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ARMY FLIER

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

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FORT RUCKER ★ ALABAMA

MARCH 20, 2014

Day in the Life



A HOST instructor prepares to flip a Soldier from Class 14-022 during SWET training Friday. For the full story, see Page A3.

PHOTO BY SARA E. MARTIN

ASK, CARE, ESCORT

Soldiers attend intervention course

By Nathan Pfau
Army Flier Staff Writer

Although the amount of suicides in the Army decreased from 2012 to 2013, according to the Department of Defense, the sergeant major of the Army has said that the Army's mission to eliminate suicide isn't complete until no lives are lost.

That's why Fort Rucker is doing its part by holding the Ask, Care, Escort Suicide Intervention training course March 12 through Friday to make sure that the military's leaders are well informed when it comes to suicide prevention, said Traci Dunlap, suicide prevention manager for the Army Substance Abuse Program.

The training is a once-a-career course, during which first-line supervisors and junior leaders learn not only about suicide prevention, but intervention in a more interactive, group setting, said Dunlap.

"This isn't the typical ACE course," she said. "The nature of this class is more inviting, and it creates much more conversation about the topic of suicide with lots of group activities and interaction rather than a typical classroom setting."

"That's how we learn from each other and learn about the importance of suicide prevention – by talking with one another," Dunlap continued. "I think this is all key to minimizing suicides that are happening in the Army."

The course is composed of a four-hour core course to help Soldiers identify and



PHOTO BY NATHAN PFAU

Gary Westling, ACE-SI facilitator, helps Soldiers through a group activity during an ACE-SI training course March 12 at Wings Chapel.

know the risk factors, the protective factors and warning signs so that they can intervene and prevent a suicide if need be, said Shannon Avakian, ACE-SI facilitator.

"The training is not just about awareness, but intervention skills, as well, through group dynamics," she said.

The Soldiers are taken through scenarios throughout the day involving three Soldiers and the different struggles they have to deal with, said Garry Westling, ACE-SI facilitator. The leaders must identify from the narrative what the risk factors and warning signs are seen through the actions of the Soldiers in the scenarios.

"We stress that the first-line supervisors (and junior leaders) communicate with their troops on an ongoing basis, so that they know what's going on in their Soldiers lives, so the exercises reinforce that communicative aspect," said Westling.

SEE COURSE, PAGE A5

IT'S ELEMENTARY

Local teacher selected to pilot Engineering Adventures program

By Sara E. Martin
Army Flier Staff Writer

A fifth grade language arts teacher and Engineering Club director at Fort Rucker Elementary School has been selected to pilot an afterschool engineering program, Engineering Adventures, for the nationally renowned Engineering is Elementary with the Boston Museum of Science.

Suzi Hilton is thrilled to be selected to bring the EiE curriculum, the nation's leading engineering curriculum for first through fifth grades, to the school.

"The curriculum is packed with phenomenal, engaging, project-based engineering activities that inspire students in the areas of engineering and design," said Vicki Gilmer, principal. "To produce great engineering activities for kids, EiE uses a rigorous design cycle that involves field testing, evaluating, and improving lessons and challenges."

Hilton will be an active participant in the Engineering Adventures Curriculum Development, with Gilmer saying it is an honor to have

her afterschool program be a part of this nationwide, research-based field test.

Hilton helped further the science, technology, engineering and mathematics initiative at FRES by starting the afterschool Engineers Club, continued Gilmer. And now the club has been selected to pilot a unit for EiE.

"(Hilton's) program was selected as an EiE pilot based on her tremendous contributions to STEM and by her tremendous depth of knowledge in the field. She wrote a detailed essay to be considered," said Gilmer.

Students use the engineering design process – define the problem, do background research, specify requirements, brainstorm solutions, choose the best solution, do development work, build a prototype, test and redesign – to create experiments working with density, strength of shapes, measurement, gravity, weight, volume, magnetism, flight, pressure, balance, mass, salinity and other variables.

Allen Flores Diaz, sixth grader, said he loved the club because it allowed him to build and design.

"I wanted to get hands-on experi-

ence by building rockets and other things. It was really fun and I hope I get to do it again," he said.

Dominic Combs, also a sixth grader, said that the club not only allowed him to meet new friends but helped him to bring out the best in himself.

"I liked the competition between us all to make the best experiment. Creating new things was really great. I want to be an inventor someday, so this club is right up my alley," he said.

Many of the students said they preferred working alone and that working in groups was the hardest part about the club.

"I loved the challenge of us all trying to work in groups, but it was great when it all came together," said Riley Little, fifth grader. "It's hard to all agree, and if you want to do something you have to have everyone's OK to do it."

Harmon West, fifth grader agreed.

"It was hard to get all of your partners to agree on the challenge on what you were going to do. We all had great ideas, but it's hard to pick which one is the best and admitting that someone else has a better idea than you do," he said.

Every nine weeks, a new batch of students is chosen to participate in the club because of its high demand, with most students wanting to be a part of the program all year long.

"I loved finding new and different ways to build things. I like building things and I like art, and engineering is using both of those things. It enhanced my creativity and helped build my imagination," said Angelina Rils, fifth grader.

The EiE unit will build on what FRES has already created with its Engineer Club.

The club was selected to pilot the aeronautics unit, something Hilton said was probably not a coincidence.

"We are a fairly new engineering program, but we are a really good one ... and EiE is looking for chil-

Army ACAP director visits

By Sara E. Martin
Army Flier Staff Writer

The Army Career and Alumni Program exists to help Soldiers and their Families transition into civilian life, and the Army's transition assistance program director said there is only one thing Soldiers need to remember when it comes to going to ACAP — go early and go often.

"Soldiers need to go as soon as they can because that will really set them up for success," said Walter Herd during a visit March 13. "Those who go just a few times and those who go late are at high risk for unemployment."

The ACAP mission is to prepare Soldiers to take off their Army Combat Uniforms and put on business attire, but what Soldiers do with what counselors teach them is ultimately up to the Soldiers, he added.

"Preparing for Army separation is something that needs to happen early, not at the last minute. When I retired after 24 years, my last civilian job was cutting grass as a high school kid. And when I came to the class was the first time I really started to wrap my head around what I was really going to have to do," he said to Soldiers currently transitioning.

Soldiers typically begin the mandated separation process 18 months out, and Bryan Tharpe, Fort Rucker ACAP transition services manager, agreed that the sooner the better.

"We have the tools to really help Soldiers understand the current job markets and trends, their budgets, VA benefits, their interviewing and networking skills, their resume and other important factors," he said. "Nobody wants to be unemployed, and there is always someone who is more qualified than you or who can sell themselves better than you, so it's important to really hone those skills."

Attending the program early also allows Soldiers an external professional audience to bounce ideas off of that can help them see if their goals are achievable or not.

"A counselor's goal is to simply help implement that plan, no matter if it's to go fishing full time during retirement or to get a good job. They will help you get to that plan financially and realistically so that it is feasible," said Tharpe.

Herd added that there are three questions Soldiers need



PHOTO BY SARA E. MARTIN

Harmon West, Riley Little and Angelina Rils, fifth graders, work on a submersible experiment Monday with Suzi Hilton, teacher, closely monitoring.

SEE ENGINEERING, PAGE A5



PHOTO BY SARA E. MARTIN

Walter Herd, Army transition assistance program director, visits Soldiers at the education center March 13.

SEE ACAP, PAGE A5

PERSPECTIVE

The 4 Chaplains Interfaith in Action

By Dr. John Brinsfield
U.S. Army Chaplains

(Editor's note: The following was originally a post on the Army Live blog, available at www.armylive.dodlive.mil.)

It was Feb. 3, 1943, and the U.S. Army Transport *Dorchester* was one of three ships in a convoy, moving across the Atlantic from Newfoundland to an American base in Greenland. A converted luxury liner, the *Dorchester* was crowded to capacity, carrying 902 servicemen, merchant seamen and civilian workers.

