is open to active duty and retired military, Department of Defense civilian employees and their family members.

For registration, childcare and more information, call 255-9637.

Right Arm Night

The Landing Zone will host Right Arm Night Aug. 27 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 Aug. 28 from 9–10 a.m. in Bldg. 5700, Rm. 371D. 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.

SHARP awareness car wash

The Fort Rucker Installation Sexual Harassment/Assault Response and Prevention Team will host a SHARP awareness car wash Aug. 28 from 11:30 a.m. to 1p.m. at The Commons, Bldg. 8950, on 7th Avenue. People are welcome to meet the SHARP team, and receive information on the prevention and increase their awareness of sexual harassment and assault while they get their

DFMWR Spotlight

An Army Community Production

THE 2015 U.S. ARMY SOLDIER SHOW

WE SERVE

DATE AND TIME
August 20 & 21
7:00 pm–8:30 pm

LOCATION
Enterprise High School
Performing Arts Center

Admission is FREE!
No tickets required

The 2015 U.S. Army Soldier Show, proudly presented by Family and MWR, returns with a live high-energy variety performance featuring the Army's best talent. Doors open 1 hour prior to show time. Seating is first-come, first-served.

For more details contact Family & MWR, (334) 255-9810.
Open to the Public www.ftruckerfmr.com

car washed for free.

For more information, call 255-2382.

Child, Family Find Campaign

The Exceptional Family Member Program will conduct its Child and Family Find Campaign throughout September to identify active duty military families with special needs. Special needs can include physical, intellectual, developmental delays, and emotional impairments that require special treatment, therapy, education, training or counseling. Enrollment is mandatory for Soldiers who are active duty, Reserve Soldiers in the USAR-Active Guard Reserve program and Army National Guard personnel serving under authority of Title 10, United States Code who have EFMs. Mobilized and de-

ployed Soldiers are not eligible. When possible, Soldiers are assigned to an area where the medical and special education needs of their EFM can be met. If you are a Soldier with a family member with a special need or disability or have knowledge of someone who is disabled or with a special need, call the EFMP at Lyster Army Health Clinic at 255-7431. Lyster’s EFMP conducts EFM screenings, enrollments, updates and dis-enrollments. By regulation, Soldiers in EFMP are required to update their EFM enrollment every three years or sooner if services for special needs are no longer required. For EFMP advocacy services, respite care, information and referral services, free educational and training opportunities, resource library and relocation assistance, call 255-9277.

FORT RUCKER MOVIE SCHEDULE FOR AUGUST 13-16

Thursday, August 13

Magic Mike XXL (R)
.....7 p.m.

Friday, August 14

Jurassic World (PG-13)
.....7 p.m.

Saturday, August 15

Ted 2 (R)
.....7 p.m.

Sunday, August 16

Minions (PG)
.....1 p.m.

Yard Party for Art features local food, drink, music

Wiregrass Museum of Art
Press Release

DOTHAN — The Wiregrass Museum of Art’s Yard Party for Art, a fundraiser for arts education and popular end-of-summer event in Dothan, is Aug. 22 on the lawn of the museum.

This year’s YPA will feature all things local — food, music and beverages.

Dothan’s own K-JAMS, longtime musical supporters of WMA, will headline the evening, bringing their good-time music back to the yard. Kane and the Catalina Kings, a local foursome comprised of Troy University graduates, will open the event with 1980s and 1990s alternative rock hits.

KBC Butcher Block will have their newly-minted food truck on site serving locally-sourced fare. Two other food trucks, Bite Club and KJ’s Shack, will round out the food offerings. Dothan Ice Cream Company will be on hand to offer the crowds artisan ice pops for dessert.

Former WMA board member Harry Hall will once again cook gourmet Gold Plate dinners with his pop-up restaurant, Harley’s Landing.

Formed in 1993 by Hall and several friends to serve food at a downtown event called the Strutters Ball, Harley’s Landing is the exclusive provider of Gold Plate dinners



COURTESY GRAPHIC

for Yard Party.

Each year’s meal features fresh fish from the gulf with several sides.

Hall says the dinner will have a Latin flare this year, including “fresh red snapper under a sofrito sauce with a Cuban dish called con-gri, which is black beans and rice seasoned in a special way.”

There will be fried cornbread and grilled watermelon with a balsamic glaze for dessert.

Several of the ingredients for the meal will be provided by Gaucho Farms, an organic

farm located in Slocomb.

Tickets for this year’s Yard Party for Art are for sale at the gate and online at <http://www.wiregrassmuseum.org/yard-party-for-art/>.

General admission is \$15 pre-sale and \$20 at the gate, \$30 for reserved seating next to the stage, and \$60 for Gold Plate tickets.

For more information, call 794-3871 or visit <http://www.wiregrassmuseum.org>.

Yard Party for Art 2015 is sponsored by Bradford Health Services, Cox Pools, Dothan Convention and Visitors Bureau,

Dothan Real Estate Team, Five Star Credit Union, Gosselin Designs, McCord Contract Floors, Oncology Supply, Slingluff United Insurance, and Vinson! Plumbing and Electric.

