Recycling abounds on installation

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Library offers classes, computers, check-outs



THUNDER Event brings speed, Family fun

to post

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VOL. 64 ■ NO. 16

FORT RUCKER ★ ALABAMA

APRIL 24, 2014

Fort Rucker receives 3 AH-64 Echo Models

By Nathan Pfau Army Flier Staff Writer

The AH-64 Apache helicopter is one of Army Aviation's most well-known aircraft, and is known throughout the world as the most lethal attack helicopter.

April 17, Fort Rucker welcomed the newest and most lethal to date - the Echo-model Apache. As the three beautiful aircraft hovered into their home at Hanchey Army Airfield on Fort Rucker, they assumed their new position of being the next generation airframe to take the next generation of pilots into combat.

"These birds are state-of-theart when it comes to survivability, maneuverability and lethality," said CW4 Vernon Schmitz, Headquarters Headquarters Company, 1st Battalion, 14th Aviation Regi-

"It's in those three categories that the new Apache stands out from its older, but still very effective counterpart," said Schmitz.

The new survivability of the aircraft allows the Army to better sustain the life of the aircraft at less cost than the older models, said Maj. Patrick Taylor, 1st Bn., 14th Avn. Regt. operations officer.

"The Army's got a big push to get us on something called condition-based maintenance," explained Taylor. "With condition-based maintenance, there are sensors inside the aircraft that read vibrations and frequencies of certain components, such as the rotor blades, to judge when they need to be replaced."

Older-model Apaches rely on a manufacturer-set service life on parts and components to determine when that part will be replaced.

"Over the course of many years, (the Army) has been able to find out what frequencies and what vibrations mean under normal operation," said the operations officer. "Now, if we had a transmission that had a (service life) of 2,000 hours – it might be good at 3,000 hours – we replace it be-



One of the three new Echo-model Apache helicopters flies into Hanchey Army Airfield April 17.

cause that was what was set by the manufacturer. With the conditionbased maintenance, we can read the sensors and make the decision on whether we're able to get more time out of the component, or have it replaced."

Because of this capability, Taylor said that the Army could potentially save millions of dollars on the cost of parts for a single aircraft.

"When it comes to cost savings,

the Echo model really shines," he

In terms of maneuverability, the E-model Apache is seven times more maneuverable and provides up to two-thirds more station time, based on the ability to respond to troops and contact, said Schmitz.

"Most helicopter pilots ... are really concerned with high-density altitude, how hot it is outside and how heavy the aircraft is," said Taylor. "In Afghanistan, a prime example is when you have a huge, powerful aircraft like the Chinook that can fly over mountains and climb to 15,000 feet with less difficulty than other aircraft.

"Then you have other aircraft like (the Apache) that are heavily loaded with ammunition, and trying to keep up with the Chinooks

SEE GUARDIAN, PAGE A3



Five female Soldiers participate in a "Family Feud"-style icebreaker at a BEST workshop April 16 at Wings Chapel.

Workshop addresses gender differences, Soldiers'

SENSE OF PLACE

By Sara E. Martin

Army Flier Staff Writer

For decades, female Soldiers have stood side-by-side with their male counterparts defending the United States. but even though strides have been made towards total equality in the ranks, there remain hurdles to conquer.

Although the hurdles are being leaped with strength and resiliency, every now and then a shoe catches and failure follows, but according to Lt. Col. Celia FlorCruz, 7th Infantry Division Sexual Harassment and Assault Response and Prevention program manager, as the Army brushes itself off to continue the race, it always learns something new.

"When we try to pretend that women are the same as men in the Army, we are being pretty stupid," she said at a Better Empowered Soldiers Today workshop April 16 at Wings Chapel that focused on sexual harassment and assault prevention in the military. "We are different, and we have different capabilities and weaknesses. We have to figure out how to compliment each other's strengths and weaknesses in the military."

Col. Stuart J. McRae, Fort Rucker garrison commander, agreed.

"All of our attributes are important to the collective force," he said. "Even though we all wear green and there is no difference in what we do as Soldiers, there are differences between men and women, and we need to recognize those differences."

There were many speakers at the workshop who gave personal testaments of why being aware of sexism in the military is important, and how a single Soldier can poison the atmosphere in a unit.

One speaker, Joni Martin, a Family advocacy program social worker, spoke about the differences between men and women and how the sexes think differently. She gave

RP DEFENSE

Workshop emphasizes self protection

By Nathan Pfau Army Flier Staff Writer

Preparation is a key component to success in many everyday situations, and in extraordinary situations, it could be the difference between life

and death. That's why Fort Rucker's Army Community Service teamed up with the Fort Rucker Military Police to provide a class to teach basic self-defense techniques in honor of Sexual Assault Awareness Month.

The class was held at Fortenberry-Colton Physical Fitness Center April 17 and taught basic techniques that people can use in a situation where they need to defend themselves

against an attacker, said Twanna Johnson, garrison sexual assault response coordinator.

"This class is not meant to teach people how to attack someone," she said. "It's a class on how to defend yourself and get away from an aggressor if you are approached or at-

Throughout the class, participants were shown different techniques on how to defend themselves, as well as how to fight back, if necessary.

They were shown how to properly throw punches, kick, how to evade an attacker, and even how to throw an attacker off of them if they are attacked from behind - knowledge that Sherie Trone, who works in Fort Rucker's Equal Opportunity Office, said is something that she feels safer

"My husband travels a lot and I find myself alone a lot. I'm not very familiar with the installation because we haven't been here very long, so I want to be able to protect myself, and this experience has been so great," she said.

Participants also learned a technique called "shrimping," which a victim would use in the event that an assailant is on top of the victim. While shrimping, the victim would push off of the assailant's leg and twist their own body to be able to

SEE DEFENSE, PAGE A5



PHOTO BY SARA E. MARTIN

Ryder Chavez, Army Family member, paints with marbles as his brother, Colton, looks on at the child development center April 11.

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PERSPECTIVE

Looking torward

Plan for your future now

By Bryan Tharpe

Fort Rucker Army Career and Alumni Program

What strengths do you have as a result of military service? What have you done to improve your work place? What are your greatest achievements in the Army?

These are questions I have posed many times to groups of transitioning Soldiers. Think about it from a civilian employer's perspective. Will your experience in the Army make you a better civilian employee after you separate? Many civilian employers are counting on it! Think of what you will have to offer after years of challenging assignments.

You are flexible, adaptable, team oriented, healthy, certified drug free, disciplined, safety conscious and trainable. You are great leaders, teachers, public speakers, motivators, mentors and quality control inspectors. You have the ability to work long hours under adverse conditions, to perform multiple tasks with minimum supervision, to meet deadlines, to give and take directives, and communicate effectively in the most culturally diverse organization in the United States. You have a security clearance, a global perspective and technical

But how long do you need to serve in order to make the most of these skills and attributes? Two years? Five? Twenty? Serving even one enlistment is commendable, but there are more benefits to re-enlistment than you might have

Acquiring the transferable skills and experience listed above doesn't happen overnight - it does take years. Extended military service may just double or triple your employment options after you do

difficult situation.

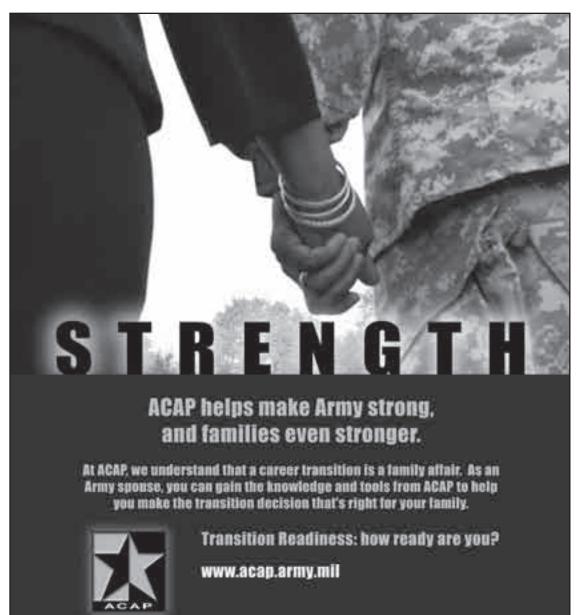
After work hours, take college courses. Re-enlist for several more years, then start a specific educational program. Plan now, so that when you separate you'll be bilingual, Microsoft Certified Solutions Expert certified, halfway through a degree or whatever educational goal is right for you.

about your future. Don't wait until your separation to evaluate yourself. If you had to write your resume today, what would it look like? Would it be a list of accomplishments or just a description of

So, what should you do after you re-enlist to maximize your strengths of military service? I have a few suggestions: skill build, volunteer, make improvements, seek responsibility and go to school.

Look for opportunities to learn new tasks on the job. There are always new things to learn right in front of you that you may have overlooked. Learn how to use a new piece of machinery or equipment. Identify a process or management problem and then use information technology to solve it. Practice troubleshooting. Increase your typing speed. Design a course outline and then teach the class. Spearhead a committee. Look for ways to make your office more efficient or less costly. Devise a new safety or quality control measure. Be the best supervisor or manager that you can, and make notes documenting times when you successfully used strong leadership ability to overcome a

Now is the right time to think



U.S. ARMY GRAPHIC

your job?

Imagine your answers to typical interview questions: "What did you do to improve your office?" "What were your three greatest achievements in the Army?" and "What strengths do you have as a result of your military service?"

Let these questions be a guide as you continue to serve your country and make the most of opportunities for self-improvement. As a result, you will find both your Army experience and your transition to civilian employment much more

rewarding. Call ACAP at 255-2558 to schedule your pre-separation briefing. Spouses of transitioning Soldiers are invited and encouraged to attend.



The Fort Rucker 10-Mile Run Off and Relay Race is slated for May 3 at the Fort Rucker Physical Fitness Center on Andrews Avenue. What are some tips for people who want to be more physically active during the spring and summer months? **11**



Staff Sgt. Anthony Jordan, B Co., 1st Bn., 13th Avn. Regt.

"Use the crawl, walk, run method. Start with intermediate exercises in training and progress from there to make sure you are prepared for the summer heat.



Elsie Barnes, Army spouse

"Wear the proper attire to make sure you don't overheat. Wear loose-fitting clothes and be comfortable.



Staff Sgt. David Seymour, **NCOA**

"Keep track of your rest-towork out ratio. Make sure you get an ample amount of rest adequate to the intensity of how much you're exercising."



Megan Holmes, **Army spouse**

"It helps to get up early and work out before the sun rises because it gets so hot and humid so fast, especially if you are running several miles. Staying hydrated is very important, too, for that same reason.



CW4 Stephanie Rose, HHC, 1st Bn.,

14th Avn. Regt.

"Be sure to drink water. Keeping your body hydrated and maintaining a healthy diet can have an enormous impact on your performance in any endurance event, especially while running."

COMMAND

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Col. Stuart J. McRae FORT RUCKER GARRISON COMMANDER

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

Recycling abounds on installation

By Sara E. Martin
Army Flier Staff Writer

Fort Rucker celebrated Earth Day Tuesday with an expo that showcased more than 20 Earth-friendly exhibitors, but representatives from the environmental branch on the installation want people to be conscious of their habits and the repercussions on the environment all year long.

Fort Rucker offers many ways to recycle, including the Corvias Military Living program and the Fort Ruker Recycling Center, and according to Melissa Lowlavar, environmental management branch chief, the post is pulling its weight when it comes to helping with the growing epidemic of overflowing landfills.

"It is very easy to drop things off at our recycling center. No hassle, no paperwork and no fees. You can live off post, you can bring your neighbors' stuff, you can be a civilian – it doesn't matter when it comes to recycling," she said. "We all should be stewards of the Earth. Everyone needs to do their part to make sure that future generations have all of the needed resources to live on this beautiful planet."

The recycling center collects material year round. Some of the typical things it takes are cardboard, aluminum cans, paper, mixed plastics, old toner cartridges, scrap metal, wood pallets, and electronic waste, such as old cell phones, computers and compact discs.

"All of our efforts make a difference," said Kevin Bryan, Fort Rucker environmental scientist. "Using plastics as an example: the number of bottles that it takes to make up a bale of plastic for recycling would more than fill up



a standard in-ground swimming pool. That is a lot of space that we are saving in our local land-

The fact that anyone can use the recycling center, with its easily accessible location at Bldg. 9322, and the fact that they collect materials at office buildings make them a good choice when it comes to local recycling, he continued.