It was only 150 miles from its destination when, shortly after midnight, an officer aboard the German submarine U2 spotted it. After identifying and targeting the ship, he gave orders to fire. The hit was decisive, striking the ship far below the water line. The initial blast killed scores of men and seriously wounded many more.

Others, stunned by the explosion, were groping in the darkness. Panic and chaos quickly



COURTESY GRAPHIC

set in — men were screaming, others crying or frantically trying to get lifeboats off the ship.

Through the pandemonium, four men spread out among the Soldiers calming the frightened, tending the wounded and guiding the disoriented toward safety. They were four Army chaplains: Lt. George Fox, a Methodist; Lt. Alexander Goode, a Jewish Rabbi; Lt. John Washington, a Roman Catholic Priest; and Lt. Clark Poling, a Dutch Reformed

minister.

Quickly and quietly the four chaplains worked to bring calm to the men. As Soldiers began to find their way to the deck of the ship, many were still in their underwear, where they were confronted by the cold winds blowing down from the arctic.

Petty Officer John J. Mahoney, reeling from the cold, headed back towards his cabin. "Where are you going?" a voice of calm in the sea of distressed asked.

"To get my gloves," Mahoney replied. "Here, take these," said Rabbi Goode as he handed a pair of gloves to the young officer. "I can't take those gloves," Mahoney replied. "Never mind," the rabbi responded. "I have two pairs." It was only long after that Mahoney realized that the chaplain never intended to leave the ship.

Once topside, the chaplains opened a storage locker and began distributing life jackets. It was then that engineer Grady Clark witnessed an astonishing sight. When there were no more lifejackets in the storage room, the chaplains simultaneously removed theirs and gave them to four frightened young men.

When giving their life jackets, Rabbi Goode did not call out for a Jew, Father Washington did not call out for a Catholic nor did Fox or Poling call out for a Protestant. They simply gave their life jackets to the next man in line. One survivor would later say, "It was the finest thing I have seen or hope to see this side of heaven."

As the ship went down, sur-

vivors in nearby rafts could see the four chaplains — arms linked and braced against the slanting deck. Their voices could also be heard offering prayers and singing hymns.

Of the 902 men aboard the USAT *Dorchester*, only 230 survived. Before boarding the *Dorchester* back in January, Chaplain Poling had asked his father to pray for him, "Not for my safe return, that wouldn't be fair. Just pray that I shall do my duty... never be a coward... and have the strength, courage and understanding of men. Just pray that I shall be adequate."

Although the Distinguished Service Cross and Purple Heart were later awarded posthumously, Congress wished to confer the Medal of Honor, but was blocked by the stringent requirements that required heroism performed under fire. So, a posthumous Special Medal for Heroism — the Four Chaplains' Medal — was authorized by Congress and awarded by the President Jan. 18, 1961.

It was never given before and will never be given again.

This month in Army Aviation history

This month we're spotlighting the March 1982 issue of the *U.S. Army Aviation Digest*. This issue features:

Give Us Our Guns and Optics

As a young officer concerned with winning the first battle of the next war, I've always been told, "Train the way you are going to fight!" Like most Aviators, I think I had the best flight instruction in the world.

AHIP: Aeroscout of the Next War

The weather could have been worse,

Lieutenant Blackford thought as he inched the mast-mounted sight between the ice-covered branches of the tree. They looked like pines, but in the dark, it was hard to tell.

The Unit Threat Officer

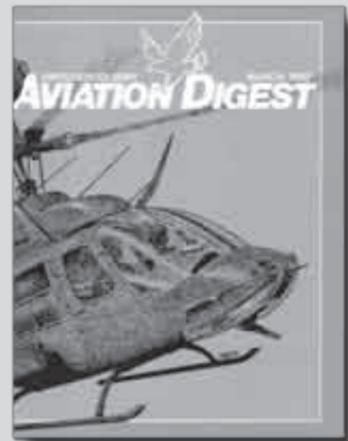
With the increasing complexities of the modern battlefield, a large majority of Aviation unit commanders have found it necessary to establish the extra duty of unit threat officer.

Keeping the Apache Flying and Fighting

The AH-64 Apache was designed from the wheels up to be the most combat effective aircraft the Army has ever developed. The aircraft is a day and night, all-weather fighter capable of operating anywhere in the world.

... and more.

Download this issue of the *U.S. Army Aviation Digest* at <http://bit.ly/av8-mar82>.



Rotor Wash

“Today is the first official day of spring. A beautiful weekend weather forecast will provide the perfect opportunity to get outside and play. Why is it important for Families to maintain an active lifestyle?”



Kellie Bjurman,
military spouse

"I just lost 50 pounds. I was very inactive for 10 years, and now I can play soccer with my kids again and get out. I love the warm weather and being outside, and it's good to get them away from the video games and get them outside."



**Sgt. 1st Class
Dexter Phillips,**
HHC, 1st Bn.,
212th Avn. Regt.

"They should stay active for health reasons, to maintain a close-knit Family relationship and to just enjoy the weather."



Naiasia Cole,
military Family member

"It's good for them to be in shape and bond with each other."



Wayne Hutto,
retired military

"For exercise. They need to keep the body fit, plus the weather is beautiful."



James Sanchez,
retired military

"To lead a healthier life so they can live longer."

COMMAND

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FORT RUCKER COMMANDING GENERAL

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FORT RUCKER GARRISON COMMANDER

Lisa Eichhorn
FORT RUCKER PUBLIC AFFAIRS OFFICER

Jim Hughes
COMMAND INFORMATION OFFICER

David C. Agan Jr.
COMMAND INFORMATION OFFICER ASSISTANT

EDITORIAL STAFF

Jim Hughes
ACTING EDITOR.....255-1239
jhughes@armyflieger.com

Jeremy P. Henderson
SYSTEMS & DESIGN EDITOR...255-2253
jhenderson@armyflieger.com

Sara E. Martin
STAFF WRITER.....255-1240
smartin@armyflieger.com

Nathan Pfau
STAFF WRITER.....255-2690
npfau@armyflieger.com

BUSINESS OFFICE

Robert T. Jesswein
PROJECT MANAGER.....702-6032
rjesswein@dothaneagle.com

Brenda Crosby
SALES MANAGER.....393-9715
bjcrosby@dothaneagle.com

Laren Allgood
DISPLAY ADVERTISING.....393-9716
lallgood@eprisenow.com

Mable Ruttlen
DISPLAY ADVERTISING.....393-9713
mruttlen@eprisenow.com

Joan Ziglar
DISPLAY ADVERTISING.....393-9709
jziglar@eprisenow.com

CLASSIFIED ADS.....(800) 779-2557

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

Final flight

Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, is sprayed with a fire hose by his wife, Angel, Tuesday at Howze Field after his final flight in a UH-60 Black Hawk.



PHOTO BY SARA E. MARTIN

Day in the Life: HOST instructors teach lifelong skills

By Sara E. Martin
Army Flier Staff Writer

Many people are familiar with aircraft-crash-water training from movies such as “An Officer and a Gentleman,” and although the training has changed drastically over the last 30 years, instructors are still teaching potential Aviators skills they can take with them in their daily lives.

“This course is a confidence builder to give them a water-based scenario that is necessary for Army helicopter pilots. It teaches them good eye and hand coordination, control and confidence that they can use any time,” said Capt. John Kraft, Helicopter Overwater Survival Training officer in charge.

Students begin HOST training immediately after Basic Officer Leadership Course in the classroom for 4 ½ hours of academics and written tests.

Students must then complete a 25-meter swim test in full flight gear, tread water in full gear and complete a dead man’s float for two minutes.

“We give them the time and skills to complete the course, and if they can’t do this, then they don’t have the necessary skills to fly and manage a helicopter,” said the OIC. “So, by having this training first, we can save the government a lot of money.”

Students are only taken out of the program if they quit. They can retake the course until they pass. If students don’t initially pass, they go into a remedial swim class where they get one-on-one tips with instructors teaching them swimming techniques, which usually gives students the needed confidence to complete the course, Kraft said.