Additional support has been provided by Adams Beverages, the City of Dothan, Durden Outdoors, Gaucho Farms, Harley’s Landing, Lewis-Smith Supply, Linens by David Parker, The Local, Mosquito Squad, Nantze Springs, PushCrankPress, Shift Designs and Troy University Public Radio (WTSU).

WIREFRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

ONGOING — The American Legion Post 80 has regular meetings the second Monday of the month, starting at 6:30 p.m., at the Legion Hall. For more information, call 222-7131 or visit www.andalusialegionpost80.org.

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 TVs are available for entertainment. Meetings are open to all. The post can host parties, weddings, and hails and farewells. For more information, call 598-6211, 598-1297, 598-6211 or 379-9187.

DOTHAN

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

ONGOING – Veterans of Foreign Wars Post 3073 Wiregrass Post membership meetings are at the post headquarters at 1426 Taylor Road every third Tuesday of the month at 6:30 p.m. There is a fish fry every Friday night from 5-7 p.m., then karaoke beginning at 6 p.m. Breakfast is

served Sundays from 8-11a.m. The post can host parties, weddings, and hails and farewells.

ENTERPRISE

AUG. 15 – The Friends of the Enterprise Public Library will hold a book sale from 9 a.m. to 2 p.m. in the second floor meeting room at the library. Selected stock will be priced to go at 25 cents. The library is located at 101 East Grubbs Street. Fiction and nonfiction hardback and paperback books for all ages, as well as music CDs, books on tape and videos will be on sale. Money raised by the book sales fund library projects.

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

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

AUG. 27 — Disabled American Veterans Chapter 99 will meet at 6 p.m. in the New Brockton Senior Center, located

one block behind the New Brockton police station. New chapter officers for 2016 will be sworn-in and the \$500 DAV Forget-Me-Not Scholarship Award will be presented to Maurice Murphy, a recent graduate of Enterprise High School. A \$12 per person fee will be charged at the door as it is a catered event. People should RSVP at 347-6009 no later than Aug. 24. DAV also extends an invitation to veterans throughout the Wiregrass to join as new members or as DAV Auxiliary.

ONGOING — Tuesdays and Wednesdays, from 9-11 a.m., 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

AUG. 15-SEPT. 26 – The Dale County Council of the Arts and Humanities will hold its 15th annual Regional Art Exhibition at the Ann Rudd Art Center/Dowling Museum, 144 East Broad Street. The opening reception is scheduled for Aug. 15 from 6-8 p.m. at the art center. All are welcome to attend and there will be an awards presentation at the reception.

AUG. 14-15 – The 21st annual South Alabama Pro Rodeo Classic will take place from 6-8 p.m. at the Dale County AgPlex Arena at the intersection of Hwy.

123 and 231 South. Advance tickets cost \$8 for adults and \$6 for children ages 6-12 – ages 5 and under are admitted for free. Tickets at the gate will cost \$10 for adults and \$8 for children. Tickets are available at various locations. For those locations and more information, call 774-9448 or 797-9754.

PINCKARD

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

SAMSON

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

TROY

ONGOING — 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.

WIREFRASS AREA

AUG. 23 — New Hope Freewill Baptist Church, 3819 County Road 31, Abbeville, will celebrate its annual Men Day at 2:30 p.m., featuring guest speaker Pastor Randy Sewell of Little Rocky Mount in Jacksonville, Florida. All churches are invited to share in this special occasion. Dinner will be served.

Beyond Briefs

Buckmasters Expo 2015

The Montgomery Convention Center, 201 Tallapoosa Street, will host the Buckmasters Expo 2015 where people can shop for hunting bargains from more than 300 exhibitors and vendors. The expo is billed as the biggest hunting sale ever. It will feature experts from top manufacturers at booths to answer people’s questions, the nation’s best archers to compete in the Top Bow World championship, and the Young Bucks area, where children are welcome to enjoy various games, hunting-related activities, mascots Bucky and Droptine, Balloon Man and more.

Admittance to the expo is free with a donation of a canned good per person. The expo is open from 3-9 p.m. Friday; 9 a.m. to 7 p.m. Saturday; and 10 a.m. to 5 p.m. Sunday.

For more information, visit www.buckmasters.com/resources/expo.aspx.

Museum military open house

The Montgomery Museum of Fine Arts will host a free military open house Aug. 20 from 5:30-7:30 p.m. All active, Reserve, and retired military personnel and their families are invited to the museum for an evening of family fun. Guests will enjoy art-making activities, music and dinner as the museum’s way of thanking service members for their service.

For more information, call 334-240-4333 or visit www.facebook.com/events/107749482905550/.

Montgomery Biscuits

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

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

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.

Friday Fest

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

Fun in Montgomery

Every second Saturday now through August, visitors are invited to join the people of Montgomery at Riverfront Park for a family-friendly event from 5-9 p.m. The

fun includes live entertainment, games for all ages (bocce ball and more), food vendors and more.