For those that have daily recyclables, there are paper and cardboard recycling bins set up

at a variety of locations around the installation. There is one in almost every office building, said Bryan. But for those with large amounts, the center is located in the middle of post for drop off.

"People can collect their segregated recyclables, drive up and into the warehouse where some of our staff will be glad to assist and direct them. On bad weather days, if the big roll-up door is closed, people will have to go through the smaller, personal door in order to get assistance." The center has a few rules when it comes to dropping things off to be recycled.

"People have to separate what they bring in and food residue cannot be in any of the containers," said Lowlavar. Officials also request that pizza boxes not be brought in, and that bottles and cans that contained liquids be washed out to keep the facility as clean and rodent-free as possible.

"Parents should encourage children to be involved in the process

and make it be educational," she continued. "It really hits home with children when you tell them how long it takes certain things to biodegrade in the landfill."

It's just as easy taking something to the center as it is to bring it to the dump, added Bryan, saying that it is more efficient and healthier than letting it sit around the house.

Fort Rucker even has an incentive program to reward units and organizations for their recycling efforts.

"In the program, groups are awarded monetary credit towards their Directorate of Family, Morale, Welfare and Recreation account that they can utilize for numerous things. There are several units that have been credited several hundred dollars for their efforts," he said.

Corvias has a separate recycling program that Soldiers and Families that live on post can utilize that has just as many opportunities to recycle with just as much ease.

"Each home comes with a 35-gallon rolling-recycling container that is picked up every Monday, and the program is free to use and you don't have to sign up for it," said Michael Gregory, Corvias Military Living facilities director.

The materials that are allowed in each container are: aluminum, steel and tin cans; cardboard; paper and paper bags; books; No. 1 and 2 plastic bottles; and pizza boxes.

Things that cannot go in the container are plastic bags, Styrofoam, yard waste, wax cartons and glass.

The recycling center at Bldg. 9322 is open Mondays through Fridays from 8 a.m. to 4 p.m.

Guardian: Additions improve battlefield capabilities

Continued from Page A1

and get over those mountains at the same time," he continued. "There are instances where Chinooks will fly right over a mountain, and the D-model Apaches ... have to spiral upward to climb slowly before they're able to get over the mountain."

Taylor said the E-model Apaches are better equipped to climb to higher altitudes by using more efficient rotor blades, stronger engines and a stronger transmission.

"An added benefit of that is the aircraft is now faster, so our response time to our troops in any given situation on the battlefield is shorter," he added. "More efficiency also counts into fuel savings, so while carrying the same amount of fuel, we have longer station times."

From the lethality side, there are new systems on the aircraft that will aid pilots defensively, as well as offensively, and also utilize unmanned aircraft systems as a platform to perform reconnaissance before engaging an enemy, said Schmitz.

The E-models also have a new system in place that will tell the pilots if they are being shot at and which side they are being fired upon from, even if the aircraft isn't hit, a system that Taylor said has been difficult to implement in the aircraft.

Additionally, the system has seen improvements on its acquisition system for

better response times, Schmitz added.
"On the acquisition system in any Apache, the 30mm gun will follow the pilot's head.

In the new system, when the sensors detect where the fire is coming from (they will) orient that 30mm gun to that side for a quicker response," he said. "Sometimes our mission may dictate whether we're able to suppress and move on because that little group isn't as important as the guys we're going to cover."

Another significant addition to the aircraft is the ability for it to fly instrument-flight routes, said Schmitz, something that was not possible with the current avionics on the D-model Apaches.

"For us to be able to now go into the clouds and fly in those kind of conditions using navigational aids is unbelievable," he said. "It's a huge benefit for us to have in our repertoire."

"We haven't had the capability to fly instrument meteorological conditions," added Taylor. "If you had a bad guy at Point A and you're at Point B, and there are clouds between the two of you, you couldn't engage that enemy (in the older models). Now the capability is there."

Although the new-model aircraft is a sign

Although the new-model aircraft is a significant upgrade from its predecessor, the operations are designed so that D-model pilots are easily able to fly E-model Apaches, said Taylor. It's in the avionics that the oldermodel pilots must be trained in to operate.

By the end of the year, Schmitz said that Fort Rucker should acquire a total of 13 E-model Apaches, but assures that the D-models won't be leaving the installation's skies any time soon.

News Briefs

Retirement ceremony

Fort Rucker hosts its quarterly retirement ceremony Friday at 2 p.m. at the U.S. Army Aviation Museum. All are invited to attend and honor Fort Rucker's latest retirees.

ANZAC service

The Australian Liaison Office will host its annual Australian-New Zealand Army Command Dawn Service Friday at 5 a.m. in Veterans Park in front of the U.S. Army Aviation Museum. ANZAC Day is celebrated in Australia and New Zealand as a national day of remembrance to honor the members of the ANZAC who fought at Gallipoli in Turkey during World War I.

Holocaust Days of Remembrance display

The Fort Rucker Equal Opportunity Office will host a Days of Remembrance display honoring victims of the Holocaust and Nazi persecution Sunday through May 4 in Bldg. 5700. People are welcome to view the display during business hours.

Congress established the Days of Remembrance as the nation's annual commemoration of the Holocaust to be led by the United States Holocaust Memorial Museum in Washington, D.C. The Museum has designated Confronting the Holocaust: American Responses as this year's theme. Days of Remembrance observances are being held in communities around the country during the week.

Heritage month

Fort Rucker hosts the kickoff of its Asian American/Pacific Islander Heritage Month celebration May 2 from 11:30 a.m. to 1 p.m. at the main exchange. The event will feature an art display, entertainment, vendors and a pot-luck food tasting.

Other events during the month include luncheons at the warrant officer candidate dining facility in Bldg. 5914 and the advanced individual training DFAC in Bldg. 6204 May 16 from 11:30 a.m. to 1 p.m., and a luncheon at The Landing May 30 from 11:30 a.m. to 1 p.m. that features a guest speaker, themed displays and entertainment.

AAFES customer survey

In an effort to constantly improve the level of service provided throughout its facilities, the Army and Air Force Exchange Service relies on its ongoing customer satisfaction index for localized, real-time snapshots of how successful the organization is at meeting the community's needs.

The survey, which addresses customer service, pricing, sales

associate availability, merchandise assortment and other key is-

sues, is administered at every exchange main store annually. Fort Rucker shoppers' opportunity to participate in the 2014 Customer Satisfaction Index is now through May 17. During this time, Soldiers, retirees and their Families are encouraged to visit the exchange to provide feedback on services available at Fort Rucker. Beyond improving exchange operations, shoppers who participate will also receive a coupon worth \$5 off their next purchase at the exchange.

"We want to hear from as many Fort Rucker shoppers as possible," said Don Walter Jr. of the exchange. "Efforts like the CSI are critical to not only improving the shopping experience, but also bolstering the dividend the exchange annually delivers to the community as healthy exchange operations make the Fort Rucker community a better place to live and work while producing greater returns for Army quality of life programs."

AER golf tourney

The Army Aviation Center Federal Credit Union will host the 24th annual Golf Tournament for Army Emergency Relief Friday at Silver Wings Golf Course. Registration for the four-person scramble tournament begins at 10 a.m. and a shotgun start is at noon. It costs \$65 per person to enter, while SWGC members can enter for \$55. The price includes a hamburger lunch, cart and green fees, and a registration gift. Various prizes will also be awarded. All proceeds will benefit AER.

For more information, call 1-800 448-4096 or 598-4411, Exts. 1306, 1302 or 1702.

Prescription drug take back

People can dispose of their unused prescription medication at two locations in the local area Saturday as part of National Prescription Drug Take-Back Day. The locations include the Fort Rucker Main Exchange Mall and the Daleville Grocery Outlet parking lot.

For more information, visit www.dea.giv.

National Day of Prayer

The Fort Rucker chaplaincy will host a National Day of Prayer observance May 1 from noon to 12:30 p.m. at the Headquarters Chapel, Bldg. 109. This is an annual event, in which millions of Americans unite in prayer for the country and its leaders. Regardless of their religious positions, chapel officials said all Americans need solutions to the problems they face in the world, their nation and their communities. The sanctuaries in the Main Post

Chapel, Bldg. 8940, and Wings Chapel, Bldg. 6036, will also be open from 8 a.m. to 5 p.m. for people who prefer to pray alone

or in small groups.

For more information, call 255-2989.

WOCC change of command

The U.S. Army Warrant Officer Career College will host its change of command ceremony May 2 at 2 p.m. in the U.S. Army Aviation Museum. Col. Garry L. Thompson will assume command of the college from Col. Stanley O. Smith.

Jail-a-Thon

As part of Fort Rucker's Army Emergency Relief fundraising campaign, the 6th Military Police Detachment hosts its annual AER Jail-a-Thon May 1 in the post exchange parking lot. People can issue warrants for people's arrests based on prices associated with ranks – prices range from \$10 for E-1 to E-4 and GS 1 to GS 4, all the way to the commanding general and deputy commander at \$50. Warrant collection will run now through Wednesday. The people who have warrants issued for them will be confined in a makeshift jail outside of the PX May 1.

For more information, including a complete warrant price breakdown, call 255-2120, or send an email to Christopher.d.gipson2. mil@mail.mil.

Opportunity knocks

The following internal positions are available on Fort Rucker: Writer-Editor, GS-1082-12, Vacancy No. SCEG140083181099371, with the U.S. Army Combat Readiness/Safety Center, with a closing date of Wednesday; Supervisory Electronics Technician, GS-0856-14, Vacancy No. SCEG140083181099371, with U.S. Army Training and Doctrine Command, with a closing date of May 1; and Quality Assurance Specialist, GS-1910-09, Vacancy No. SCEG149530111098665, with the Fort Rucker Garrison, with a closing date of Wednesday.

For more, check out www.usajobs.gov.

Fire extinguisher servicing

The Fort Rucker Fire Department is unable to provide people portable fire extinguisher service, but it is still able to conduct annual inspections and tag replacements. For six-year maintenance, recharges and hydrostatic testing, there are local businesses that can assist people.

For more information, call 255-3316.

SOLDIERS' VOICE

SMA lists 'Top 5' concerns of Soldiers

By Gary Sheftick Army News Service

WASHINGTON - Possible changes to military retirement benefits ranks as the No. 1 concern of Soldiers, the Army's top enlisted member told sena-

Sgt. Maj. of the Army Raymond Chandler testified to the Senate Armed Committee's Services personnel subcommittee April 9, along with his counterparts from the other military services. He ran off a list of Soldiers' "Top 5" concerns, which included readiness, fiscal uncertainty, indiscipline in the ranks, and regulatory changes, such as uniform and personal appearance standards.

"The No. 1 concern of our Soldiers relates to the work of Department of Defense and Congress on the Military Compensation and Retirement Modernization Committee," Chandler said.

He tells Soldiers that they will be "grandfathered" and their benefits will not change, although the retirement program for recruits preparing to come into the force may indeed change to some degree in the future.

Chandler said he's "traveled tens of thousands of miles to visit with Soldiers in harm's way" and others around the globe. His wife often accompanies him to meet with Family mem-

What he has learned, Chandler said, is that concerns fluctuate about benefits such as commissary privileges, TRICARE and tuition assistance. But, he said, "the one issue that has never wavered is retirement reform."

Commissaries have not been a concern until recently, he said, adding that Family members are usually more concerned about this benefit than Soldiers. He tells them emphatically that commissaries will not close, but it's possible that some changes may be made to realize efficiencies.

Heat safety tips

- · Limit your outdoor activity to morning and evening hours.
- Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. Try to rest often in shady areas.
- Protect yourself from the sun by wearing a widebrimmed and sunglasses. Also, apply sunscreen of SPF 15 or higher. The most effective products say "broad spectrum" or "UVA/ UVB protection" on their labels.

"It will have an impact on everyone if commissaries roll back cost savings from 30 percent to 20 percent," Chandler said.

Both legislation and policy may need to change in order to make commissaries more efficient, he said, and a "holistic" review of the Defense Commissary Agency will be undertak-

For instance, he said currently generic brands are not usually sold in commissaries. Sometimes generic brands can be bought cheaper downtown than name brands in the commissary.

Looking at stocking shelves with generic brands may be just one of many measures DECA may consider to save Soldiers money, Chandler said, also emphasizing to senators that commissaries don't compete with any civilian supermarkets.