Instructors said it is extremely rewarding when they see a stu-



HOST instructors prepare a group of students from Class 14-022 to undergo METS training Friday.

PHOTO BY SARA E. MARTIN

dent complete the course when they have had a traumatic incident as a child and have a fear of water.

“It is so rewarding seeing a student that struggled not quit and successfully complete the course. Everyone gets excited because we know we have made a difference in that student’s life,” said Kraft.

When students overcome their fears of the water, instructors added that many feel that nothing can hold them back, that they are appreciative that instructors gave them the confidence and skills to not only swim and escape a craft, but the confidence as a human being to face their fears.

“Students can take this training and use it in their daily life in case they ever crash their car into a lake or river, or even into another car. Because if the car is on fire you still cannot see or breathe, so this training is use-

ful,” Kraft said.

“There is always a procedure of when to unhook your seatbelt, when to open the door handle, where to look for the door handle,” continued Kraft. “They can save their life or their Family’s lives. This is not training that you can produce in a moment’s notice and instill it into an Aviator, it has to be preplanned.”

The instructors train Aviators and aircrew members on aircraft ditching, emergency breathing systems, extended surface survival and recovery. HOST consists of two courses: the initial certification and recertification.

During initial certification, students undergo the Shallow Water Egress Trainer, where they are strapped to a flight chair and instructors flip the chair upside down and the student must egress. Kraft said it teaches procedural underwater problem-solving techniques, operating in blackout

conditions, assuming the proper brace position, locating exit jettison mechanisms, holding their breath, and operating exit procedures, all while inducing disorientation.

The instructors also use the Modular Egress Training Simulator Survival System Model 40, which replicates the CH-47, UH-60 and OH-58D, and the separate AH-64 tandem seat cockpit, to mimic full aircraft flip and submersion. This training advances what they learned in SWET while replicating exit doors and windows, and familiarizes students with post-impact ditching environment in varying conditions.

The students spend five to six hours in the water, which is set at 86 degrees. The instructors spend around 30 hours a week in the water, but said they take steps to ensure they stay healthy to come back every day.

The instructors feel at home in

the water, with many being former Navy SEALs and prior military divers, and all are lifeguard-and diver-certified water safety instructors trained in neurological assessment to identify conditions such as the bends. Many are also emergency-medical technicians, paramedics, dive-medical technicians, and all have platform instructional backgrounds along with other internal qualifications.

“This course is about teaching and reaching the individual need of each student, no matter what their problems in the water might be. We are more than willing to take the time to help them,” said Robert Barcelona, HOST alternant contract manager and instructor.

He said all of the instructors want students to understand that Army overwater flight missions are increasing, so it is important for them to know how to escape the craft, as well as survive in the open water in case they have to wait for rescue. It is also something they may use at home during hurricane and flooding seasons.

The training is applicable in rivers and oceans. Barcelona and Kraft said there are plenty of recent instances where helicopters have crashed in streams and rivers where the crew has drowned.

Both men said the job can be stressful. It is not uncommon for a scared student to grab out and panic while in the water.

“Some begin fighting you in the water. They think they are going to drown and they start drama in the water for other students and the instructors,” said Barcelona. “Which is another reason why following procedures is so important, because students won’t pass unless they follow each step exactly, and be calm and under control the entire time.”

News Briefs

USAACE change of command, responsibility

The U.S. Army Aviation Center of Excellence and Fort Rucker change of command and change of responsibility ceremony is today at 9 a.m. at Howze Field. Brig. Gen. Michael D. Lundy will assume command as USAACE and Fort Rucker commanding general. Lundy currently serves as the deputy commanding general of the U.S. Army Combined Arms Center, Army Training and Doctrine Command, Fort Leavenworth, Kan.

Maj. Gen. Kevin W. Mangum has been announced for appointment to the rank of lieutenant general and assignment as deputy commanding general and chief of staff of TRADOC at Joint Base Langley-Eustis, Va.

Command Sgt. Maj. Eric C. Thom will assume responsibility as the command sergeant major of the Aviation Branch from Command Sgt. Maj. James H. Thomson Jr. Thom’s last assignment was as the Headquarters Department of the Army G3/5/7 Aviation Directorate Sergeant Major in the Pentagon.

Aviation Ball

The Aviation Ball is scheduled for April 11 at 6 p.m. at The Landing. Everyone is invited to attend and help celebrate the 100-year anniversary of the first Aviation Section within the Signal Corps.

For more information or tickets, contact your unit point of contact, or Master Sgt. Edward Bryan at 255-0216.

Troops to Teachers

The Fort Rucker Army Education and Transition Center will host a Troops to Teachers Transition to Teaching Seminar March 27 from 9-10:30 a.m. in Bldg. 4502, Rm. 112, on Kingsman Street. Troops to Teachers is a Department of Defense program that assists eligible Soldiers in seeking careers as teachers in public schools after they transition from military service.

A representative from the TTT Southeast Region will provide a Troops to Teachers program overview, and state teacher certification options and requirements.

For more information, visit www.tttga.net/ttt-alabama or call 255-9288.

SSA closes for inventory

The Logistics Readiness Center’s Supply Support Activity in Bldg. 1212 will close while it conducts a wall-to-wall inventory Monday through March 28. Normal operations will discontinue at 4:15 p.m. Friday. SSA expects to resume normal business March 31. Customers will be notified by the accountable officer. During this period, the SSA will only accept emergency requisitions.

For more information, call 255-9504.

Contracting 101

Because of the inclement weather in late January, the Mission and Installation Contracting Command-Fort Rucker rescheduled its first Contracting 101 class for Wednesday from 8 a.m. to 4 p.m. at the Soldier Service Center, Bldg 5700, Rm. 284. The training provides a moderate introduction to government contracting and the information required to understand the procurement process, and identify the acquisition team and their roles and responsibilities from start to finish.

For more information, call Staff Sgt. Ambrosio Alvarez at 255-2846 or send an email to ambrosio.c.alvarezestero@mail.mil; Staff Sgt. Ye Yang at 255-3746 or ye.yang@mail.mil; or Maj. Jason Hulsey at 255-2846 or jason.e.helsey@mail.mil.

AUSA Academic Scholarships

The Fort Rucker-Wiregrass Chapter of the Association of the U.S.

Army is offering \$1,000 academic scholarships for the 2014-2015 school year to qualifying veterans, Soldiers and their Family members living and working in the Wiregrass area. Applications can be downloaded by visiting the Fort Rucker-Wiregrass AUSA website at www.ausawiregrass.org. All scholarship applications (with attachments) must be submitted by mail and postmarked no later than May 31.

For more information, contact Keith Gunter at keith.gunter61@gmail.com or 797-5479, or Bob Slagle at slagleb@alaweb.com or 494-2999.

Women’s history celebration

Fort Rucker hosts its Women’s History Month celebration and woman of the year awards ceremony at 10 a.m. March 27 at the U.S. Army Aviation Museum.

For more information, call 255-2061.

Spring cleanup

Fort Rucker conducts spring cleanup April 1-4. All garrison, mission and tenant units are required to participate. April 1 will be dedicated to cleanup of interior offices and work areas; April 2 will be for cleanup of exterior and police call areas; April 3 from 9 a.m. to noon will be for continuing cleanup of exterior and police call areas, and 1-4 p.m. Soldiers residing in barracks will be released, under the supervision of the brigade or owner of the barracks, to conduct cleanup of common areas of responsibility; and April 4 will be an inspection conducted by the garrison and U.S. Army Aviation Center of Excellence command sergeants major and the Directorate of Public Works.

For more on spring cleanup, call 255-1070.

Coffee with a Cop:

Forum gives community a voice

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker's Police officers and first responders are out to make sure the installation remains a safe community for its Army Families, but without input, the community's concerns can go on unknown.

That's why Fort Rucker's Directorate of Public Safety is introducing Coffee With A Cop Wednesday from 9-10 a.m. at the Bowden Terrace Community Center as a way to give people in the community a voice, said Maj. Joshua Munch, deputy provost marshal.