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

Montgomery cruise

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

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

Lighthouse full-moon climb

People are invited to climb to the top of the Cape St. George Lighthouse to watch the sunset and the rise of the full moon Aug. 15. The sunset and full-moon climb includes light hors d’oeuvres and a sparkling cider toast to the full moon. Cost is \$15 for the public and \$10 for members of the St. George Lighthouse Association. After sunset, people are invited to climb to the top of the lighthouse for a breathtaking view of the full moon, as space and time permit.

To make a reservation or get more information, call 850-927-7745 or visit www.stgeorgelight.org. The lighthouse is located at 2 East Gulf Beach Dr., St. George Island, Florida, 32328.



COURTESY PHOTO

Pick-of-the-litter

Meet Whiskey, an approximately 14-week-old male kitten for adoption at the Fort Rucker stray facility. He is very mild tempered and loves attention. He has received a rabies vaccination and tested negative for FeLV/FIV. Adoption fees vary per species and needs of animal, but include all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying or neutering. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the stray facility. Visit the Fort Rucker stray facility's Facebook page at <http://www.facebook.com/fortruckerstrayfacility/> for constant updates on the newest animals available for adoption.

Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

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

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

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

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

BIBLE STUDIES

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

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

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

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

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

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

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

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

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

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

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

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

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

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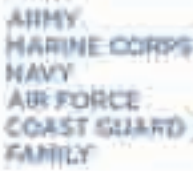
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AUGUST 13, 2015

DFMWR supports wounded warriors

By Nathan Pfau
Army Flier Staff Writer

It's said that the sacrifice Soldiers make in service to their country is a debt that can never be repaid, but one Fort Rucker organization is proving its support for wounded warriors is unending and unwavering.

Fort Rucker Outdoor Recreation has done much in the past few years to support wounded warriors, and it continues its efforts to make sure those who have served and sacrificed are taken care of, said John Clancy, ODR manager.

The biggest way that ODR is able to give back is through its Wounded Warrior Hunt, which is hosted by the organization every year, and returns Oct. 7-10 to continue its support for the cause.

"It's all about giving back to the Soldiers who fought for our country and got hurt during their time in service," said Clancy. "I'm greatly appreciative of what they've done for our country and I want to do everything I can to give back to those individuals who have lost in service of their country."

The Wounded Warrior Hunt enables outdoor recreation to give back to those wounded warriors by purchasing equipment that is handicap accessible for individuals in wheelchairs or who have prosthetic limbs, as well as by of-



PHOTO BY NATHAN PFAU

John Clancy, ODR manager, opens the wounded warrior trailer that is available for wounded warriors and disabled veterans to rent at no cost to them to use either at the lake or to take on a trip.

fering facilities to any wounded warriors, including those with post-traumatic stress, at no cost to them, said the ODR manager.

Year after year, the money raised during the hunt has allowed ODR to add to its collection of wounded-warrior specific recreation equipment.

Since 2011, the organization has been able to purchase two handicap-accessible elevated tree stands and a track chair, a customized handicap-accessible boat and, most recently, a 47-foot handicap-

accessible travel trailer — equipment that Clancy said serves to take care of Soldiers with emotional scars, as well as physical.

"The hunt is about bringing together those wounded warriors for camaraderie," he said. "If they want to come from Montana, they're more than welcome to come. It helps for them to come together, do something together and talk about their time in the service. Sometimes it helps them get some stuff off their chest — that's what it's all about."

Clancy said he's gotten a lot of positive feedback from wounded warriors who have used the amenities available to them, adding that the support will continue to pour in as long as he is able to provide it.

The next project on the ODR team's radar, pending approval, is to provide a handicap-accessible cabin on the lake for wounded warriors and their family members to have access to in order to vacation on the lake.

Although the travel trailer is

available for wounded warriors and can sleep up to six people, it's primarily used for traveling, and Clancy said there's nothing like spending time in a cabin with the family.

If approved, the addition to ODR's repertoire would be the organization's most ambitious and costly project, taking nearly four years to complete, but well worth the effort, said the ODR manager.

"I've called and spoken to wounded warriors from Fort Campbell, (Kentucky) and Eglin (Air Force Base in Florida), and they've all said that they thought it would be awesome to have somewhere they can actually bring their whole family for a vacation spot," he said. "The cost is something we'll have to work out, but our goal is to be able to get this for them."

Clancy's passion to support wounded warriors stems from his background growing up in a military family.

"I wasn't able to join the armed forces, but my dad served for 22 years, and since I've worked here at Fort Rucker and the more I've gotten to know the Soldier, I've always wanted to give something back and now I've got the chance to do that with the help of a lot of people," he said. "I'm greatly appreciative of what they do and I want to do everything I can to give back to those individuals."



PHOTO BY JEREMY HENDERSON

Anne Sullivan, fitness program coordinator, leads a power vinyasa yoga class at the Fortenberry-Colton Physical Fitness Center.