On the other four top concerns, Chandler said Soldiers worry about readiness. With the tight budget, they worry about the availability of training and whether they will have the proper equipment they need, he said.

Last year's civilian furloughs and the partial government shutdown under sequestration also caused Soldiers to worry about fiscal uncertainty and unpredictability, Chandler said.

Indiscipline in the ranks, such as sexual harassment and sexual assault, is another concern of the Soldiers he visits, Chandler said, adding that, in the last eight months, Soldiers are beginning to talk more



PHOTO BY SGT. MAJ. TROY FALARDEAU

Sgt. Maj. of the Army Ray Chandler and his wife, Jeanne, speak to Gary Leeling, general counsel for the Senate Armed Services Committee, during a break in the Personnel Subcommittee's hearing on Capitol Hill April 9.

about those issues and offer suggestions, which is an encouraging sign.

Finally, regulatory changes rank No. 2 among the concerns of Soldiers, Chandler said. This includes the March 30 revision of Army Regulation 670-1, which tightened standards for tattoos and aspects of personal appear-

Soldiers want to be seen as professionals and are concerned about their appearance, he said.

Chandler also discussed transition programs for Soldiers leaving the Army. He said a program at Joint Lewis-McChord, Wash., was especially successful as the military partnered with trade unions to help Soldiers learn professions. The unions actually guaranteed to find Soldiers jobs once they mastered trades, Chandler said.

Trades such as pipefitting, plumbing, and repair of heating, ventilation and air conditioning units were popular trades Soldiers took up at JBLM, Chandler said, adding that the program will soon expand to other installations, as well. In addition, the Army will leverage vocational-technical schools and community

colleges to help Soldiers learn trades.

The Army's "Soldier for Life" program and transition initiatives were discussed earlier in front of the same committee by Lt. Gen. Howard B. Bromberg, the Army's deputy chief of staff, G-1. He said Soldiers now begin transition programs one year before they leave the service.





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Defense: Officials emphasize constant vigilance

Continued from Page A1

push themselves out from under an attacker, giving them the opportunity to create distance from the assailant to get away.

They were also taught that they should never present their back to an attacker. The instructors taught the participants how to get up from the ground while facing their attacker while keeping their guard up.

But before the participants got physical, the class started off with a discussion with Staff Sgt. Jason Goldsmith, traffic management collision investigations NCO in charge, who talked about not only how to get out of potentially harmful situations, but how to avoid them.

"Some people's strategic downfall is the lack of awareness that they have," he said during the class. "Things like not paying attention to their surroundings, digging through their purse, looking at their phone and things like that – anything that keeps them distracted can be their downfall."

Goldsmith said that it's easy in

this day and age for people to get distracted, with so much of their lives tied to their phones, but suggests that people be wary of their surroundings and pay attention to what's going on around them.

He added that body language can be a strong deterrent against crimi-

"Criminals are looking for certain things in their victims – people walking with their heads down and people who are distracted," said Goldsmith. "Make sure you exude confidence by keeping your head up and looking where you are going. Portray that confidence and make sure you make eye contact with people that you notice."

Eye contact is important because it does two things: it displays confidence in oneself and lets a would-be assailant know that they have been noticed, he said.

Another thing people should avoid is places that would make it easy for an attacker to get to them without being noticed, such as dark alleys, empty stairwells and empty parking garages, said Goldsmith.

"If you know you're going to be walking in a dark area, bring a flashlight with you or even use your cell phone to provide some light," he said

People should also avoid getting stuck in routines, because that allows criminals to predict where their victim will be at certain times.

"Most assaults (are committed) by someone who knows their victim," said Goldsmith. "If people know where you're going to be at a certain time, then that just makes you vulnerable."

Combining the knowledge that Goldsmith provided and the techniques that participants were taught, the class was successful in making attendees feel better prepared if they ever find themselves faced by an attacker, said Johnson.

"It's so great that Fort Rucker offered something like this," said Trone. "Normally you'd have to pay for classes like this, but for them to provide this service for free is just awesome and it makes me feel good knowing that they provide this for us."



PHOTO BY NATHAN PEALL

Sgt. 1st Class Maurice Tunstall, NCO Academy, flips Sgt. 1st Class, Daniel Porteus , Directorate of Training and Doctrine, during a demonstration at the SHARP self-defense workshop at Fortenberry-Colton Physical Fitness Center April 17.

Place: Workshop aims to encourage conversation between Soldiers

Continued from Page A1

advice to attendees on how to better understand the opposite sex for a healthier work environment, and how understanding how the opposite sex thinks and communicates can help reduce sexual violence.

"From childhood, men are taught to be tough and hide their feelings, while women are taught to talk about their emotions, and be loving and caring," she began. "Children have to be taught to act like that, and those are the differences society initiates that impact us as adults.

"And those differences play into every workplace, so we have to understand and use our differences to our advantage," she said. "We have to try to look though the glasses of the opposite sex so we can see it from their perspective."

A "Family Feud"-style icebreaker helped the Soldiers begin to think about those differences.

The game had His and Her teams, and asked the teams questions concerning one

sex or the other, such as "What did a survey of 100 male Soldiers say they feared the most?" and "What did a survey of 100 female Soldiers say was the reason they joined the military?"

FlorCruz said she hoped the workshop would stimulate a conversation between Soldiers about how they can move forward to change the culture.

"We are requiring people to ask harder questions about themselves and their organizations, and that is the first step in how to change the Army's culture," she said. "The mindset of 'boys will be boys', which can create a dangerous and unbecoming atmosphere in any unit, is slowly changing. It is a matter of leadership and the Army's maturing as a modern military force to wipe out hazing of all natures in all military occupational specialties."

She said the biggest problem with sexual assault is the disbelief that the Army has a problem, and that the bottom line is women need to mentor men about mentor-

ing women.

"We have to raise the professionalism of all Soldiers, and if we do that that will reduce all SHARP issues," she said. "We all have a part to play in making the Army a more professional place. We have to make the culture change happen, and we can do that by addressing the professionalism of individual Soldiers."

When the professionalism of Soldiers is addressed and when leaders help their Soldiers find their place in the profession of arms, they are keeping them from being victims of isolation, she added.

FlorCruz said that female Soldiers need to have an improved sense of place – an improved sense of values – in the profession of arms. Sexual assault causes severe isolation, especially when a Soldier doesn't have a secure sense of place in their unit.

"Victims generally fall into the category of being a disenfranchised, isolated, notwell-regarded Soldier. That is how he or she is selected by a predator," she said. "Many Soldiers are picked out because they are on the fringe. Gender can be a cultural isolation, so we have to figure out how to address it."

Capt. Christopher Supienger, 6th Military Police Detachment commander, said that the workshop was very interactive and informative.

"It has done a great job of showing us how to take a walk in the other gender's shoes, and how that is applicable to working in the United States Army," he said during a short break. "(Proper communication between the sexes) enhances interaction in a unit and it is essential to being a well-rounded leader who can mold future leaders."

How a woman sees herself in an organization, according to FlorCruz, has everything to do with how successful the organization is going to be overall.

"Give your Soldiers a better sense of identity, and let them know that they belong in the organization and in the profession in arms," she said.



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APRIL 24, 2014



COURTESY U.S. EMBASSY BUDAPEST

A UH-60 Black Hawk from the 12th Combat Aviation Brigade cruises over Budapest during exercise Saker Falcon.

12th CAB trains with Dutch, Hungarian



By Pfc. Paige Behringer 1st Brigade Combat Team Public Affairs

VARPALOTA TRAINING AREA, Hungary - Soldiers from U.S. Army Europe's 12th Combat Aviation Brigade spent two weeks training alongside their multinational partners from two Dutch air assault battalions and Hungarian forces during exercise Saker Falcon, which wrapped up April 17.

The multinational exercise involved roughly 200 Soldiers from USAREUR's 3rd Battalion, 158th Aviation Regiment, based at Katterbach Army Airfield, Germany, soldiers from the 12th and 13th Battalions of the 11th Netherlands Army Maneuver Brigade, and Hungarian forces.

The Royal Netherlands Army began planning Saker Falcon more than a year ago, initially constructing a Dutch-Hungarian exercise, said Maj. Eric Halstrom, executive officer for 3-158th. Dutch forces later requested12th CAB's participation to validate their execution of multinational mission command in contingency operations, to integrate allied logistical support, bolster interoperability, and to train NATO allies in U.S. rapid deployment and air assault op-

"[The Dutch] approached us back in January to come out and provide Aviation support to their combined training exercise as part of the European Battle Group, so we're out here to provide unified land operations and Aviation support to that training exercise," Halstrom said.

In addition to the exercise goals of enhancing joint and combined interoperability with allied and partner nations, Saker Falcon aimed to prepare participants to operate in an integrated joint and multinational environment. To support that objective, representatives of Hungarian civil and governmental agencies took part in the

The exercise featured full-spectrum conflict training, with opposing forces played by the Hungarians supported by air defense assets from 12th CAB. Other training included air assault operations, mounted and dismounted operations, casualty and medical evacuation procedures, radio procedures, and sling load training with U.S. and

SEE PARTNERS, PAGE B4

101st Airborne Division conducts brigade exercise

By Staff Sgt. Joel Salgado 3rd Brigade Combat Team Public Affairs

FORT CAMPBELL, Ky. — The 101st Airborne Division (Air Assault) holds a unique position as the only air assault division in the world.

As an air assault-focused unit, the division must be ready at a moment's notice to plan, coordinate, and execute brigade-size air assault operations capable of seizing key terrain in support of operational objectives, according to Maj. Gen. James C. Mc-Conville, commander of the 101st Airborne Division (Air Assault).

"The 101st Airborne Division provides the National Command Authority an air assault, early-entry force capable of working in austere environments with limited or degraded infrastructure," Mc-Conville said.

To many people, an air assault operation may seem simple: get on a helicopter, fly and fight. The reality is that, like most military operations, it is a complex synchronization of moving elements. Extensive planning is required to organize the aircraft movement, the artillery fires and the logistical

challenges of supplying and sustaining more than 1,100 Soldiers and their equipment in a multiple-day, sustained engagement, said Maj. David Conner, executive officer for 3rd Brigade Combat Team.

"The BCT began planning for Operation Golden Eagle three months prior to the execution," said Maj. David Conner, executive officer for 3rd BCT. "Many of us had never done something on this scale before and Golden Eagle gave us an appreciation for the enormity of the task."

Key to the success of these types of missions is the division's Gold Book that defines the standards and establishes the procedures to plan, execute and quantify the success of an air assault mission.

"The Gold Book is the standard for air assault operations," said Conner. "We followed it step-by-step, and it ensured we considered not only what was required for the air assault plan, but what to do in the event of air assault contingencies."

To validate the Gold Book, the division recently executed Operation Golden Eagle, its first large-scale air assault training operation in more than a decade.



Soldiers from 3rd Brigade Combat Team Rakkasans, 101st Airborne Division (Air Assault), watch a flight of UH-60 Black Hawk helicopters from 5th Battalion, 101st Combat Aviation Brigade Wings of Destiny, as they return to Pickup Zone Cardinal to load more Soldiers during Operation Golden Eagle at Fort Campbell, Ky., April 8.

The four-day operation featured more than 40 aircraft from the 101st Combat Aviation Brigade Wings of Destiny, transporting more than 1,100 Soldiers and equipment from the 3rd BCT Rakkasans, across the training areas of Fort Campbell to engage simulated enemy forces.

"Our mission is to provide highly trained, disciplined and fit air assault forces, and serve as the only air assault division in the world - capable of discriminate, agile and adaptive operations to engage enemy force or to seize and hold key terrain. Operation Golden Eagle will demonstrate our ability to accomplish that mission," said McConville. "We provide a unique capability not available anywhere else in the world."

The 3rd BCT and 101st CAB forces set out to validate their brigade's ability to plan and execute combined arms maneuver in its current modularized configuration, and to establish any shortcoming to reach the intended BCT 2020

"Recent structural realignments within the division and brigade continue to enhance our combat power with new artillery, engineer, logistics and infantry units," said Col. J.B. Vowell, commander of 3rd BCT. "Those systems are all being tested here at Fort Campbell during Operation Golden Eagle."