"The intent behind Coffee With A Cop is so that community members can sit down with the people, police officers and first responders that work in their neighborhood and work on the installation, and ask them questions to get general information about things they might (be concerned) about," he said. "It's pretty much an open forum and

the overall goal is to help educate the community about what we're doing and what it is we do for the community."

Munch said that the forum is also a way to help address any concerns and issues people may have in a particular neighborhood that authorities might not be aware of.

"We see a lot of things on Facebook and on the Fort Rucker Spouses Club page, but a lot of times a lot of that stuff doesn't get to us," said the deputy provost marshal. "This is a good opportunity for people to talk to us and tell us things. Unless we know what the issues are, we can't address them."

It's also important to have this type of communication to help break down barriers and preconceived notions, said Munch.

"Some people don't like the police and we want to show the community that we're here to improve the community overall," he said, adding that the best way to change the public's



PHOTO BY NATHAN PFAU

Fort Rucker police officers and DPS officials sit with members of the community to discuss issues going on throughout the installation March 13.

perception is with open dialogue with Families and children.

This is an opportunity to help children become comfortable talking to the police and first responders, so that they're not afraid, said Munch.

"There are some stigmas that some people may associate with

the police and first responders," he said. "It always seems like we're the bad guys because we're the ones that take the (people) away, and when children see (people) go away in handcuffs it leaves an impression on them."

As long as children know that police and first responders are

the good guys, they know that they can go to them for help, said the deputy provost marshal.

"That's why I think this is a great idea," he said. "If they can find the time to come out and talk with us, then we can show them what we can do to help – it's a great opportunity."

COMBAT EDGE

Study assesses physical demands for combat arms

By Lisa Ferdinando
Army News Service

FORT STEWART, Ga. – In full gear, Sgt. Shawanna Washington moved ammunition, loaded mortar rounds into a gun tube, moved agilely as if under enemy fire and completed other physically demanding tasks of a Soldier on the battlefield.

Washington completed the tasks as part of the Army's Physical Demands Study. She was among 89 male and 58 female Soldiers of the 3rd Infantry Division who volunteered to take part in the study at Fort Stewart. Their job was to help the Army develop gender-neutral standards for infantry tasks.

Washington, who served a year-long and a 15-month-long deployment in Iraq, said she wants to be in the infantry. She signed up for the study to be a part of something bigger than herself and support the Army as it moves forward in opening combat jobs to women.

"I always dreamed of being an infantry-woman. I wanted to see exactly the experience and everything I learn from it while I go through the training," she said while preparing to scale a six-foot wall during the testing.

The Physical Demands Study is part of Soldier 2020, the Army's plan to integrate women into previously closed military occupational specialties in infantry, combat engineer, field artillery and armor military occupational specialties.

The Army's Training and Doctrine Command, along with other research institutions, identified 31 common and physically demanding tasks in these military occupational specialties.

Other bases where the study has taken place include Fort Bragg, N.C.; Fort Bliss, Texas; Fort Hood, Texas; and Fort Sill, Okla.

The Physical Demands Study, which is distinct from the Army's gender integration study, is assessing the strength, endurance, and power required to do combat arms tasks.

The 3rd Infantry Division Soldiers trained and prepared for a month. The testing was done the week of March 10.

Spc. Kendra Avery said she volunteered for the study to be a part of history as women are integrated into combat roles. She supports "100 percent" women serving in that greater capacity.

Although she does not plan on seeking a combat position, Avery said she took part in the survey to support women who want to enter those jobs.

"Looking back with my kids and grand-



Cpl. Jacqueline Beachum drags a 270-pound dummy for 15 meters during the Army Physical Demands Study.

kids, I can say, 'I did this.' If I can do it, anybody can," she explained.

As part of the study, Soldiers donned oxygen masks and put on heart-rate monitors before carrying ammunition boxes weighing 45 pounds each. Army technicians recorded the data on laptops.

Other tasks over the test week included a road march, dragging a 270-pound dummy for 15 meters, moving a simulated casualty out of a vehicle and loading a TOW-2B Aero Missile into a ground-mounted weapon system.

The purpose of the study is to develop gender-neutral physical standards to put the best Soldier – male or female – in the right job, according to Maj. Gen. John M. Murray, commanding general of the 3rd Infantry Division.

"We're equally interested in what's right for that Soldier, to give Soldiers the ability to be anything they want to be in the Army," he said.

In addition, said Murray, the Army will have an opportunity to examine the physical conditioning of Soldiers and how to avoid overuse injuries.

The study is being conducted in conjunction with TRADOC and the U.S. Army Research Institute of Environmental Medicine.

Edward Zambraski, division chief of U.S. Army Research Institute of Environmental Medicine Military Performance Division, is leading the research teams.

The goal of the study is to come up with predictive, physical performance tests that assess different elements of strength, endurance and coordination, Zambraski said.

"The whole idea of this physical standards study is to develop some tests so essentially we pair the person with the correct skills and attributes to those demands, so there is less chance of that Soldier being hurt," he said. "If we can do that, we've achieved a major milestone for the Army." He said the Army began the testing last year and has three years to complete the study.



PHOTOS BY LISA FERDINANDO

Sgt. Shawanna Washington (right) loads mortar rounds into a gun tube, during the Army Physical Demands Study at Fort Stewart, Ga., March 12.



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Course: Diversity improves training

Continued from Page A1

Each scenario culminates to a point with participants roleplaying as the leader and the Soldier, and the leader asking the critical question, "Are you thinking about killing yourself?"

"That's an extremely important part of it," said Westling. "People don't want to ask that question, but that's a barrier that you've got to break through."

Avakian said this type of training garners better results because of the different people that attend from different walks of life.

"You get a group dynamic with different personalities, specialties and life experi-

ences rather than having these leaders just sit here looking at slides," she said. "We provide them with the scenario and they provide the answers by bouncing ideas off each other, and they learn more from that."

After the core course, the participants go through a two-hour train-the-trainer course, during which they will take back what they learned throughout the ACE-SI course to their units and disseminate the information to their first-line leaders, said Avakian.

Capt. Puja Ghosh, D Company, 1st Battalion, 13th Aviation Regiment, was among the attendees and said the training she received was not just an important part of her

training as a leader, but a necessary one.

"Suicide has been an issue with the Army for quite some time, and, as a leader, it's extremely important that we understand it and understand the resources that are available to our Soldiers to make sure that they are completely taken care of," she said. "As a leader, I hope to be able to mitigate problems at the start, and I hope to ideally prevent even one Soldier from committing suicide – if I can do that, then it's worth it."

Although suicide prevention month is in September, Dunlap said it's important to keep the topic fresh on people's minds year round.

"If it's in your mind year round, you're

just much more aware of what's going on with those around you, and you're aware of what people say and how they're acting," she said. "Hearing some of the stories during the class make people think, 'Wow, I know somebody who went through that same thing.'

"We don't want you to wait until September to say, 'Oh, I had a friend that really was going through something but I didn't help out,'" said Dunlap. "We want people to take a minute to look around and see that they probably have friends, Family members or co-workers who are going through quite a lot, and they should do what they can to help address those issues and handle them early on."

ACAP: Program evolves to meet Soldiers' needs

Continued from Page A1

to ask themselves when they begin the process.

"You have to figure out which one is the most important to you because that is the one that is going to drive you the rest of your life," he began. "One, where do you want to live? Two, what do you want to do? Three, how much money do you need to make? Knowing which one is most important will drive your planning, preparations, the classes you take, the certifications you want to get

and with whom you network."

Herd said he tries to visit one installation every month to get the ground truth on what is really happening from the perspectives of the counselors, leaders and Soldiers, and to let them know from a policy perspective the direction the program is going.

"The program has changed dramatically over the last couple of years," he said. "Just a couple of years ago we were a completely voluntary program with responsibility primarily being on the staff. Now the responsibility is on the

commanders and leaders."

In the near future, Herd said the program is going to shift from a predominantly end of career program to a program going across the Soldier life cycle, whether it's three or 33 years.