Fitness challenge stresses importance of exercise routine

By Jeremy Henderson
Army Flier Staff Writer

School bells are ringing across the Wiregrass to usher students into a new school year, and class is also in session at Fort Rucker's physical fitness centers.

The Directorate of Family, and Morale, Welfare and Recreation will host its Back to School, Back in Shape Challenge Aug. 24-Sept. 25.

Anne Sullivan, fitness program coordinator, said the program provides a perfect opportunity to try new approaches to fitness or simply ease back into a routine.

"Try new classes," she said. "Nothing crushes motivation like boredom. Get into a routine, gain accountability via a workout buddy and maybe even start keeping a workout log. There are so many different fitness apps and gadgets out there — find one that works for you."

But Sullivan urges anyone who has not exercised in a while to ease into physical activity.

"If you've been away from physical activity for a while, it's wise to consult your doctor before starting something new," she said. "Be OK with being a beginner. Don't force yourself into a fitness routine that you don't enjoy. My advice is to find

something that makes you feel amazing and keep doing it."

The challenge provides prizes for people who attend the greatest number of group fitness classes during the time period. Those who attend 20 or more classes in that timeframe will receive prizes. They will also be entered to win 25 percent off the price of registration for Fort Rucker's Fall Boot Camp, which begins Sept. 28, or win a one-month unlimited group fitness class pass.

"Conventional wisdom says it takes 21 days to form a habit, and we are looking to help you get there," Sullivan said. "A healthy, active lifestyle is grounded in a routine that includes time set aside for exercise. You may also discover a new class or two, meet some likeminded people - things that help keep your exercise routine fresh and fun going forward."

People can stop by the front desk at the Fortenberry-Colton Physical Fitness Center to sign up and create their official competition log.

A wide variety of classes are available to patrons to accommodate as many fitness levels and needs as possible, according to Sullivan.

"We have a new Aqua Blast class held Wednesdays and Fridays at 10 a.m. at the Fort Rucker PFC pool," she said. "This is not your grand-

mother's water aerobics. It's a challenging, intense pool class with a really dynamic instructor. For anyone looking to mix up their routine and also give their joints a break, this is for you. And you do not need to be a strong swimmer to get maximum benefits from the class. The schedule does shift slightly from month to month, but it is available online and on Facebook as well as at the gyms."

Participation in the competition is free. Group fitness classes cost \$3.50 for a single class, \$15 for two weeks of unlimited classes and \$30 for one month of unlimited classes.

Sullivan said it is important to pace oneself and be patient with fitness progress.

"Listen to your body, increase volume and intensity gradually, and find classes that can meet you where you are," she said. "Spinning is a great cardio option — you can adjust the level of resistance on your bike to accommodate your fitness level throughout the workout. Yoga provides a great combination of cardiovascular fitness, muscle strength and mindful breathing — very beneficial for all levels of fitness."

For more information, visit <https://www.facebook.com/pages/Fort-Rucker-FMWR-Sports-Fitness-and-Aquatics-Branch/> or call 255-3794.

PREVENTION

Immunizations protect against infectious diseases

By Abimbola Adeola
U.S. Army Public Health Command

ABERDEEN PROVING GROUND, Md. — The recent measles outbreak at Disneyland, along with the rate of vaccine refusal by parents, has started a national debate on immunizations — also known as vaccines or shots.

These events have raised questions, such as: Am I protected or immune to diseases? How do I develop protection or immunity? Are there vaccines to prevent me from getting diseases?

Vaccines against disease are said to be one of the greatest public health interventions of the 20th century. Although vaccination is seen as a major achievement in health and wellness around the world, the discussion about vaccines continues.

There is a distinct difference between vaccination and immunization, although the terms are often used interchangeably.

In a nutshell, vaccines cause immunization. Vaccination is the injection of a killed or weakened organism like a virus, bacteria or parasite that causes a particular disease or set of diseases. It produces immunity — protection — in the body against the organism, so it cannot cause illness or it decreases the seriousness of an illness.

Immunization is the process by which an individual becomes immune or protected from diseases. This can happen when an individual comes in contact with the organism causing a disease or when an individual receives antibodies. Antibodies are proteins in the body that attack disease-causing organisms naturally, like through breast milk or through human intervention such as getting a vaccine.

It is important to note that vaccines are not available for all diseases. No one can predict when and where the next disease outbreak will occur, so make sure that you and your family members are protected by being up-to-date on vaccines.

The U.S. Centers for Disease Control and Prevention and its Advisory Committee on Immunization Practices currently have recommendations for different vaccines for all ages to help prevent against many, but not all infectious diseases.

Vaccination schedules and recommended vaccines are outlined below for each age group:

- **Children (birth through 6 years old)** — <http://www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf>;
- **Preteens and teens (7 through 18 years old)** — <http://www.cdc.gov/vaccines/who/teens/downloads/parent-version-schedule-7-18yrs.pdf>; and
- **Adults** — <http://www.cdc.gov/vaccines/schedules/downloads/adult/adult-combined-schedule.pdf>.