The scenario that will put all of the components to the test is similar to the new Full-

SEE AIR, PAGE B4



A CH-47F Chinook from 3rd General Support Aviation Battalion, 2nd Combat Aviation Brigade, 2nd Infantry Division, prepares to land on the flight deck of the amphibious transport dock ship USS Denver (LPD 9) during flight operations as a UH-60 Black Hawk stands by Denver is part of the Bonhomme Richard Amphibious Ready Group and is conducting joint force amphibious operations in the U.S. 7th Fleet area of operations with the 31st Marine Expeditionary Unit and Commander Amphibious Squadron 11.

10 years after – paratroopers soar in Kosovo

By Sgt. Cody Barber

Kosovo Force Public Affairs

CAMP BONDSTEEL, Kosovo — Ending what has been over a decade-long absence, Multinational Battle Group-East paratroopers took to the skies in Kosovo April 15.

Soldiers from 2nd Squadron, 38th Cavalry Regiment, 504th Battlefield Surveillance Brigade conducted airborne jumps to maintain jumper proficiency, said Lt. Col. John Cogbill, commander of 2-38th Cavalry Squadron



Airborne Soldiers with 2nd Squadron, 38th Cavalry Regiment, 504th Battlefield Surveillance Brigade, jump from a UH-60 Black Hawk at Camp Bondsteel, Kosovo, April 15.

and MNBG-E's forward command post.

"Conducting airborne operations is an inherently high-risk mission," the native of Richmond, Va., added. "It's one of those things where practice makes perfect and the more repetitions we can get, the better we become."

The exercise started at daybreak when Soldiers checked their gear, tightened straps and prepared themselves before conducting multiple jumps via static line out of a UH-60 Black Hawk into the brisk morning air at Camp Bondsteel.

The paratroopers enjoyed the chance to stay proficient in their airborne skills while being deployed. Cogbill was one of the first paratroopers putting his knees in the breeze at the drop zone, and he said it was a very successful jump for him and his troops.

"We threw a couple streamers out to make sure we had the spot right and then we went for it," said Cogbill. "We hit the drop zone and walked away from it, so we are happy."

Also attending the airborne exercise was Muharrem Svarqa, the mayor of Ferizaj, the closest major city to Camp Bondsteel. He said watching the jump was a great experience for him.

"It's very exciting for us to see these kind of events that we don't usually get a chance to see," said Svarqa. "I'm very thankful that we were invited to attend the event where the U.S. Soldiers demonstrated their military skills and abilities."

First Sgt. William Hutson, top NCO for C Company, 2nd Sqdn., 38th Cav. Regt., was on the drop zone and watched his troops make the jumps. He was glad to see his troops learning and training.

"We just took this opportunity to bring our jumpmasters down here, set up the drop zone and survey it," said Hutson, a native of Pearland, Texas. "We ran through some rehearsals, and got everyone on par as far as what everyone needs to know and came out here to execute the jump."

The troopers weren't the only ones who received training for the day. Aviation crews from the battle group's southern command post got in on the action as well.

"We are always looking for opportunities to train," said Lt. Col. George Barton, SCP commander, and a native of West Jordan, Utah. "When the forward command post suggested that we start doing paratrooper drops, we were excited to do it because it's a common mission for us to do as Black Hawk pilots."

Although the unit conducts intelligence, surveillance and reconnaissance operations according to U.S. Army doctrine in support of III Corps, it's important to keep the parachuting skills sharp, even though this is a peacekeeping mission, added Cogbill.

At least once a month, the Cavalry unit plans on conducting airborne exercises in Kosovo to maintain their airborne status.

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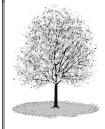


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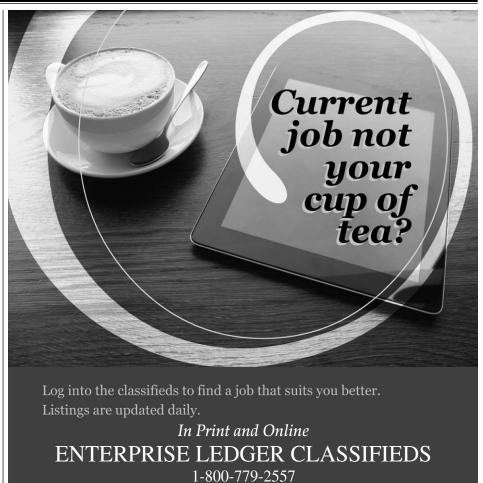
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Air: Soldiers train to utilize unique capabilities

Continued from Page B1

Spectrum Training Engagements that are used in the Army's major readiness and training centers that involve brigade-size operations instead of the counterinsurgency focused missions of the past decade, McConville said.

"As we move from a counterinsurgency operation focused force to a decisive action force capable of providing air assault forces, this exercise gives us the opportunity to conduct the complex training required for conducting complex operations at the brigade level or higher," he added.

In the exercise scenario, the host-nation forces are currently engaged in a civil war that has torn the country apart. In addition to destabilizing the region, it provides a hotbed for insurgent activity linked to larger terrorist networks. The U.S. forces will attempt to establish security in the host nation and destroy the insurgent forces.

The challenge that the Soldiers from the 101st faced during the exercise was how to utilize the unique capabilities of the unit to respond to and stabilize a country in crisis and to prevent the spread of insurgency.

Initially, the scouts from 1st Squadron, 33rd Cavalry Regiment, in conjunction with scouts from 1st and 3rd Battalion, 187th Infantry Regiment, and utilizing unmanned aircraft systems from 3rd BCT and OH-58 Kiowa helicopters from 101st CAB, conducted a two-day reconnaissance of the battlefield to provide the unit with a better understanding of the situation at hand.

'Since the BCT reorganization, this unit has never conducted a squadron-wide reconnaissance mission," said Lt. Col. Jason Curl, commander of 1st Squadron, 33rd Cavalry Regiment. "This is a ground breaking event for us to develop the skills essential to provide reconnaissance in support of a brigade air assault. That is our number one core competency."

Armed with a detailed knowledge of the battle space, the unit then conducted the first of its air assault raids by delivering six artillery pieces, ammunition and Soldiers at two separate locations.

Upon arrival, the artillerymen of 3rd Battalion, 320th Field Artillery Regiment began suppression of enemy forces for follow on air assaults conducted by 1st and 3rd Battalion, 187th Infantry Regiment.

"This operation allowed us to get back to utilizing skills traditional to a field artillery battalion in unified land operations such as acting as the Force Field Artillery HQ, SEAD (Suppression of Enemy Air Defenses), and conducting the close supporting fires and counter-fire," said Lt. Col. Brendan Raymond, commander of 3rd Battalion, 320th Field Artillery Regiment.

With the enemy air defenses taken out of action, the main effort of the mission began. Through a series of lifts, Soldiers and equipment from the two infantry battalions seized multiple objectives to achieve the key goals of the mission.

Partners: Years of training provides high level of synchronization

Continued from Page B1

Dutch aircraft.

The U.S. is a significant part of these exercises because it plays a significant part of NATO operations, said Halstrom. The major said it is imperative that the U.S. trains with its NATO partners to sustain interoperability, to ensure it understands how they operate and they know how the U.S. operates.

The major said American forces and their European

forts, thanks to years of training together.

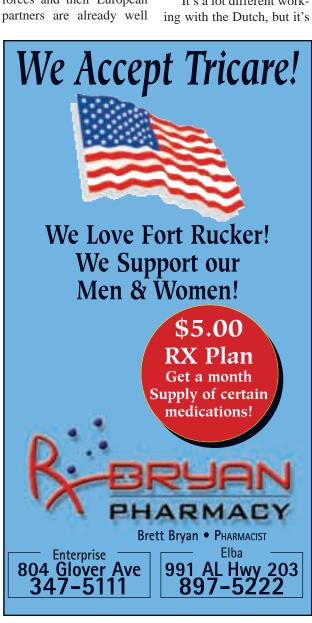
"As we have come to find out during this exercise, there are a lot of things that the Dutch do very similar to us," Halstrom said. "It's surprising how similar they are to us, but it's because of what we have done in the past with NATO, and ... we are here to help strengthen the ties a bit more and help to keep the partnership to-

"It's a lot different work-

synchronized in their ef- a good experience because you get to see a different culture and how they work with military units, and how they work in comparison to quarters Company. "They our unit," said Pfc. Timothy Natale of 3-158th's Headquarters and Head-

also help us experience what we need to work on to make our unit, as a whole,

stronger and how we can work alongside other units to [get] what needs to be done accomplished."





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Story on Page C3

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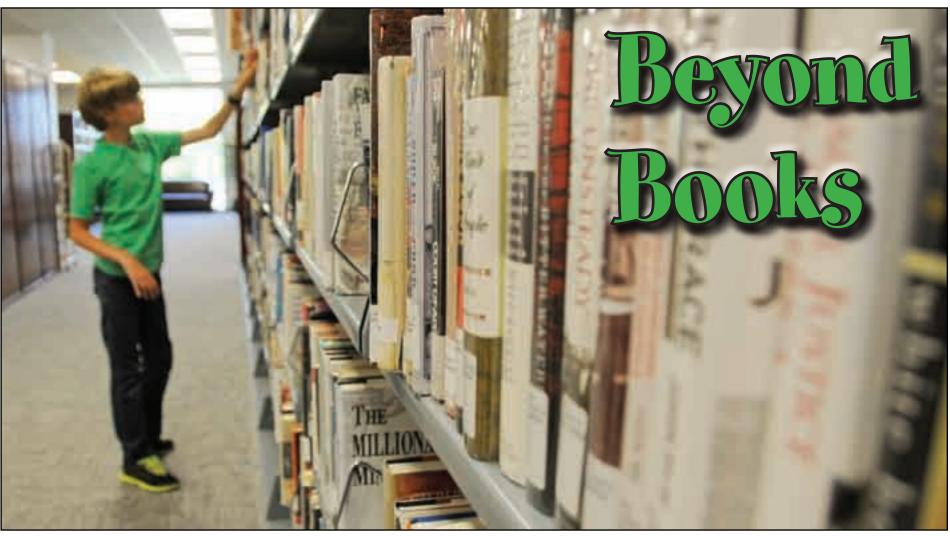


PHOTO BY SARA F. MARTIN

Aaron Druilhet, 11, Army Family member, picks out a book from the Center Library April 16.

Library offers classes, computers, check-outs

By Sara E. Martin *Army Flier Staff Writer*

Last week was National Library Week across the nation, and Fort Rucker's Center Library took center stage to show people it's more than just books.

The Fort Rucker Center Library, located in Bldg. 212 on 5th Avenue, offers a host of amenities to members of the community who have access to its resources, according to Jackie Chappell, reference librarian.

"Some people still think that a library is just a place where mean old ladies shush at you. But, because of changing trends, libraries are beginning to morph into community centers," said Chappell. "It's not a place filled with dusty books. It's a place of learning and studying and fun."

Some of the services that people have access to are 19 public computers with Internet access and printers; Wi-Fi for customers who bring their own computers; downloadable e-books, audio

books and music; and Rosetta Stone and Transparent Language Online, which offer more than 48 different available languages to learn, said Chappell.

The library also has check-out options for physical books, magazines, compact discs, movies and video games for the Wii, Playstation 2, Playstation 3 and Xbox 360.

It also features story time, reading programs, color printing, seasonal classes, book clubs, and adult and child crafting activities.

All library services are free with a library card, which is also free. The only charges are for printing more than two pages.

The library currently has 44,684 physical books; 6,818 audio-visual materials, which includes e-books, DVDs and games; and 86 different magazine and newspaper titles, according to Chappell.

The e-books, and more, are offered through: Army Digital Media Library, which has e-books, e-audiobooks, videos and music; Ebsco Audio books, which offers

The library is a gateway to not only knowledgeable people, but to a huge variety of resources for school, home and work life."

— JACKIE CHAPPELL REFERENCE LIBRARIAN FORT RUCKER CENTER LIBRARY

fiction and non-fiction titles; and History Reference Online, which provides access to more than 6,000 encyclopedias, dictionaries, handbooks and guides, said Chappell.

"Many avid readers can read a book a day – that's around \$8 a day in paperbacks. So, for many it's not smart to go buy a book when you can check it out for free here," she said. "And we even have a book sale aisle. People can donate books to us, and if we do not add it to our catalog, we sell it anywhere from 25 cents to \$1."

For access to the e-resources, people must be a registered library

dress with the library in order to register for an online account.

The library has access to more than 40 databases – an

patron and have a

unique email ad-

asset that Chappell said can really help Soldiers and Family members going through any type of military school or university.