"There are different tasks a Soldier will do to prepare for this transition over his or her lifecycle, and the objective of spreading it over their life cycle is to better prepare Soldiers so they can realize and identify their desires, and come up with a plan to reach those desires, then take

steps to reach those goals, which often takes years," he said.

The director said that the installation is blessed with a great ACAP center, counselors and support, saying that the counselors at Fort Rucker are an unusually great batch.

But he also said that all the responsibly does not solely lay with counselors.

"Leaders are responsible to set their Soldiers up for success, not to ensure success, but they are responsible to give them the equipment to succeed. And that equip-

ment really boils down to time to be counseled," he said.

With the Army's downsizing, the ACAP process will remain the same, although staff has been preparing the necessary resources to deal with the large inflow of Soldiers that have begun the process of separation, Herd said.

"Soldiers will still have all of the resources and the career ready standards, they just don't have as much time, which is why it is so important for them to go early and often to see a counselor," he added.

Engineering: Lessons prepare students for 21st century job field

Continued from Page A1

dren who want to participate," said Hilton. "In my application, I spoke about Fort Rucker being a helicopter training installation, and the students will be really interested in learning more about flight because that is what their parents do. It is the perfect fit for us, and I cannot wait to start the unit the last nine weeks of school."

The unit, said Hilton, will take students through different types of flight experiments that deal with different types of crafts, gliders, hovercrafts and whirlygigs. They will be working with wind tunnels, the concepts of lift and other aspects of flight.



PHOTO BY SARA E. MARTIN

Allen Flores Diaz and Dominic Combs, sixth graders, work on a rocket experiment Monday with Suzi Hilton, teacher, closely monitoring.

They will have challenges through the entire course with constraints and scenarios. At the end, they will have to take

everything they learned from the smaller experiments to accomplish a larger one.

"The whole reason we teach engineering is because there is not a whole lot of interest in it because kids are scared of it. We want them to see what it really means to be an engineer because we want to prepare them for the future, which is all about technology," she said.

"We are preparing them for the 21st century job fields," Hilton continued. "If we show them that these career paths are fun and interesting, when they get to be in college they won't be afraid to choose them because they think it will be too difficult."

The club meets for an hour once a week

after school, but with the EiE unit Hilton thinks they might have to meet twice a week, something she thinks the students would be happy about.

"The children beg to come. They hate it when the class is over. They are rushing through the door each day to get started. It is encouraging to see," she said. "They are learning advanced concepts without realizing they are learning complicated techniques."

Although the class is only piloting the unit for nine weeks, Hilton is allowed to keep it and use it again at her discretion.

Hilton hopes to be chosen again to pilot another program and plans to reapply soon.

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Flying Dragons

PHOTO BY CW4 DAVID P. PEVETO

AH-64 Apaches with C Company, 1st Battalion, 501st Aviation Regiment, Combat Aviation Brigade, 1st Armored Division lift off from Biggs Army Airfield at Fort Bliss, Texas, en route to a forward arming refuel point near Oro Grande, N.M., to conduct a saturation test at the Army's first Digital Air Ground Integration Range Feb. 27.

EYE IN THE SKY

Tobyhanna lands Gray Eagle Ground Control Station repairs



U.S. ARMY PHOTO

Repairs on the Ground Control Stations for Gray Eagle (MQ-1C) Unmanned Aircraft Systems are scheduled to begin at Tobyhanna Army Depot, Pa., in fiscal year 2016.

TOBYHANNA ARMY DEPOT, Pa. — The Army, Marine Corps, Air Force and Navy have named Tobyhanna Army Depot as the Depot Source of Repair for the Gray Eagle (MQ-1C) Unmanned Aircraft System Ground Control Stations.

The decision by the four services' Maintenance Inter-service Support Management Offices recognizes the depot as the installation best suited for these repairs.

"Through the acquisition process, there is a lot of assessment that takes place, including core logistics analyses that look at our capabilities," said Nick Caprioli, chief of the business development division. "Tobyhanna was selected based on infrastructure, training and technical expertise for this type of work."

Repairs for the new workload will begin in fiscal year 2016, with 19 Ground control stations, scheduled per year, total-

ing more than 75 systems through fiscal year 2018.

The Gray Eagle system is a long-range, high-altitude UAS that provides the capability to perform wide-area reconnaissance, surveillance and target acquisition. It is also capable of relaying communications and can be equipped for attack missions. The system consists of the aircraft, GCS, data terminals and data links. Each GCS controls one Gray Eagle aircraft and is used by the operator to perform command and control, payload control and weapon launch operations.

Due to their complexity, Gray Eagle systems and components are currently replaced rather than repaired, exhausting money and resources. Depot personnel are developing cost-effective solutions to repair GCSs and increase capability.

SEE EYE, PAGE B4

Weather the storm

3rd CAB's Vipers sharpen preparedness skills

By Sgt. William Begley
3rd Combat Aviation
Brigade Public Affairs

HUNTER ARMY AIRFIELD, Ga. — The 1st Battalion, 3rd Aviation Regiment conducted a week-long Situational Training Exercise, supported by elements from the 3rd Combat Aviation Brigade, which began with an emergency deployment readiness exercise alert in the early hours of the morning Mar. 4.

The EDRE included movement to a field site by the quartering party who provided security to the site and established communications. Once established, companies were arriving and providing information to commanders tracking the activities from the tactical operations center on Hunter Army Airfield.

After a night that included a deluge of rain, the Soldiers set up a

perimeter in the mud and wet terrain. A convoy of vehicles moved in then Soldiers began the mission of erecting tents and establishing a forward arming and refuel point.

Years of continuous war have conditioned many Soldiers to deploy to an area that already has an established base, airfield or outpost. One of the commander's objectives was to have the Soldiers get back to fundamentals by establishing a tactical assembly area from scratch.

Capt. Michelle Barnett, commander of Headquarters and Headquarters Company, 1st Battalion, 3rd Aviation Regiment, explained the importance of the exercise.

"In the event we do have to go somewhere for a future operation, and it's not somewhere that's already set-up and established like during Operation Enduring Freedom for example, we now have an

idea of how to do that," she said.

It means everyone getting back to the fundamentals of just being a Soldier first, according to Sgt. 1st Class Gabriel Bustamante, HHC, 1st Bn., 3rd Aviation Reg.

"This is what we, as Soldiers, do," said Bustamante. "Every Soldier needs to know how to go into an austere environment, set up and establish a functional area of operation, pull security, and perform all the duties of an infantry Soldier, as well as their own military occupational specialty. You're not always going to have support units or infantry units to handle these jobs."

As an observer controller trainer, Capt. Michael Nguyen, Headquarters and Headquarters Troop, 3rd Squadron, 17th Cavalry Regiment, is the officer in charge for

SEE STORM, PAGE B4



PHOTO BY CHAD ASHE

Soldiers from the Silver Spurs Troop, Troop A, 3rd Squadron, 17th Cavalry Regiment, display the emplacement of multipurpose light helicopter kits on the flight line of Hunter Army Airfield Feb. 27. These kits provide multi-mission flexibility for rapid deployment relocation for their helicopters.

KIOWA

Troop showcases OH-58 rapid deployment relocation kit

By Capt. Chad Ashe
3rd Combat Aviation
Brigade Public Affairs

HUNTER ARMY AIRFIELD, Ga. — The OH-58 Kiowa helicopter is the only Army helicopter capable of being made compact and placed into a C-130 aircraft.

Equipment recently implemented by Troop A, 3rd Squadron, 17th Cavalry Regiment displayed just how rapidly the helicopter can be prepared to deploy.

The Silver Spurs Troop showcased the multipurpose light helicopter kits on the flight line of Hunter Army Airfield Feb. 27.

These kits provide multi-mission flexibility for rapid deployment relocation for its helicopters.

This means that the Kiowa could be placed on an aircraft, and soon within 30 minutes conduct reconnaissance mission for ground forces and other Aviation operations.