Remember to always ask your health provider any questions that you have about your immunization status — recommended vaccines and booster shots. It's also important to work with your health care provider, as not everyone may be eligible to receive all the recommended vaccines depending on their current health status or medical history.

Remember the famous saying, "An ounce of prevention is worth a pound of cure," so make sure you take the necessary steps to ensure you and your family members are protected.

If you plan to travel, check the travel alerts and vaccine requirements.

DOWN TIME



TRIVIA

1. MEASUREMENTS: A quidecentennial refers to what period of time?
2. CARTOONS: Who was the voice of Nigel in the animated series "The Wild Thornberrys"?
3. GEOGRAPHY: In what U.S. state did the Battle of Kennesaw Mountain take place during the Civil War?
4. ASTRONOMY: What shape is the Milky Way galaxy?
5. LANGUAGE: What is the meaning of the Latin phrase, "Cogito ergo sum"?
6. MOVIES: What was the name of Meg Ryan's bookstore in "You've Got Mail"?
7. LITERATURE: What is the name of the bookstore in Diagon Alley in the "Harry Potter" series?
8. EXPLORERS: Which European explorer discovered a sea route to India?
9. HISTORY: During what war did the Battle of Trafalgar take place?
10. MATH: What is the decimal equivalent of the fraction 1/5?

See Page D3 for this week's answers.

Super Crossword X-TENSIONS

- ACROSS**
- 1 "Get — case!"
- 6 1980s Chrysler line
- 10 Walk
- 15 Stockpile
- 19 Writer — Boothe Luce
- 20 Top-grade
- 21 Say hi, in modern slang
- 22 Baa maids?
- 23 Jungle guy who loves high points?
- 26 Corn-on-the-cob units
- 27 Farming prefix
- 28 Italian gold
- 29 Input info
- 30 Formal letter
- 32 System of pontiffs
- 35 Plea from an allergic person to a pair of gloves?
- 37 Christmas quaff
- 38 Piebald pony
- 39 Auld lang —
- 40 Fan setting
- 41 Period of constant change?
- 44 Wrap-up
- 46 Derby, e.g.
- 49 "I'll do it"
- 50 V preceders
- 53 Young baby
- 57 Request that one attend
- 61 Glassware for a burial urn?
- 64 — serif
- 67 Seized vehicle, often
- 69 Actress Tailbot
- 70 Eye narrowly
- 71 From — Z
- 72 Luxury watch moving counter-clockwise?
- 75 " — — penny eamed"
- 76 Numerous
- 78 Swamp plant
- 79 Mermaids' realms
- 80 Preowned
- 81 Take sailor Drake for oneself?
- 84 Edifice tops
- 86 Altar boy
- 87 Letter-shaped hardware bit
- 89 " — it!" (cry upon arrival)
- 93 Copy cats
- 94 Miami loc.
- 97 Writer Haley holding a grudge?
- 101 Down dinner
- 104 See 106-
- 107 Swimmer Janet
- 108 Family guy
- 109 Cuban revolutionary who loves cereal?
- 113 Twinkling
- 115 Part of EDT
- 116 Jethro —
- 118 Alias letters
- 119 " — — it Memorex?"
- 121 Stud money
- 122 Chem lab reaction all over again?
- 126 Hershey toffee bar
- 127 "Milk" co-star Hirsch
- 128 Old music halls
- 129 "It pleases me!"
- 130 "Baseball Tonight" ailer
- 131 Kinds
- 132 Hawk's home
- 133 Ecstasy
- DOWN**
- 1 Bi- x four
- 2 It may hold Old Glory
- 3 Admiral who captured New Orleans in 1862
- 4 Old U.S. postal mascot
- 5 "Pro" vote
- 6 Pop's — and the Waves
- 7 Joint emcees
- 8 Prop- or hex-ender
- 9 Part of ROM
- 10 1982 Pryor/Gleason comedy
- 11 First hit for the Police
- 12 Boat wood
- 13 Meek as —
- 14 Biblical lion's den survivor
- 15 Tilting board
- 16 Be in store
- 17 Vivacity
- 18 New Jersey county west of Hudson
- 24 "I swear it!"
- 25 Water lily leaves
- 31 — Poke (candy on a stick)
- 33 Church projections
- 34 Anchor
- 36 Finger count
- 37 Grid org.
- 42 Dec. 25
- 43 Bad-check abbr.
- 45 Genetic helix
- 46 Actor Ed
- 47 Not anxious
- 48 Classified notice, e.g.
- 51 Hip (to)
- 52 Harvard or Yale: Abbr.
- 54 City in Texas
- 55 German automaker
- 56 "Science Guy" of PBS
- 58 "H.R. Pufnstuf" producer Sid or Marty
- 59 — Aviv
- 60 "Fidelio," e.g.
- 62 Summers, in Sedan
- 63 Seen less
- 64 Respectful bow
- 65 Immediately
- 66 "Some other time"
- 68 Plow team
- 72 Classic theater name
- 73 Domino's shape: Abbr.
- 74 — Tomé and Principe
- 77 Salt, in Sedan
- 80 Piebes' sch.
- 82 Mediator, for short
- 83 Dell creation
- 85 Initial
- 88 " — yellow ribbon ..."
- 90 Belgian king who abdicated in 2013
- 91 Frameworks over oil wells
- 92 Lead-in for skeleton
- 95 Tyler of "Jersey Girl"
- 96 Poet France
- 98 Handheld plug-and-play diversions
- 99 Delivers a lecture to
- 100 Seminal '40s computer
- 101 Nonresident doctor
- 102 Survey info
- 103 Tank topper
- 105 Main points
- 106 With 104-Across, 1/24 of a foot
- 109 — and desist
- 110 Actor Tom
- 111 Prevent, in law
- 112 Opponent
- 114 " — the Girls I've Loved Before"
- 117 Writer — Hubbard
- 120 Patsy Cline's " — Got You"
- 123 Dunk
- 124 Lyric verse
- 125 Leaf vein