"If you go to college or graduate school, you learn how to write papers, but not everyone goes down that path. So we offer classes to help people familiarize themselves with database searches," she said. "People can use the databases to do research, and look up journals and newspa-

pers to find articles on their subject matter."

The library not only has academic databases, but also has ancestry, mechanic and other subjects for people to utilize.

"Our databases allow us to transform from this one building to a huge world of information," she said. "The library is a gateway to not only knowledgeable people, but to a huge variety of resources for school, home life and work life."

Chappell warned against "Googling" subjects, especially for academic purposes.

"Not everything you see and read on the Internet is true. But we can point you in the right direction of finding the right and true information that you might need," she said.

The Center Library is open Mondays, 10 a.m. to 5 p.m.; Tuesdays-Thursdays, 9 a.m. to 7 p.m.; Fridays 9 a.m. to 5 p.m.; and Saturdays, noon to 5 p.m.

For more information, call 255-3885.

Day in the life -

Youth center employee offers hands-on guidance

By Sara E. Martin Army Flier Staff Writer

There is an old saying that it takes a village to raise a child, and the efforts of Fort Rucker Youth Center program assistants give credence to that theory.

Felisa Matthews works with local youth every day with different activities at the center, ensuring they are "doing right" and that everything goes smooth and there are no conflicts in an activity room.

But although she enjoys her hands-on work with the children she interacts with,

she said one of her biggest responsibilities as a program assistant is to be there if a child needs her for anything at all.

"We are activity facilitators, and we make sure the children are having a good time and that their needs are met," she said. "But we also help mentor the children. If any of them have a problem that they want to talk to me about, I am always listening and always here for them."

Matthews said she is an extra shoulder to cry on if the children need it, or an extra set of ears to help them if they want assistance.

HOTO BY SARA E. MARTIN

Felisa Matthews, youth center program assistant, helps Selah Laforge and Piper Mitchell with a sewing project Monday at the youth center.

"I like to think that they are my own kids when it comes to giving them advice about school or issues they may be having with another child," she said. "Sometimes they want to talk to the PAs because they don't feel like they can talk to their parents or a teacher.

"It makes me feel good that they want to talk to me about something that might be affecting them," she continued. "And it's always good to have an extra person in the community (who) is looking out for its youth."

Although program assistants can give another perspective to a situation, Matthews said if they feel like the situation is important, they will inform parents so they are aware.

"I have to know my place in their lives, as well. Although I hear a lot that their parents probably don't hear at home, I can't get too bossy or nosy because I don't want the children to think that I am up in their business and will tattle on them," she said. "You have to get close to them so they are comfortable with you, but not too close where they don't respect you as a mentor."

Kylah Robinson, a 15-year-old Army Family member, said that Matthews is a wonderful person.

"She always helps out when we ask her, and she is super nice and kind," she said. "She knows how to be funny and have fun with us. But, she can be serious at the same time, so I really respect her. I always ask her for advice."

Matthews believes that program assistants at the center help make it a fun place to be, and encourages children to join in the fun instead of staying at home alone.

"Some of the children are old enough to stay at home, and some might not be trouble makers while alone at home, but it's not about that," she said. "It's about enriching their lives as much as possible. Children can get depressed being at home alone every day. It is good to be around your friends in an interactive environment."

The center couldn't operate successfully without PAs, and the center helps keep parents strong and focused at work, she added.

"When parents don't have to worry about what their child is up to after school, and knowing their child is happy and healthy here, they can focus on the mission clearly," she said.

Matthews has worked with the youth, aged 11-18, for four years and said the job has many challenges, but dealing with adolescent tempers is definitely the most difficult

"I love seeing the children every day. Their smiles and stories make me smile. They are a joy to be around," she said. "I love hearing about their daily lives. I love teaching the children new things. It makes me feel like I am really making a difference in their lives."

The community would be able to function without youth center services, although it would be a huge shame for the children, said Matthews.

"We are a big help and asset to the community because we help with a multitude of things: homework, bullies, college, non-academic skill sets. We really enhance the quality of life for teens on the installation. I look forward to continuing to help them in their journeys," she said.

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

Blue Day Campaign

April is Child Abuse Prevention Month and Fort Rucker continues its support of the Blue Day Campaign Friday as a community-wide effort to recognize the collective responsibility to prevent and confront all forms of child abuse and neglect by wearing something blue every Friday throughout the month. The Blue Day Campaign allows the community an opportunity to band together and wear blue as a visible commitment to support child abuse prevention.

For more information, call 255-9641.

International spouses get together

Army Community Service will host its International Spouses Get Together Friday at 9 a.m. in the Allen Heights Community Center to help those who may need help understanding the American culture and military life. Spouses can meet other spouses from other countries, and gain support and knowledge with finding the resources for obtaining U.S. citizenship, education, drivers licenses and more. Multilingual volunteers are available.

For more information, call 255-3735.

Youth lock-in

The Fort Rucker Youth Center will host its portion of the annual Operation Megaphone Worldwide Lock-In Friday and Saturday, where teens who attend teens will join military teens across the globe to collaborate. As part of the celebration of Month of the Military Child, the Fort Rucker Youth Center will host an overnight lockin designed to connect all military youth programs worldwide for one 24-hour period. There will be food, games, crafts, sports, as well as media sharing from installations around the world. There will be various games that youth will be competing with other installations to earn points. Cost is free for child, youth and schools services registered members, but includes a \$10 cash fee for participating guests.

For more information, call 255-2260.

Stroller parade, decorating contest

April is Child Abuse Prevention Month, and as part of its way of bringing awareness to the community, Army Community Service will host a Stroller parade and decorating contest Monday. All parents wanting to attend will meet at The Commons, Bldg. 8950, at 9:30 a.m., and walk up and down Seventh Avenue until 10:30 a.m. The event is free and open to the public.

For more information, call 255-9647, 255-3359 or 255-3898.

EFMP Autism Workshop

Army Community Service's Exceptional Fam-





Right Arm Night

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

ily Member and Family Advocacy Programs will host an Autism Workshop Tuesday from 11 a.m. to 1 p.m. at The Commons. The topic of the workshop will be three behavioral strategies every parent and child care provider should know. The event will provide behavioral management techniques, e.g., pivoting, redirection-reinforcement and planned ignoring; and role plays to help meet the challenges of parenting and providing care to children. The presenter will be Nicole Cleary Slay, a board-certified behavioral analyst. People are welcome to bring their lunch to the free workshop that is open to the public. Today is the last day to register. Continuing education units will be available for social workers and licensed coun-

For child care information and to register, call 255-9277.

Youth health fair

The Fort Rucker Child, Youth and Schools Services Sports and Fitness Department will hold its annual Health and Nutrition Fair for their CYSS members Wednesday from 2-4:30 p.m. at the school age center. The event will feature eye screenings, hearing screenings, blood pressure checks, and height and weight measurements. There will also be a registered dietitian, nutritionist, physical therapist, as well as members from the Partnership Edge, Family Advocacy Program, dental clinic, preventive medicine, 4-H Club, and the military and Family life consultant program.

For more information, call 255-2254 or 255-2257.

Employment Readiness Class

Army Community Service is giving people the chance to build and enhance their careers at one of the Fort Rucker's Em-

ployment Readiness Program Orientation Sessions, held monthly in the Soldier Service Center, Bldg. 5700, Rm. 371A. In May, the sessions will take place May 1, 15 and 29. People will first meet in Rm. 350 for paperwork and attendance prior to going to Rm. 371A. People can sign up to learn essentials about the program and receive helpful job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the pro-

For more information, including times, or to register, call 255-2594.

Financial readiness training

Army Community Service will host financial readiness training May 2 from 7:20 a.m. to 4:15 p.m. at the Soldier Service Center, Bldg. 5700, in Rm. 284. Personal financial readiness training provides a practical approach to help Soldiers manage their money more effectively. The training is required for all first-term junior enlisted Soldiers (E-1 through E-4). Spouses are welcome to at-

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

SPLASH opens

SPLASH Park, located behind The Landing, will open up again May 3 for swim season. Hours of operation will be weekends only from 11 a.m. to 5:30 p.m. between May 3-25, and Wednesdays-Mondays from 11 a.m. to 5:30 p.m. between May 26-Aug. 3, and closed Tuesdays. SPLASH will also be open Aug. 9-Sept. 1 on weekends and holidays from 11 a.m. to 5:30 p.m. SPLASH is open to the public. Season passes will be available to purchase at leisure travel services, both fitness centers and SPLASH.

For more information, call 255-2296.

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Friday, April 25

300: Rise of an Empire (R)

......7 p.m.

Saturday, April 26

Divergent (PG-13)

Sunday, April 27

Muppest Most Wanted (PG)

......2 p.m.

......7 p.m.7 p.m. TICKETS ARE \$6 FOR ADULTS AND \$5 FOR CHILDREN, 12 AND UNDER. MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME. FOR MORE INFORMATION, CALL 255-2408.

PRECIOUS CARGO

DOD changes privately owned vehicle shipping program

By Mitch Chandran Military Surface Deployment and Distribution Command Public Affairs

WASHINGTON - The personal property directorate at Military Surface Deployment and Distribution Command manages the Department of Defense's privately owned vehicle shipping program and wants service members to know there are several changes in the program, starting May 1.

Changes occurring with the global POV contract include a new contractor managing daily vehicle processing at vehicle processing centers worldwide, new VPC addresses for vehicle drop offs and pickups, a new website at www.pcsmypov.com for service members to request and track their POV shipments, and eight VPCs closing in both the continental United States and

International Auto Logistics will assume the contract May 1 from American Auto Logistics to manage the daily activities associated with the GPOV contract for processing service member's vehicles worldwide.

"Our goal is for a seamless transition between providers, and we are engaged in daily meetings with International Auto Logistics to ensure as smooth a transition as possible," said Navy Capt. Aaron Stanley, director of the personal property directorate for SDDC. "Likewise, we don't foresee the need for any major changes in the process used to ship and store privately owned vehicles."

With the exception of eight cities (domestic and overseas) that will close their VPC locations, many others will remain in the same city, but provide services at a different location and street address. Others, primarily overseas, will continue to operate at the same address and location, simply under new management.

The following are new U.S. VPC addresses for IAL vehicle processing centers starting May

- Atlanta: 3025 Sylvian Road, Atlanta, GA. 30354;
- Baltimore: 17079 Midway Road, Odenton, MD 21113;
- Charleston, S.C.: 3601 N. Meeting St., North Charles-



The Military Surface Deployment and Distribution Command manages the Department of Defense's privately owned vehicle shipping program, which will undergo changes starting May 1.

ton, SC 29405;

- Dallas: 957 Heinz Way, Grand Prairie, TX 75051;
- Los Angeles: 14611 S. Broadway St, Gardena, CA 90248;
- Norfolk, Va.: 1215 Executive Blvd, Chesapeake, VA
- Seattle: 840 Industry Way, North Algona, WA 98001;
- St. Louis: 13918 St. Charles Rock Rd, Bridgeton, MO 63044; and
- San Diego: 11433 Woodside Ave, Santee, CA 92071.