Staff Sgt. Eric Rogers, platoon sergeant for Troop A, led the team of Soldiers through the equipment demonstration. His job was to conduct checks of the equipment during the build up and ensure the team emplaces the equipment

SEE KIOWA, PAGE B4



3 CAB

First Sgt. Robert Herrfel, first sergeant for E Company, 1st Battalion, 3rd Aviation Regiment, leads a convoy of vehicles into position with another Soldier during a situational training exercise on Hunter Army Airfield, Ga., March 4.

PHOTO BY SGT. WILLIAM BEGLEY

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CLOSING DATE:
March 31, 2014

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Justin R. Senn
Phone: 334-894-5581 ext. 2
Email: justin.senn@al.usda.gov

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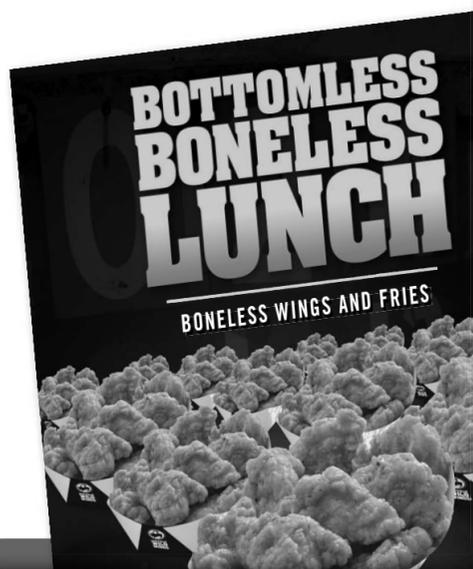
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Eye: Partnership streamlines work, reduces cost

Continued from Page B1

Tobyhanna recognizes that the assignment of this DSOR will enable the depot to be selected for additional DSORs for UAS equipment.

Katlin Edmunds, business development specialist, noted that revamping the DSOR decision process will also help substantially reduce costs and bring more

UAS work to the depot.

"DSOR selection helps ensure effective use of commercial and organic depot maintenance resources," she said. "We have been aggressively trying to streamline processes, find inefficiencies and figure out the best way to accommodate new UAS workloads."

Based on trends in the market, business management analysts anticipate that UAS

will be the depot's largest commodity in the future. As the only Army depot involved in the Integrated Product Team for Air Force and Army UAS, Tobyhanna is well positioned to receive workloads for additional UAS component repairs. The IPT is working with Tobyhanna to identify the need for any new test equipment, facilitation or training necessary for additional UAS work.

"Part of the planning process to bring in this workload is to have our engineers work with the program offices to make sure our capabilities are sufficient to provide the best solution for everybody involved," said Caprioli. "The depot's all-hands-on-deck approach to secure this DSOR selection has helped increase our marketability and should open doors for future UAS workloads."

Storm: Exercise sharpens skills, boosts morale

Continued from Page B1

overseeing the quartering party and assembly area for the STX. He said that this is great training for dusting off skills that haven't been used by Soldiers in a while.

"We need to be able to conduct operations from assembly areas such as this now instead of utilizing infrastructures that have already been in place," said Nguyen. "We're getting

away from the big Army of occupation and going back to operating on a more linear battlefield."

For the seasoned Soldier, this might sound like the Army is getting back to living in general purpose tents and eating meals, ready to eat. No more dining facilities, no more showers, no shopette — it is Soldiering old school, and Nguyen said that's not a bad thing.

"It gets us back in the mind-

set of being a unit that has to secure its own perimeter," he said. "This training refreshes us on tactical movement across a battlefield — when you are in unfamiliar territory using noise and light discipline. All the basic things a Soldier does to secure themselves against an enemy threat."

Capt. Stephanie Hartley, commander of Troop A, 3rd Squadron, 17th Cavalry Regiment, had a small group of Soldiers

who arrived the night before to get ready for the STX. Her Soldiers endured a monsoon, in her words.

"We started seeing lightning in the sky and that was followed by a monsoon," said Hartley.

Most would think these were miserable conditions for the field, but not her Viper Soldiers.

"The guys ended up having fun with the situation — it turned into a morale builder," said

Hartley. "At least we know our tents don't leak."

To summarize the whole experience, she said, "We're basically given this field and now we have to figure out how to protect ourselves and how to be independently sustainable. We provide our own power generation, our own water supply, we supply our food and housing — all the logistical stuff that we haven't had to worry about for a long time."

Kiowa: Aircraft size provides unique mission opportunities

Continued from Page B1

safely. He says his job is more important than checking properly emplaced pins and brackets. He and his team are preparing the aircraft to deploy, and quickly.

Rogers says with practice and improved proficiency the aircraft can be ready in 10 minutes.

"For today's demonstration we were taking it slow and steady. This is a practice that has not been used in a while," he said.

The equipment usually is not used outside of advanced individual training, mostly because of other options for moving aircraft, Rogers said.

When asked how the team performed, he was confident.

"I think they performed well. I am very confident I can step away and any one of these guys can take over, and they would know everything that needs to happen to configure the aircraft," said Rogers.

Capt. Stephanie Hartley, troop commander, agreed, adding that she thinks her team is extremely competent at what they are doing, especially considering that the unit has only trained with the gear for a month.

"As a commander, it gives me the opportunity to push aircraft forward to the front line to do the recon mission out of a C-130, which no other helicopter can do," she said.

Pfc. Kevin Mraz, a 15J Aircraft Armament/Electronic/Avionic Systems with



PHOTO BY CAPT. CHAD ASHE

The Silver Spurs Troop, Troop A, 3rd Squadron, 17th Cavalry Regiment, showcased the multipurpose light helicopter kits to 3rd Infantry Division senior leaders on the flight line of Hunter Army Airfield Feb. 27.

Troop A, ensures that the mass mounted site — the large recognizable sphere atop of the aircraft — is taken down safely.

"I just really feel like part of the team," said Mraz.

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MARCH 20, 2014

Veterinary clinic reminds owners that pet ownership comes with **RESPONSIBILITIES**

By Nathan Pfau
Army Flier Staff Writer

Military Families' four-legged counterparts take the stresses of military life in stride, but there are things people can do to make sure their furry Family members are well taken care of.

There are a host of factors to consider when taking on the responsibility of bringing a pet into the home, especially on a military installation, said Capt. Janas Gray, Fort Rucker Veterinary Treatment Facility officer in charge.

"An animal is a huge responsibility financially, physically and emotionally," she said. "They require medical attention, exercise and lots of love. All pet owners and future pet owners must be responsible in taking care of their animals to ensure the health of not only their pets, but their entire Family."

Families bringing pets on the installation are required to have their pets registered at the Fort Rucker Veterinary Treatment Facility within 72 hours of arriving, and all pets are required to be current on their vaccinations, especially rabies vaccinations, and must be micro-chipped, she said.

"This is to protect the Soldiers, their Families and their pets," said Gray. "Rabies vaccinations are absolutely one of the most important vaccinations your pet should receive."

Only cats, dogs and horses are allowed as pets on post, and there are cer-

tain breeds of dogs that are not allowed, specifically in the housing areas. These include Pitbulls, Bull Terriers, Rottweilers, Doberman Pinschers, Chows, wolf hybrids, as well as crosses of any of the listed breeds.

Cats and dogs should receive their first rabies vaccination as early as 12 weeks of age, she said. They should receive a rabies booster one year from the initial vaccination and then every three years thereafter as long as they are not late in receiving the vaccination.

Horses kept on the installation are also required to have an annual rabies vaccination.

"Keeping your pet vaccinations current is important not only to keep your pet from getting rabies, but also to provide a barrier of protection for the entire Family if your pet should be exposed to a rabid animal," said the VTF officer in charge.

Rabies can be transmitted through a bite or scratch from a rabid, warm-blooded animal, said Gray, and the animals best known to spread the virus include raccoons, skunks, foxes, coyotes and bats.

General symptoms of rabies include sickness, having problems swallowing, having trouble moving, and, in some cases, even paralysis, she said. Some animals may act mad – biting at everything and drooling excessively, and some animals may act timid or shy. A wild animal may

move slowly and allow humans to get close while acting tame, but Gray urges people to avoid any wild animals they encounter.