See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★ ★

★ Moderate ★ ★ Challenging
★ ★ ★ HOO BOY!

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See Page D3 for this week's answers.

KID's CORNER



Mental skills training improving Soldier performance

By David Vergun
Army News Service

WASHINGTON — Army researchers have found effective techniques to dramatically improve Soldiers’ cognitive and physical abilities through a regimen of mental skills training.

Success of the study led the Army to permanently incorporate cognitive skills training into basic combat training. And, following the research done at Fort Jackson, South Carolina, that training has since spread Army-wide, delivered by trainers from Comprehensive Soldier and Family Fitness.

Much of the study’s design was derived from previous research conducted at the Center for Enhanced Performance at the U.S. Military Academy, West Point, New York. That center now serves as the core element of CSF2 under the Army Resiliency Directorate, according to Amy B. Adler, a clinical research psychologist at the Center for Military Psychiatry and Neuroscience, Walter Reed Army Institute of Research, Silver Spring, Maryland.

Adler and others conducted the study and published their findings in the article “Mental Skills Training with Basic Combat Training Soldiers: A Group-Randomized Trial,” published May 25 in the “Journal of Applied Psychology.”

The Army funded the research, hoping to improve recruits’ basic combat training performance using mental skills training techniques, Adler said, adding that most of her colleagues in the study had a background in sport psychology, as well as research.

“No one has ever done this kind of study using sport psychology techniques before. A lot of these types of studies have been correlational in nature,” she said, meaning there wasn’t a cause-effect relationship established and a lot of the measures of effectiveness outside the research environment were anecdotal in nature.

Also, past studies tended to be small, using elite athletes, she said. That would have the effect of reducing the reliability of the study and it would also make it harder to generalize the findings to recruits, who are most likely not elite athletes.

By big study, Adler pointed out that 2,432 recruits were randomized by group across 48 platoons. Each group, in this case a platoon, would either be the mental skills training group or the active comparison group. Size and randomization would increase the validity of the experiment and confidence in any significant findings.

Rather than using just a control group, using an active comparison group gave the experiment more validity because it mimicked the mental skills training group in every way except for the content delivered. The active group received a lecture on military history, which was considered to be useful to the recruits, Adler noted. Both groups received a total of eight hours of training spread out across 10 weeks.

The mental skills training was conducted in bite-sized chunks of about 20 minutes each, dis-



PHOTO BY AIR FORCE SENIOR AIRMAN MICKY M. BAZALDUA

Recruits climb Victory Tower during basic combat training at Fort Jackson, S.C. Mental skills training has resulted in increased performance on the obstacle course, during rappelling and in other recruit training events.

tributed throughout various field training events such as the obstacle course; rappelling; rifle range; chemical, biological, explosive, radiological and nuclear training; Army physical fitness test; and so on, rather than in just one block of classroom instruction, she said.

Each training chunk was relevant to the event, she added. For example, prior to CBERN or rappelling, relevant material related to managing anxiety would be given. The active group during this time would get a history lesson on rappelling, beginning in World War I.

The raters looked at things like time to completion, as well as post-training attitudinal attribute ratings like “the training helped me,” “the training helped bring the platoon closer together,” “the training will help me in the future,” and so on, Adler explained.

Cognitive skills

Coreen Harada, a sport psychology consultant and member of the research team, said that six mental skills were used in the study: mental skills foundations, goal setting, energy management, attention control, integrating imagery and building confidence.

Those techniques were aimed at developing the right attitude; cognitive control over physiological functions such as muscles, breathing rate, anxiety levels and so on; focusing attention on the task at hand; organizing efforts into goals; and utilizing visualization or imagery for task execution, she said.

For example, in rifle marksmanship, goal setting, energy management and attention control – three of the six skills – were used, she said. In energy management, recruits focused on controlling heart rate and breathing. Since the rifle range was a novel task for many, that experience would tend to elevate stress levels.

Recruits were trained to control their thoughts and their breathing through practice sessions prior to going to the range. Harada said recruits were told

that nervousness before an event like marksmanship and rappelling is normal, and could even be used to their advantage.