The following are new overseas VPC addresses for receiving vehicles starting May 1:

- Anchorage, Alaska: 300 LaTouche Street, Anchorage, AK 99501;
- Fairbanks, Alaska: 5250 Airport Industrial Road, Fairbanks, AK 99709;
- Bahrain: Al Musaskar 940, East Riffa Industrial Area, Bahrain:
- Brandon, UK: Field Road, Mildenhall, Suffolk IP28 7AL, UK;
- Aviano, Italy: Via dei Longobardi 49, 33080, San Quirino

- San Juan, Puerto Rico: 45 Calle 1 Parque Indust., San Miguel, San Juan, PR 00936;
- Rota, Spain: Calle Dr. Pariente, 11500 El Puerto de Santa Maria, (Cadiz) Spain;
- Incirlik, Turkey: Yenimahalle 33 Sokak No. 31 TR-01340 Incirlik, Turkey; and
- Izmir, Turkey: Doganlar Mah. 1417 Sokak TR-35040 Bor-

nova, Izmir, Turkey. The following overseas VPCs will be vacated by AAL, Wednesday, and then closed for all but emergency drops-offs with IAL May 1-2. The facility will be open May 5 for all vehicles. To aid in the transition, SDDC urges customers to reduce traffic and provide the additional time needed for the contractors to transition responsibilities:

- Chievres, Belgium: Chievres Air Base, Bldg 46, Belgium
- Shinnen, Netherlands: 254th BSB Shinnen, Borgerweb 10, Bldg 27 RM 102, 6365 CW Schinnen;
 - Baumholder, Germany: Gebaeude 8716, Raum 1-3 Smith Barracks AM Bahnof/

- Building 8716 55774 Baumholder, Germany;
- Boeblingen, Germany: Panzer Kaserne Bldg. 2931 71032 Boeblingen, Germany;
- Germany: · Grafenwoehr, U.S. Grafenwoehr Base, 322 Shiloh Avenue, 92655 Grafenwoehr, Germany;
- Kaiserslautern, Germany: Kapaun Air Station Bldg. 2806 67661 Kaiserslautern, Germany;
- Schweinfurt, Germany: Conn Barracks Custer St., Bldg. 35 97421 Schweinfurt, Germany;
- Spangdahlem, Germany: Spangdahlem Air Base Bldg. 222, 54529 Spangdahlem, Germany;
- Wiesbaden, Germany: Mainz Kastel Housing Area Bldg. Wiesbadener Str. 78, 55252 Mainz Kastel, Germany;
- Livorno, Italy: Leghorn Army Depot, Gate 27 Bldg. 5138 Depot Via Aurelia Tombolo Pisa, 56128 Livorno, Italy (pending contract mod);
- Naples, Italy: Naval Support Activity Bldg. 2081, Contrada Boscariello 81030, Gricig-

- nano di Aversa (CE), Naples,
- Sigonella, Italy: Basee Navale USA/NAS II Strada Statale 417, Catania-Gela 95030 Piano d'Arci/Sigonella (CT);
- Vicenza, Italy: Via Strada Della Pelose, Bldg. 928 Entrance 8, Torri Di Quartesolo, 36040 Vicenza, Italy;
- Guam: COMNAVMAR Naval Base Building 3179, Santa Rita, Guam 96915;
- Seoul, South Korea: Camp Kim, Building C1244-68 US Army Garrison Yongsan, Korea, APO AP 96205-5333;
- Taegu, South Korea: 20th Support Group Bldg. 1415, Camp Henry, Korea APO 96218-0562; and
- Honolulu, Hawaii: 1601 Sand Island Parkway, Honolulu, HI

Eight of the current 46 VPCs will permanently close May 1, in both U.S. and overseas loca-

VPCs slated for closure in the U.S. are located in Edison, N.J; New Orleans, La.; Orlando, Fla.; and Oakland, Calif.

VPCs overseas that have closed, or are slated for closure, include Mannheim, Germany (closed); RAF Croughton, England; RAF Menwith Hill, England; and Seville, Spain.

"It is important to note that American Auto Logistics will still be on hand at these eight VPC locations until Aug. 1, to service already processed vehicles until each VPC becomes empty," said Craig McKinley, supervisory transportation management specialist for the personal property directorate. "These eight VPCs on the closure list will not accept new vehicles for processing after April 30."

Additionally, AAL's website at www.whereismypov.com, will remain active until all vehicles in their possession have been deliv-

For more information, service members should call IAL starting May 1: for U.S. domestic appointments, 1-855-389-9499; for appointments in Germany, 0800-227-7447; and for any other locations, 00800-227-7447.

Each year, about 68,000 POV shipments occur throughout DOD, of which, about 8,500 vehicles require storage.



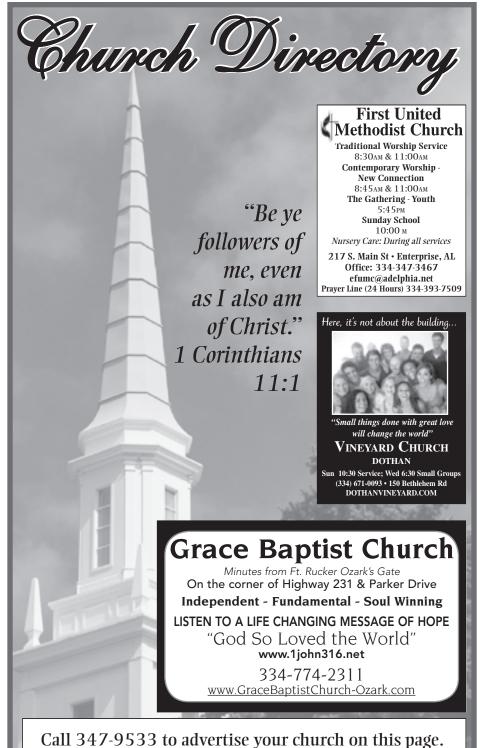
Use the 5 Ds to help with urges

- Deep breathing -Take slow deep breaths to feel relaxed and in control.
- Drinkwater Drink at least 8 glasses of water a day to flush out nicotine from your system.
- Do something else to keep busy.
- Discuss your urge with a friend or family member.
- Delay Don't reach for tobacco right away. The urge to smoke passes in 3 to 5 minutes whether a person smokes or not.









Wiregrass Blues Fest kicks off May 3



Troy University
Press Release

Troy University and the Alabama Blues Project will present the third Wiregrass Blues Fest's main event May 3 at the Wiregrass Museum of Art's Yard.

The event will pay tribute to the Wiregrass blues pioneer of boogie-woogie piano playing, the late Clarence "Pine Top" Smith.

The Wiregrass Blues Fest features performances by Victor Wainwright and the Wild Roots; Scarlet Blue, Lil' Jimmy Reed, and the Alabama blues women - Debbie Bond, Shar Baby and Rachel Edwards.

Gil Anthony, host of the Blues Power radio show, will emcee. Gates open at 6:15 p.m. Music starts at 6:30 p.m.

Advanced tickets for the performances are \$15 and can be purchased either at the museum or online through the Facebook page-

Wiregrass Blues Fest. Tickets will includes a special educational perbers \$20 at the door. Attendees should bring outdoor chairs for this yard party and the show will go on rain or shine. includes a special educational performance for local school children on May 2, designed to introduce students to the rich cultural history of Southern blues. The "Blues"

The Wiregrass Blues Fest kicks off two days before with a free educational presentation and performance featuring Debbie Bond and the TruDats on May 1 at the Wiregrass Museum of Art's Great Hall. Doors open at 5:30 p.m. and attendees can first browse through an exhibition of text panels on Alabama blues women.

At 6 p.m. a short discussion of Clarence "Pine Top" Smith's life will be presented, followed by a performance with Debbie Bond and her band the TruDats, showcasing songs from her new CD. She will also discuss her Nashville recording experiences and blues influences.

In addition to the community performance and educational presentation, the Wiregrass Blues Fest also includes a special educational performance for local school children on May 2, designed to introduce students to the rich cultural history of Southern blues. The "Blues in Schools" performance, including several of the artists featured in the Blues Fest, will be held at 12:45 p.m. at Geneva High School for approximately 400-500 Geneva middle school children.

"We also are really excited to partner with Blue Moon Cafe on S. Foster Street, the host of an amazing Gumbo Cook Off in the afternoon of May 3," said Dr. Jeneve Brooks, assistant professor of sociology and lead organizer for the Blues Fest. "Folks should come and eat some amazing gumbo and then head over to the Wiregrass Museum of Art for some down home blues music."

For more information about the Blues Fest, or to purchase tickets, go to https:jjwww.facebook.comjWiregrassBluesFest.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

DALEVILLE

MAY 10 — The Daleville Department of Public Safety's reserve officer program hosts an Alabama Police Week shooting championship at Tri-State Gun Club. Competition is open to police officers, military service members and private citizens. Proceeds benefit the Concerns of Police Survivors charity and local reserve officers. Competitors will be treated to a catered barbeque lunch and prizes that include plaques, flashlights, police gear and weapons. For more information, call (910) 723-3295 or visit www.osagecombatives. com/shootingchampionship.

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 on Sundays and games and TVs are available for entertainment. Open to all. Post can host parties, weddings, hails and farewells. For more information, call 598-6211, 598-1297 or 598-6211/379-9187.

DOTHAN

APRIL 26 — A Superhero 5k Run and 1 mile Fun Run to prevent child abuse will be held at the Westgate Trail at 8 a.m. Registration form can be found at www.exchangecap.org/#/superherosrun. Registration costs \$15-\$20. For more information, call 671-1966.

MAY 3 — Landmark Park will host its Touch A Truck event for children from 10 a.m. to 1 p.m. Children of all ages will have a chance to see more than 50 vehicles, including a race car, street sweeper, mail truck and more. Admission is \$5 for children and \$7 for adults, and free for members. Refreshments will be available. For more information, call 794-3452.

ONGOING –Ballroom dancing lessons will be offered every Tuesday night at 6:30 p.m. at the Cultural Arts Center. Lessons will teach the Fox Trot, East Coast Swing, Rumba and Waltz. The cost will be \$2 per person per night. For more information, call 791-9407.

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

ONGOING — People are invited to play ultimate flying disc with the Dothan Ultimate Discers on Optimist Field on Thursdays at 7 p.m. and Sundays at 2 p.m. Described as co-ed fun for everyone from age 10 to 100 with no prior experience required. For more information, call 615-3760.

ONGOING — The Wiregrass Museum of Art hosts "First Saturday Family Day" the first Saturday of every month at 10:30 a.m. The event is recommended for elementary school aged children. For more information, visit wiregrassmuseum.com or call 794-3871.

ONGOING— Landmark Park has a reptile feeding at 4 p.m. every second Sunday of each month. Children and adults can learn why these animals are important to the environment. The program is free with paid gate admission. For more information, call 794-3452 or visit www.landmarkpark.com.

ONGOING — Alabama Agricultural Museum in Landmark Park hosts the Wiregrass Woodturners club meeting the first Saturday of every month at 9:30 a.m. Open to the public, no experience necessary. Free with paid gate admission.

ONGOING — Landmark Park hosts a dulcimer club jam session the first Saturday of each month at 1 p.m. Patrons must have a mountain dulcimer, but no experience is necessary. Free with paid gate admission.

ONGOING — Wiregrass Suicide

Prevention Services holds bi-monthly suicide survivor support groups the second and fourth Monday at 6 p.m. at 148 E. Main Street. The support groups are for anyone who has lost a friend or loved one to suicide. Children's groups are also available. For more information, call 792-9814.

ONGOING — The Tri-State Community Orchestra rehearses every Thursday evening from 6-8 p.m. at the Dothan Cultural Arts Center. They welcome all string, brass, woodwind, and percussion players ages 16 and up. For more information, visit www.tristatecommunity-orchestra.com or call 585-4903.

ENTERPRISE

ONGOING — The American Legion Post 73 meets at the American Legion/Doer's Shrine Club building at 200 Gibson Street on the fourth Saturday of each month, beginning at 8 a.m. The building is across the street from the Lee Street Baptist Church. For more information, call post commander Jerry Goodson at 347-5961 or 447-8507.

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

GENEVA

APRIL 25-27 – The Geneva Festival on the Rivers is described as a Family festival. There will be food vendors, worm fiddling, a sculling contest, tugof-war, coin scramble, arts, crafts and a heritage camp, and added attractions with country and gospel music. Festival will be held at Robert Fowler Memorial Park. For more information, visit www. genevariverfestival.com.

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 the first Tuesday of each month at 5:30 p.m. at Town Hall, 1385 Hinton Waters Ave.

For more information, call 983-3511.

NEW BROCKTON

ONGOING — Disabled American Veterans Chapter No. 99 maintains a DAV service office in the New Brockton Police station every Tuesday and Wednesday from 10 a.m. to noon. All veteran services provided are free. For more information, call 718-5707.

ONGOING — Adult education classes are offered in Rm. 12 at New Brockton High School, 210 South Tyler St., Mondays and Wednesdays from 6-9 p.m. All classes are free for individuals 16 years old or older who are not enrolled in public school. Individuals must take an assessment test prior to attending class. Call 894-2350 for more information.

OZARK

ONGOING — The Ann Rudd Art Center is offering free art lessons for children ages 5 and over. The Young Student class is held Saturdays from 10 a.m. to noon, and the Adult/Teen Class from 12:30-3 p.m. Slots are on a first come, first served basis. For more information, call 774-7922.

PINCKARD

ONGOING — The public is invited to the Cross Country Workshop every Sunday at 6 p.m. at the Pinckard United Methodist Church.

For more information, call 983-3064.