If people come across an animal they suspect has rabies, they should immediately report it to military police. Additionally, Gray suggests that people report all stray animals to local animal control or military police in order to have them safely removed.

"They may be unvaccinated and could be infected with the disease," she added.

"If you are bitten by any animal, period, have someone help you wash out the wound for five minutes with soap and seek immediate care from your physician," said Gray. "If your pet is bitten by a wild animal, seek veterinary assistance for the animal immediately."

Rabies is particularly dangerous because of its potential to be fatal to both humans and animals, she said. The disease travels from the site of the bite or scratch and attacks the brain and spinal cord.

Because of diseases like rabies, the stray population must be controlled to prevent its spread, as well as the spread of other diseases.

Fort Rucker officials warn that people PCSing from the installation to not abandon their animals.

"This allows the stray population to expand, and more animals will be exposed to wild, rabid ani-

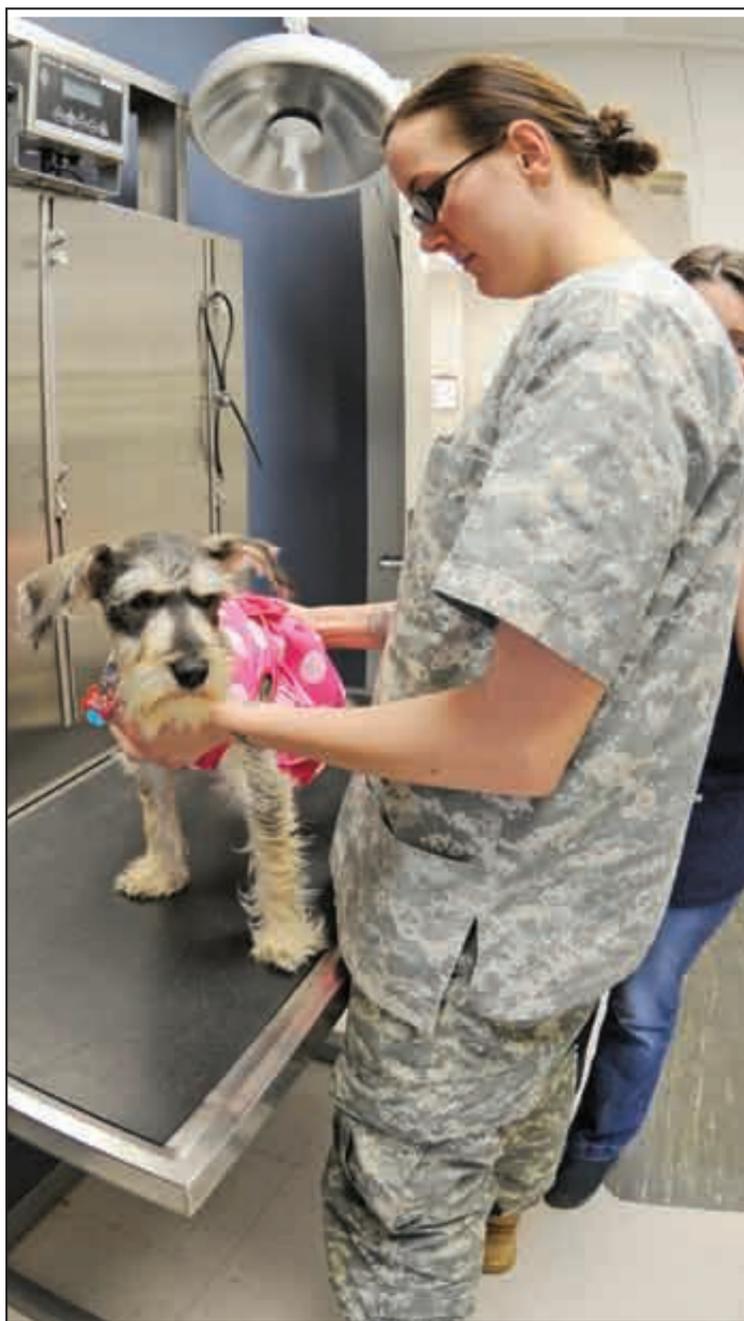


PHOTO BY NATHAN PFAU

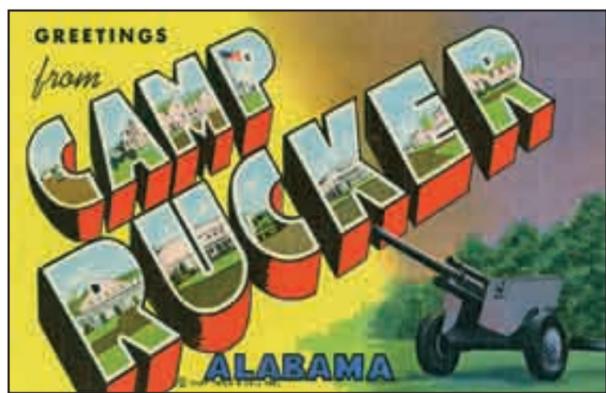
Sp. Summer Palmer, Fort Rucker Veterinary Treatment Facility, holds on to Dixie prior to the dog receiving a vaccination at the veterinary treatment facility.

mals, which will put civilians, Soldiers, their Families and their pets at risk for the potential of being exposed to rabies through a bite or scratch," said Gray. "If it is known well in advance that

they will be unable to take their pets to their next duty site, they should start early finding their pet a good home."

Furthermore, people shouldn't allow their pets

to roam, risking the chance of them getting lost or encountering wild animals, she said. Pets that are unsupervised are subject to be picked up by military police as strays.



COURTESY GRAPHIC

BACK TO FUTURE AT CAMP RUCKER

By Sara E. Martin
Army Flier Staff Writer

Once upon a time, Fort Rucker was a military camp, home to all sorts of Soldiers of different occupations, but with the passing of time and the ever-changing Army, it was renamed Fort Rucker in the 1940s. But it is the old-school camp that the school age center is reviving for its spring break events Monday-March 28.

"Camp Rucker is our theme this year for spring break," said Vender Tabb, school age center director. "We are going to bring old Camp Rucker back to the school age center for the week."

The building, according to Tabb, is going to be transformed into Camp Rucker with military decorations like nets and tents, and the transformation of rooms into Bunker Hill and the Pentagon. A mess hall will even be created where participants will eat meals, ready to eat. They will come up with their own MRE recipes as well.

The camp is free for child, youth and school services registered members in grades first through fifth, ages 6 to 11. Parents can enroll their child at any time at the

school age center, even after the camp has begun.

Children can participate in just one day or the entire week, but children must be enrolled for the week to go on the field trips. The school age center is located in Bldg. 2806 on Seventh Avenue and Division Road. The cost for unregistered children is based on the fee policy and sponsor's category.

Parents can drop off their children any time during the day after 5:30 a.m., but must pick up their children no later than 6 p.m.

"Parents don't have to rush to pick up or drop off their kids – we will be here at their convenience. The camp is great for parents who work and cannot be home all week to watch their children, or for stay-at-home parents who need a break to go run errands or if they need some time alone," said Tabb.

The camp features arts and crafts, sports, building blocks, reading, movies and science activities with a military flare. It will also have ice cream, bingo, bowling, a Fun Zone field trip, an obstacle course and more.

SEE CAMP, PAGE C3

Helping hand

Readiness course assists with job hunt

By Sara E. Martin
Army Flier Staff Writer

Heracitus, the Greek philosopher, once said that change is the only constant in life, and it was Louis Pasteur who is quoted as saying, "Fortune favors the prepared mind." Anyone affiliated with military service understands the truth in these shreds of wisdom.

Transition into civilian life is one of the changes all Soldiers and their Families will face with either confusion or confidence, but Mike Kozlowski, Army Community Service personal finance specialist, thinks confidence comes with planning, particularly when it comes to answering the big question, "What will I be doing when I get out of the Army?"