For instance, rapid heart rate means the heart is pumping vital nutrients to the brain and the body, so that’s a good thing, she said. By focusing on breathing control, and visualizing and mentally rehearsing technique before the event, performance would improve.

The first of the six skills, which is mental skills foundations, would always be the first taught, Harada said, because it is critical to all of the other skills. The foundation training consists of having the right mindset for success, focusing on one’s ability to grow, optimism, effective thinking and seeing failure as a normal occurrence on the road to success.

Confidence building tasks consisted of positive self-talk, she said, rather than engaging in a lot of self-criticism that brings you down, distracts and de-energizes.

Other aspects

The entire experiment was overseen by an institutional review board, which monitors the design for ethical and safety issues, as well as acquiring participants’ consent, Adler said.

Both groups, active and mental, had some of their training performance videotaped. Raters unaware of the details of the study were then asked to watch the videos and rate the performance of all the Soldiers going through their events. This added a great deal of validity to the study, she said.

Gender and previous experience were moderators of outcomes, Adler noted. Not everyone benefited equally for each task, but there was also no deterioration of performance across the mental study group irrespective of gender, and, taken as a whole, everyone benefited.

Adler added that besides the study benefiting performance, the study also had a positive side effect of building mental skills and recruits may have worked as platoons to encour-

age each other in rehearsing the various mental skills techniques prior to the events. This group effect most likely reinforced performance as well.

Army-wide implementation

The study’s success led to implementation of a condensed version of mental skills training to every recruit. Two-and-one-half hours of mental skills training is provided per platoon by drill sergeants, each of whom have been trained in the techniques, according to Harada.

Harada said Soldiers, families and Army civilians Army-wide are also now getting mental skills training though CSF2, delivered in a variety of ways such as in a classroom setting, during field exercises, and at the school houses.

Master resilience trainers also provide some of the training in their own venues, she added.

Mental skills training is continually reviewed and revised by CSF2 as new research and findings emerge, Harada said. And, new findings reviewed are not just from sport and exercise psychology. For instance, the literature from adult learning is examined. Also, similar applications of mental skills training are studied from the business community, as well as first responders.

In turn, Harada said she believes that the Army study has influenced a number of civilian practices. For example, the lead trainer in the study, Bernie Holliday, who is one of the authors of the study, now works for the Pittsburgh Pirates, providing

the baseball players with mental skills training he helped to develop.

Besides Adler, Holliday and Harada, other authors of the study were Paul D. Bliese, who had been the director of the Center for Military Psychiatry and Neuroscience at the Walter Reed Army Institute of Research and is now a retired Army colonel and professor at the University of South Carolina; Jason Williams, a statistician from Research Triangle Institute, Research Triangle, North Carolina; Louis Csoka; Michael A. Pickering and Jon Hammermeister, now both faculty at Eastern Washington University; and Carl Ohlson, now a retired Army lieutenant colonel who had directed the Center for Enhanced Performance at the U.S. Military Academy.

Adler noted that Csoka, a retired Army colonel, set up the program from the beginning and helped design the experiment when he was a contractor with Apex Performance, Inc., Charlotte, North Carolina, so it would meet “gold standard” criteria for publication in one of the most prominent psychology journals.

The Center for Military Psychiatry and Neuroscience at Walter Reed Army Institute of Research partnered with CSF2 in setting up the study, Adler mentioned.

The Center for Military Psychiatry and Neuroscience’s Research Transition Office took the completed study and transitioned it to implementation for basic combat training, she said.

KNOWLEDGE

THE OFFICIAL SAFETY MAGAZINE OF THE U.S. ARMY

GOT LEADERS?

U.S. ARMY

ARMY STRONG

<https://safety.army.mil>

PUZZLE ANSWERS

Super Crossword

Answers

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

Weekly SUDOKU

Answer

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

TRIVIA

Answers

- 15 years
- Actor Tim Curry
- Georgia
- April
- "I think, therefore I am"
- The Shop Around the Corner
- Journeys and Whites
- Nazis and Gays
- Napoleonic Wars
- 10, 9, 2

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SLEEP: ‘Your mom was right’

By Ronald W. Wolf
Army Medicine

Turns out your mom was right all along.

Army Medicine asks you to remember what mom said and create better sleep habits for your family, starting with your children.

When children learn good sleep habits, those habits can last a lifetime. What exactly are the sleep needs for adolescents and teens? How should parents encourage them to develop better sleep habits?

According to the National Sleep Foundation, children aged 5-12 need 10-11 hours of sleep. At that age, demands for homework, sports and social activities are increasing. Very likely, adolescents are focused on television, computers and the Internet – they also consume products containing caffeine. Combined, these things interfere with good sleep habits.

Watching television and the use of personal electronic devices right before bed can especially be a misery for parents, leading to bedtime struggles, sleep anxiety and fewer hours sleeping.

Poor or inadequate sleep in ado-



ARMY GRAPHIC

lescence leads to poor moods in association with behavioral problems and a negative effect on learning in school.