SAMSON

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

TROY

ONGOING — Troy Bank and Trust Company sponsors senior dance nights every Saturday night from 7-10 p.m. at

Beyond Briefs

Friday Fest

Friday Fest in downtown Panama City 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 on the first Friday of each month from 6-10 p.m. Local shops and restaurants stay open late.

Swamp Tour

Georgia State Parks and Historic Sites hosts a tour of historic Billy's Island in the Okefenokee Swamp in Fargo, Ga., 10 a.m. to noon until May 31. This island was home to Native Americans, pioneers, and lumbermen for thousands of years and participants will take a boat out to the island and hike a trail to view some of the relics left from times past. Tickets are \$15-\$20 with a \$5 parking fee. For more information, call (912) 637-5274.

Motorcycle Rally

Known as "The Most Biker Friendly free Rally in the United States," the Thunder Beach Motorcycle Rally is held twice yearly in Panama City Beach April 30 through

May 4 and Oct. 1-5. Bikers from around the country can enjoy scenic rides along the Emerald Coast, live entertainment and local cuisine. For more information, visit www.thunderbeachproductions.com.

Carrabelle Riverfront Festival

The 24th annual Carrabelle Riverfront Festival will be held April 25 and 26 on Marine Street along Carrabelle's downtown riverfront district with the theme "Pirates of the Carrabellean." Festival offers regional arts and crafts, pet parades, a fashion show, Family friendly attractions and local culinary treats. Admission is free. For more information, email carrabelleriverfront@gmail.com.

Golf Fundraiser

The Tyndall Airman Family and Community Partnership Golf Fundraiser's theme is "Honoring America's Airmen" and the proceeds will benefit the Tyndall Airman, Family and Community Partnership. The tournament will be held at the Shark's Tooth Golf Course April 25. There will be an 11 a.m. check in with a noon shotgun start. Funds will be donated to the Wounded Warrior Beach Retreat. A cocktail party

with heavy hors d'oeuvre immediately follows the golf tournament. The party should start around 4:30 p.m. For more information, call (850) 420-5237.

Kidfest

Kidfest will be held April 26 from 10 a.m. to 3 p.m. at the Central Panhandle Fairgrounds. Kidfest is a 21-year-old event that is described as being filled with children's activities, entertainment, food and fun for the whole Family. More than 100 area organizations and businesses setup various types of free activities for children of all ages, while numerous entertainers showcase their talents throughout the day. Admission is free. For more information, visit www.eeckids.org.

Beach Party and Mullet Toss

The 29th annual Interstate Mullet Toss and Gulf Coast's Greatest Beach Party will be held April 25-27 at Flora Bama, Orange Beach. The event features fun, food and frivolity on the beach and includes a bikini contest, a keg toss and tug-of-war. Gates open at 9 a.m. Children's mullet toss starts at 10 a.m. and adult mullet toss begins at noon. For more information, visit www. florabama.com.

Reading with the queen

Miss New Brockton, Kaley Moore, reads to children at the Fort Rucker Child Development Center Friday in honor of Month of the Military



Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

Headquarters Chapel, Building 109 8 a.m. Multi-Cultural Worship Service

Main Post Chapel, Building 8940

9 a.m. Catholic Mass Sunday 11 a.m. Liturgical Worship Service 12:05 p.m. Catholic Mass (Tuesday - Friday) 4:00 p.m. Catholic Confessions Saturday 5:00 p.m. Catholic Mass Saturday

Wings Chapel, Building 6036

8 a.m. Latter-Day Saints Worship Service, Sundays.

9:30 a.m. Protestant Sunday School 10:45 a.m. Wings Contemporary Worship Protestant Service.

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

BIBLE STUDIES

Tuesday -

9 a.m. Protestant Women of the Chapel, Wings Chapel

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

6 p.m. Protestant Women of the Chapel, Wings

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

Wednesday -

11:00 a.m. Above the Best Bible Study, Yano Hall 11:30 a.m. 164th TAOG Bible Study, Bldg 30501 12:00 p.m. Adult Bible Study, Soldier Service Center

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

Thursday -

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

Mothers of Preschoolers (MOPS)

MOPS is a Christian-based mom's group. MOPS is about meeting the needs of every mom of a child from conception through kindergarten. MOPS will meet every first and third Thursday, 9 a.m. at Spiritual Life Center, Bldg 8939. For more information, call the Religious Support Office at 255-2989.

Protestant Men of the Chapel (PMOC)

PMOC meets the first Saturday of each month at 8:00 a.m. - 9:00 a.m. at Ryan's Restaurant in Enterprise, AL. Men are encouraged to attend for a time of fellowship and a short devotion. Free

breakfast is provided.

Protestant Women of the Chapel (PWOC)

PWOC meets every Tuesday at 9:00 a.m. and 6:00 p.m. at Wings Chapel, Bldg 6036. Childcare provided only at 9:00 a.m. For more information. call 255-2989.

Catholic Women of the Chapel (CWOC)

CWOC meets every Wednesday, 8:30 a.m. -10:30 a.m., at the Spiritual Life Center. Childcare provided. For more information, call 255-9894.

Youth Groups / Club Beyond Tuesdays, 5:30 p.m., Spiritual Life Center. For more information call 255-9995.

Alcoholics Anonymous (AA)

AA is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from the use of alcohol. This program is focused on spirituality and religion, having an impact on changing a person's life. AA meets every Thursday evening, 7:00 p.m., at the Spiritual Life Center (Bldg 8939, Room 38). For more information, contact the Religious Support Office, 334-255-2989.

JEWELERS



Adopt

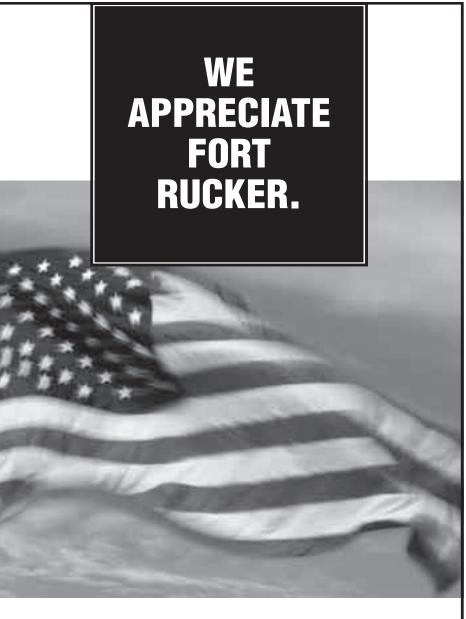
about animal adoptions, call the Veterinary Clinic at 255-9061. The Stray Facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels.

Donations can dropped off at the Veterinary Clinic or the Commissary.

ORDNANCE DEPOT

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mail: gahbb@aol.com



Southeast Alabama Medical Center employees and medical staff thank Fort Rucker for its commitment to the security of our community and our country. We extend our appreciation to the soldiers and military families for their personal sacrifices.





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GROWTH

Professionals help Soldiers thrive through life's crises

Story on Page D3

APRIL 24, 2014

THUNDER ON THOLOCCO

Event brings speed, Family fun to post

By Nathan PfauArmy Flier Staff Writer

With speeds reaching in excess of 100 mph, Thunder on Tholocco is sure to excite even the tamest of hearts.

The multi-class boat race returns to West Beach at Lake Tholocco Saturday and promises to bring entertainment for young and old that is sure to get people's blood pumping, according to Kristi Fink, Directorate of Family, Morale, Welfare and Recreation special events coordinator.

"Thunder on Tholocco is a multi-boat, outboard drag boat race, and two boats usually go head-to-head on a linear race track on the lake," she said. "This is our eighth time having the race and we're really excited to have this event come back to Fort Rucker."

The gate will open at 9 a.m., and the races will run from 11 a.m. to 5 p.m. Tickets are \$5 in advance and \$7 at the gate, and

the event is open to the public. Children 12 and younger get in free.

These high-performance boats last graced Lake Tholocco's waters in 2013 when seven different classes of boats took to the water, Fink said. The same seven classes are expected to participate this year. The different classes are river racers, unlimited, pro-mod, bass and skeet, V-6, pro-max bass and skeet, and pro-drag.

There will also be paddle boats in the swimming enclosure for Families to try out during the breaks between races. Families and friends can also participate in kayak and canoe races to test their speed on the waters of Tholocco, as well, she added.

There will be a couple of inflatables for children to play on, and since swimming will not be permitted, one of the inflatables is a slip and slide so the kids can get wet, Fink said.

People are encouraged to



PHOTO BY SARA E. MART

Mallory Genereaux with son, Rylen, play a tic-tac-toe yard game at last year's race. Fort Rucker will host the eighth annual Thunder on Tholocco Saturday at West Beach.

bring their blankets and lawn chairs to sit and watch the races, and food vendors will be onhand to sate any appetites that arise from all the excitement, she said. In order to keep the beach area and waters safe for everyone, Fink reminds people that glass containers are not permitted on the lake and pets are not allowed on the beach.

"It will be a lot of fun! So, grab your Families or your buddies and come watch a day of adrenaline-filled drag boat races!"

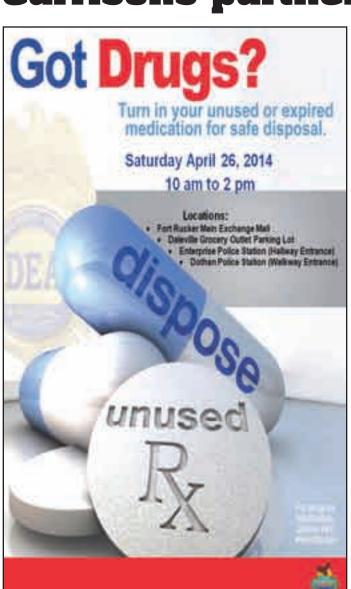
For tickets, call 255-1749.



PHOTO BY NATHAN PFAL

Huyeon Joo, Zumba fitness instructor, leads students of Fort Rucker Elementary School on a typical Zumba workout to showcase the importance of fitness during a field trip to Lyster Army Health Clinic April 16.

Garrisons partner with DEA for Take-Back Day



By Leslie Sweeney

U.S. Army Installation Management Command

SAN ANTONIO – Fort Rucker and Army installations across the United States are once again partnering with the U.S. Drug Enforcement Administration, and state and local law enforcement agencies Saturday in support of National Prescription Drug Take-Back Day.

Military installations will provide drop-off locations for active duty, Family members, Civilian employees and retirees to anonymously turn in medications or prescription drugs.

The drop-off locations for Fort Rucker include the Fort Rucker Main Exchange Mall, Daleville Grocery Outlet Parking Lot, Enterprise Police Station (hallway entrance) and the Dothan Police Station (Walkway entrance).

"This is a tremendous opportunity for Soldiers, Families and civilians to safely dispose of their medications," said Pamela Budda, chief of the Army Substance Abuse Program at the U.S. Army Installation Management Command. "Help us eliminate the risk of prescription drug abuse or accidental poisoning."

The semiannual National Prescription Drug Take-Back Day is set aside to encourage American citizens to turn in unused or expired prescribed medications for proper disposal. DEA initiated the observance on Sept. 24, 2010.

In conjunction with the next National Prescription Take-Back Day, the Army is launching a new campaign to promote positive, healthy behavior among Soldiers. "It's a Thin Line between Use, Misuse and Abuse" will educate the Army community about the proper use of prescription drugs, and the dangers and consequences of prescription drug misuse. The campaign also provides tools and resources for mitigating negative consequences.

IMCOM has taken the lead for the Army, and garrisons have participated in the last six National Prescription Take-Back Days to dispose of unwanted and unused drugs. These semiannual events have resulted in the safe collection and disposal of over 25,000 pounds of prescription drugs on garrisons.

Take-Back Day offers Soldiers, Family members and civilians an opportunity to safely turn in all their unused and unwanted prescription drugs to help address potential misuse or abuse, and foster safe and healthy Army communities.

Garrison commanders throughout IMCOM support the initiative.

"We are very pleased that our continental United States garrisons, to include Alaska and Hawaii, have participated in National Prescription Drug Take-Back Day and made the take-back events a big success," Budda said.

"I encourage all of you to support your local National Prescription Take Back Day collection site, and turn in your unused and unwanted medications," she said.

Throughout the United States, about 4,000 state and local law enforcement agencies participated in the previous National Prescription Drug Take Back Days.

Garrison ASAP offices will serve as installation points of contact, and will coordinate with local DEA POCs for the proper procedures of medication handling and disposal.

For more information about the National Prescription Drug Take Back Day, or to find a drop-off location, visit the DEA Web site at: http://www.deadiversion.us-doj.gov/drug_disposal/takeback/index.html.

For more information on "It's a Thin Line between Use, Misuse and Abuse," visit http://www.armythinline. org and the Army Substance Abuse Program website at http://acsap.army.mil/sso/pages/index.jsp.

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Just Like Cats & Dogs

by Dave T. Phipps



Rodriguez L MYTHOLOGY: In Norse mythology, what is the name of the mischieyous god who likes to play tricks? 2. GEOGRAPHY: Where is the island nation of Nauru located? 3. CHEMISTRY: What is the symbol for the element sulfur? 4. TRANSPORTATION: What is the name of France's high-speed rail ser-

5. LITERATURE: Who wrote the Hollywood-based novel "The Day of the Locust"?

6. GEOLOGY: What kind of rock is marble?

7. ART: What outdoor school of painting was led by artists such as Rousseau, Corot, Millet and Daubig-

8. MOVIES: Which U.S. state was the setting for the 1971 film "The Last Picture Show

9. TELEVISION: What was Radar O'Reilly's mom's name on the TV show "M*A*5*H"?

10. PSYCHOLOGY: What is the abnormal fear represented in pedo-

See Page D3 for this week's answers.

Super Crossword

NINETEENTH HOLE

29 D sharp, e.g.

32 Adult female

tookatike

Herman

41 in the future

45 Desert Arab

47 "NYPD Blue"

actress Kim

Nelligan film

accident

53 Crest rival

additive

52 Way to storm

46 Analyze

48 Grasping

thing

51 Met by

Off

56 Coffee

58 Master

60 Stip past

66 JFK stat

50 Kate

- energy

-wee

40 Walter's 20%

33 Fostered

34 Employ

35 Alligator

39

ACROSS 1 Hunch over

- 5 Reading the forward and backward 16 Ski resort in
- Utah 20 Sea color 21 Cousin of techno
- music 22 Hen housing 23 Singer Vallee 24 Arrive at a
- peak 25 — d'état 26 — chi
- 27 Encircle 28 Prestige
- 30 Giant Me 31 Pooh's
- mansupial pal 32 Demolish 37 Prince Harry
- or William, schoolwise 38 Phone part 40 Pedicured
- 42 Show up at 43 - Iriendly 44 Not loo farfetched 46 Sidle through

a doorway.

43

49 Boundary 50 Comic Idle

59

65

83

104

108

116

119

- 54 Gen --(boomer's child)
- 55 List-finishing abbr. 57 Invalidated 58 Texas city
- 59 That's -("Not sol") Dati's output Robert of
- 'Raging Bull' 64 Pertaining to kidneys 65 Symbol of
- Canada Extreme (TLC reality show)
- 70 Enter, as data 71 Three-sharp musical
- kery. 75 Hollywood's Vardalos: Swenson of
- the screen 77 "I - drink" 78 Head toward 116 80 "Car Talk"
- station 82 New Year in Vietnam
- 83 Brontè's Jane.
- Sweet byand-by 86 Pooh's donkey pai

109

120

- 89 Transfer
- - 90 Actor Len 94 Convent 95 Short sleep 99 Completed 101 With 115-

(cell

material)

- Across. classic stuffed animal 102 Jamaican
- booze 103 Sickly 104 Like candielit
- dinners 106 Destiny 107 PC's "brain"
- 108 pronounce
- 109 Positioned eventy 115 See 101-
- Across *99 Luttballons*
- singer 117 Seedless citrus fruit
- 118 15th-century Peruvian 119 State-colored 120 Extreme
- fineo 121 Gusto

44

49

110 | 111 | 112 | 113

See Page D3 for this week's answers.

88 Puppet with DOWN

- 1 Composer Boin 2 Consider the
 - same 3 Nakedness Week unit 5 Of a
 - dentistry branch 6 1999-2004 Oids
 - Pipe material 8 Old trucking watchdog 9 Ultimate
 - 10 '-- & the Women' (Richard Gere film) 11 South
 - Tae Woo 12 Bill in a tip

Korea's -

- 13 Tiny parasite 14 'Ready or not, here -15 Feature of
- "Rose" but not "rose" 16 Stress
- 17 Canadian dollar coin 18 Big-billed
- bird 19 Annex 27 George Burns' Allen

- office-gizmo 72 French saint
 - d'Arc 73 Cause to

89

102

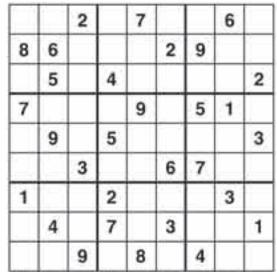
- feet umbraga 74 Putrefied 79 Go for again
- 100 Iraqi coin 62 Flain forest monkey 102 Grazing land 105 Vena
- 67 Deke or juke 106 shui 69 Sheet-slicing 110 Third bk. of

103

121

- 111 Dot in la mer 112 Zeus, e.g.
- 113 Gun touters' gp. 114 Adult male
- 115 Show

Weekly SUDOKU by Linda Thistle 2 7 6 8 2 9 6



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

DIFFICULTY THIS WEEK: * *

★ Moderate ★★ Challenging * * * HOO BOY!

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See Page D3 for this week's answers.

KID'S CORNER





SPELLBINDER OCDARS his points, her using all the letters on the word between to form DOMICILE THEN score 2 points each for all words of four others or more found uniques the latters. Try to yours at least 50 points



out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left Then read the message the letters under the checked figures give you.

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None emission y them a strong y serge of the



Many people who experience crises and adversity are able to resolve and grow from these events, drawing upon internal strengths previously unrecognized.

Post-traumatic growth

Professionals help Soldiers thrive through life's crises

By Maj. Thomas A. Jarrett

U.S. Army Public Health Command

ABERDEED PROVING GROUND, Md. - How often do we hear that yet another Soldier, colleague or Family has been traumatized by an event? Learning that someone survived a crisis may cause us to look at him or her differently, imagining that they might now be damaged permanently by such events.

We see little, if any, benefit to loss, struggle or suffering, and quickly label those who suffer "victims." Why do so many hold this viewpoint?

Professionals have become very skilled in diagnosing, treating and sometimes even preventing mental disorders; however, focus on disease and injury alone may blind us to hidden growth opportunities. Many people experiencing crises and adversity are able to resolve and grow from these events, drawing upon internal strengths previously unrecognized. There is

an advantage to not seeing yourself as traumatized.

Noted psychiatrist Dr. Viktor Frankl, a European Holocaust survivor, described this path toward thriving in his book, "Man's Search for Meaning." He observed humans must find an adaptive meaning for their suffering, if they are to survive and thrive. Current researchers are adding to his insights daily.

Psychologists James Calhoun and Richard Tedschi of the University of North Carolina coined the term "post-traumatic growth" in 1986. They found that individuals who struggle with life's crises often realize positive personal growth through their loss and suffering, though no one would choose that path towards growth. Using their Post-Traumatic Growth Inventory, individuals can measure their own growth or thriving responses using five categories: appreciation of life, relating to others, personal strength, new possibilities and spiritual change.

Additionally, virtually all

cultures surveyed recognize similar growth patterns, as described in their spiritual and philosophical tradi-

The following are some examples from various cul-

Epictetus, a famous Roman stoic philosopher, stated, "It is not the thing itself, but the view men take of it that disturbs them."

Nietzsche, the famous German philosopher, said, "If we know why, we can endure any how."

Admiral James Stock-

dale, a Medal of Honor recipient and prisoner of the infamous North Vietnamese Hanoi Hilton, spent sevenplus years in captivity. His goal was to endure and "return with honor," which he did using similar insights.

Spiritual traditions, such as the account of Job in the Bible's Old Testament, also recount spiritual growth through the test of suffering. Post-traumatic growth applies across age generations, as well, to include children.

Crises or post-traumatic

stress incurred in youth can be especially damaging developmentally. Even more traumatic are psychological injuries received at the hand of Family members. Children may demonstrate remarkable resilience and hardiness as they adapt to their world and are taught that some growth can follow any suffering. Those who endure the most are often the most transformed. We do not accept posttraumatic stress disorder for

Post-traumatic growth

is a possibility, not a guarantee. We do not shame someone because they have not shown post-traumatic growth, yet realize it may still occur or follow crisis or trauma.

Inspiring hope and patience, and teaching clients to anticipate both loss and growth, will improve outcomes post-trauma. Join the growing body of Americans who teach their children that adversity can result, and often results, in their emotional resiliency development.

life.

Thunder on Tholocco

Fort Rucker will host the eighth annual Thunder on Tholocco Saturday from 11 a.m. to 5 p.m. at West Beach, ing. The high-performance machines reach speeds in excess of 100 mph. The event will also feature wakeboarding demonstrations throughout the day. People looking to get a piece of the action will be able to sign up for a kayak or canoe race, try out the paddle boats, or see how far they can make it down the inflatable slip and slide. There will also be food vendors. The event opens at 9 a.m. and the race begins at 11 a.m. Ticket prices are \$5 in advance, \$7 at the gate, and free for children ages 12 and younger. The event will be open to the public. No pets, backpacks or glass containers will be permitted.

For more information, call 255-

Army 10-Miler Run Off

Fort Rucker will host its annual Army 10-Miler Run Off and Team Relay May 3 from 7-11 a.m. at the Fort Rucker Physical Fitness Center. Race-day registration will begin at 6

a.m. and the race will begin at 7 a.m. host a Fiesta Golf Tournament May Pre-registration is \$20 prior to Sunday and will cost \$25 beginning Monday. Registration fee for a five-person ers and two low net scores on each Lake Tholocco. People are welcome relay team will be \$10 per person, hole are used - with one needing to bring a chair or blanket and watch with a \$12 no-shirt option. Top acto be the red ball. There will be a multi-class outboard drag boat rac- tive-duty finishers will be considered Mexican-themed dinner after the for the team to represent Fort Rucker at the 10-Miler Run in Washington, D.C. Trophies will be awarded to the overall male and female, masters male and female, grand masters male and female, and male and female second-11th place finishers. First-, second- and third-place trophies will be awarded to the relay teams.

For more information, call 255-

Disc golf tournament

The Fort Rucker Physical Fitness Center will host its second annual disc golf tournament May 10 from 10 a.m. to 2 p.m. Pre-registration costs \$12 until May 3 and costs \$15 afterwards. T-shirts will be available while supplies last. Trophies will be

awarded in various categories. For more information or to register, call 255-2296.

Fiesta Golf Tournament

Silver Wings Golf Course will 255-3794.

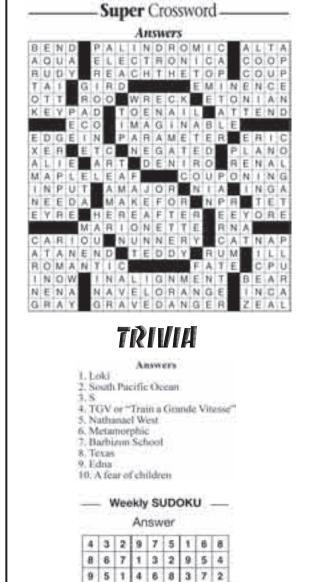
18 beginning at 4 p.m. The red ball will rotate among the four playtournament. Cost is \$29 per person, and includes golf fees, carts, prizes, dinner and a non-alcoholic beverage. For those who would like to purchase only the dinner, the cost is \$14.95. Reservations are required.

For more information or to register, call 598-2449.

Run/Walk Program

The Fort Rucker physical fitness centers offers a Run/Walk Program. People can run or walk and record their mileage at the front desk of either of the PFCs. This is an ongoing program where each member's mileage total will be posted monthly and members will earn mileage patches based on their totals. People who reach 1,000 miles will win a water bottle.

For more information, call the Fort Rucker PFC at 255-2296 or the Fortenberry-Colton PFC at



7 2 8 3 9 4 5 1 6

6 9 4 5 1 7 2 8 3

5 1 3 8 2 6 7 4 9

1 8 5 2 4 9 6 3 7

2 4 6 7 5 3 8 9 1

3 7 9 6 8 1 4 2 5

PUZZLE ANSWERS





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LOW MILES, READY FOR THE BEACH! WAS NEW: \$31,584 SAVE: \$10,986'



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113 TOYOTA COROLLA

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13 VW PASSAT ONLY: \$16,588 **'99 FORD EXPEDITION XLT ONLY: \$3,988**

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