What should parents do to help develop good sleep habits for their adolescents? The National Sleep Foundation has the following recommendations.

- Reinforce the need with your school-aged children to develop healthy sleep habits.
- Emphasize need for regular and consistent sleep schedule and bedtime routine.
- Encourage sleep by keeping the kid's bedroom dark, cool and quiet.
- Keep television and computers

out of the bedroom.

- Monitor caffeine consumption.

Teens fall into a special category when it comes to sleep. They are often overwhelmed by school, sports, social interaction and family demands. Parents need to focus on their teen's sleep habits as much as and perhaps more than any other age group of their children.

Most parents of teens do not need to be told how combative and moody teens can be. Yet, teens who do not get enough sleep can be even more moody than normal, have conflict with friends and family, and struggle academically.

According to the National Sleep Foundation, most teens need more

than nine hours of sleep each night. Teens, on average, do not get enough sleep; however, one study found that only 15 percent of teens reported sleeping at least 8 1/2 hours on school nights and overall 70 percent of teens do not get enough sleep.

It is perfectly normal for teens to have sleep habits that frustrate parents. During adolescence and teen years, sleep habits naturally shift toward later times for both sleeping and waking – some teens cannot fall asleep before 11 p.m.

Teens may have sleep habits that vary on different days of the week – they typically stay up late during the week when allowed to and sleep late on the weekends. Such habits hurt their quality of sleep.

You may already have a debate in your community regarding later school start times for teens. According to an article on the Scientific American website, later school times improve academic performance, increase attendance, reduce teen depression and decrease the number of student drivers involved in car crashes.

Lack of sleep can be downright dangerous when teens get behind the wheel. Drowsiness and falling asleep while driving are factors in

more than 100,000 car crashes every year. A National Sleep Foundation survey found that 15 percent of drivers in grades 10-12 reported driving drowsy at least once a week. These drivers are at high risk to be in an accident.

What should you do to encourage your teens to do to improve sleep quality? The National Sleep Association also has these recommendations for parents to help teens get better sleep.

- Keep the teen's bedroom cool, dark and quiet.
- Cut out the caffeine after dinner.
- Establish bed and wake up times and encourage teens to follow them, even on weekends to help teens feel less tired.
- Avoid the television, computer and cell phone for one hour before bedtime.
- Limit eating or exercise close to bedtime.
- Make sure homework is not left for the last minute.

Note that getting the children to bed on time allows a benefit for the parents, as well. They, too, can go to sleep earlier, improving their own mental fitness and resilience.

So, mom was right all along.

SPORTS BRIEFS

Flag football coaches meeting

People who would like to coach an intramural flag football team need to attend one of the coaches meeting scheduled for Tuesday – 9:30 a.m. or 5:30 p.m. – in the Fort Rucker Physical Fitness Center conference room.

For more information, call 255-2296.

Spin challenge

Fortenberry-Colton Physical Fitness Center fitness instructors hold a two-hour spinning challenge each month, with the next taking place Aug. 20 at 5:30 p.m. at the center. The challenge is open to all authorized PFC patrons. Each class is \$3.50, or people can use their fitness card. Each session features door prizes and refreshments.

For more information, call 255-3794.

Enterprise baseball

Enterprise's semi-pro baseball team needs players – high school ages and older. For more information, call Joe Jackson at 464-1729.

Deep sea fishing trip

Fort Rucker Outdoor Recreation will host a deep sea fishing trip aboard the Vera Marie in Destin, Florida, Aug. 22. All trip goers need to do is sit back, relax and enjoy a day of fishing, according to ODR staff. The bus will depart Fort Rucker at 3 a.m. from the West Beach, Lake Tholocco parking lot and return at 8 p.m. ODR recommends people bring a small cooler with drinks and snacks (no glass). The staff

plans to stop on the way back to get food, but the cost for food is not included in the price. The cost is \$65 per person, plus a tip. The price includes transportation to and from Destin, bait, rod, reel, fishing license, six-hour fishing trip, and people's fish cut and cleaned at the end of the trip. The trip is open to the public, but limited to 36 participants.

For more information or to sign up, call 255-4305 or 255-2997.

Fall Color Run

The Fort Rucker Physical Fitness Center will host a 2-mile Fall Color Run Aug. 29 at 8 a.m. This will not be a timed event and all participants will receive a medal. There will be no separate fun run, and children under age 12 may register for free

and complete all or any part of the 2-mile course. Participants should wear white. The cost is \$12 for individual entry, no shirt included, or \$20 through Aug. 23, with a T-shirt included. After Aug. 24 and through race day, race entry with shirt is \$25 (while supplies last). Team prices are \$120 for a team of eight through Aug. 23 – for teams larger than eight, each additional member pays the normal registration fee. Team fee is \$160 from Aug. 24 through race day. All team entries include T-shirts (while supplies last). Participants are encouraged to pre-register. Forms are available at either PFC. Race day registration will be 7-7:45 a.m. on the Andrews football field. Refreshments will be provided. The event is open to the public.

For more information, call 255-2296.

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