To help with those types of questions, ACS will be holding employment readiness classes in the Soldier Service Center, Bldg. 5700, in Rm. 350 and 371A April 3 and 15 at 8:45 a.m. People must register before the beginning of class by calling 255-2594 or emailing michael.d.kozlowski2.civ@mail.mil.

"My job is to lend (Soldiers, spouses, dependents, retirees and

DA civilians) a helping hand with their employment-related concerns," said Kozlowski. "If they are thinking about getting a job for whatever reason, such as to strengthen their financial readiness or to gain a measure of professional fulfillment, then they need to attend an employment readiness program orientation session."

The class is not a series of classes; just one session is all it takes. Doing so registers participants into the program and affords them access to several valuable employment-related resources, he said, such as the Virtual Career Library, and a personalized account with the spouse education and career opportunities program.

Registration has another perk. Kozlowski provides free résumé reviews and one-on-one career counseling.

Because each session is jam-packed with employment information, the class is mainly lecture, but there are times for questions and comments throughout the session as well as videos. The class covers interview and resume skills, obtaining federal and off-post jobs, the impact of

social media, professional image, networking and vocational trends. The classes typically last an hour and a half and are free, he said.

"(People) don't plan to fail, (they) just fail to plan. Entering the civilian marketplace sets up a whole new set of challenges, which may become obstacles to success after transitioning from military service," said Kozlowski. "My constant advice to Soldiers who are even thinking about entering the civilian job market is to plan, plan and to plan some more for every possibility that would affect them financially and vocationally."

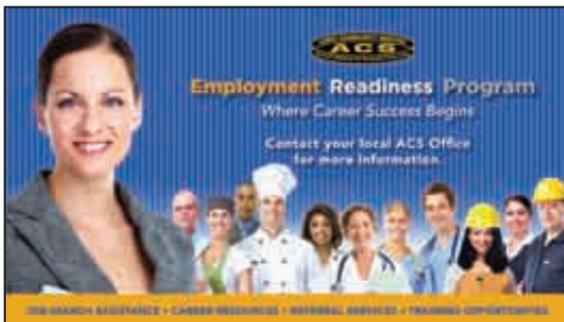
He said the job environment is a tough one with a number of economic factors affecting companies' abilities to hire on full-time employees, which makes a class such as this one that much more valuable.

"You can count on a three to six month timeframe for your job search. During this time, bills will keep coming in, and with no income the question becomes, 'How am I going to survive this job hunt?'"

Kozlowski said the time to start a financial fund is not a month or two from separation or retirement, but at least a year in advance of the anticipated date.

"I always encourage Soldiers, near-retirees and their spouses to begin the transition planning process early and to practice it daily. It relieves them of most stressors associated with the unknowns out there in the civilian marketplace," he said.

Kozlowski said National Guard



COURTESY GRAPHIC

SEE HAND, PAGE C5

ON POST

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

ACS Needs Assessment Survey

Fort Rucker is conducting an ACS Needs Assessment Survey now through April 30 as part of its accreditation process. The online survey is available to the entire military community surrounding Fort Rucker. The survey is intended to provide valuable information about ACS services and other Family and MWR programs. This survey is conducted every three years in coordination with the ACS accreditation process, and provides an opportunity to measure usage and helpfulness of individual ACS programs and services, and identify emerging needs related to the Army way of life. To take advantage of the chance to help shape the future of ACS programs and services, visit www.armymwr.com/ACS-survey.

Newcomer's Welcome

Army Community Service hosts the Newcomers Welcome every third Friday of the month from 8:30-11 a.m. at The Landing. Active-duty military, spouses, foreign students, Army civilians and Family members are all encouraged to attend the event. A free light breakfast and coffee will be served. For free childcare, register your children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the event.

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

Child Abuse Prevention Month Art Expo

In recognition of Child Abuse Prevention Month and the Month of the Military Child, the Family advocacy program and new parent support program will host an art expo for Fort Rucker children. The expo is open to all students attending Fort Rucker Primary and Elementary Schools, along with military children attending off-post schools, grades kindergarten-12. The artwork should raise community awareness for military children and child abuse prevention. Artwork should be on 8.5-by-11-inch paper in vertical (portrait) format. Children should include the following information on the front bottom right corner: first name and last name initial, grade and school. Original artwork will be displayed at various locations throughout Fort Rucker. On-post students must submit artwork to school teachers and off-post students can mail or drop off their artwork to: Army Community Service, Bldg. 5700, Rm. 350, 452 Novosel Street, Fort Rucker, AL 36362. All artwork must be submitted by Friday by close of business.

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

Talladega Superspeedway tickets

Talladega Superspeedway offers special ticket prices now through April 18 to all military personnel and their Families for the Aaron's Dream Weekend May 3-4. Those interested can buy tickets at Fort Rucker Lei-



PHOTO BY NATHAN PFAU

Right Arm Night

The Landing Zone will host Right Arm Night the last Thursday of every month from 4-6 p.m., with the next iteration taking place March 27. The event is designed to provide a night of camaraderie and esprit de corps among the Fort Rucker community. Right Arm Night will feature special complimentary appetizers (quantity limited). Right Arm Night will be held the last Thursday of every month and is open to the Fort Rucker Community. For more information, call 598-8025.

sure Travel Services. Tickets are available for the NASCAR Nationwide Series, NASCAR Sprint Cup Series and for a Two-Day Ticket Package - service fees may apply. All sales are final and no refunds or exchanges will be given.

For more information, call 255-2997 or 255-9517.

Spring break lifeguard course

There will be a spring break lifeguarding course Monday-March 27 from 8 a.m. to 5 p.m. that includes two-year certification in lifeguarding, waterfront and waterpark. The course is available to people ages 15 and older. Cost is \$100 per person. Prerequisite test on first day must be passed to enter the course - non-stop swim of 550m, two-minute tread, timed brick retrieval and 20m underwater swim. People can register at the front desk of the Fort Rucker Physical Fitness Center cut-off for registration is two day prior to the start date.

For more information, call 255-2296.

Gardening at All Ages

The Center Library hosts Gardening at All Ages with Al Edwards Saturday from 2-3 p.m. The program will teach people the basic skills of starting their own gardens and show ways that the whole Family can pitch in to help.

For more information and to register, call 255-3885.

CYSS skate park opening

The Fort Rucker Youth Center will hold the grand opening of its new skate park Monday from 2-5 p.m. The free event will feature outside games, door prizes, and staff will fire up the grill for hot-dogs and hamburgers for all. Permission slips and liability waivers must be signed and turned in before youth use the skate park. Safety equipment, such as helmets and pads, will also be required.

The skate park will be supervised by youth center employees. The opening is open to the public, however, usage of the skate park is limited to registered child, youth and schools service members in sixth-12th grades only.

For more information, call 255-2260.

Camp Rucker at the school age center

The Fort Rucker School Age Center will host its Camp Rucker Monday-March 28, where registered child, youth and schools services children will be able to enjoy making their own ice cream surprise, bowling, pet demonstrations, a trip to the Fun Zone and more.

For more information, call 255-9108.

Financial readiness training

Army Community Service offers its financial readiness training April 4 from 7:20 a.m. to 4:15 p.m. at the Soldier Service Center, Bldg. 5700, Rm. 284. The free training provides a practical approach to personal financial management to help Soldiers gain control of and manage money effectively. Financial Readiness Training is required for all first-term junior enlisted Soldiers (E-1 through E-4) and spouses are welcome to attend.

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

Blue Day Campaign

April is Child Abuse Prevention Month and Fort Rucker kicks off the Blue Day Campaign April 4 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.

DFMWR Spotlight

Fort Rucker Physical Fitness Center

2014 FORT RUCKER SURVIVORS & FALLEN HEROES 5K & FUN RUN

IN REMEMBRANCE AND HONOR

Open to the Public

Saturday, April 5th
Race begins at 8 am

Race day registration begins at 6:30 am, pre-registration recommended.

\$20 by March 29th
\$25 after March 29th**

1 Mile Fun Run is FREE and open to all children, each child will receive a medal
The 1 Mile Fun Run begins after the 5K race is finished.

*Includes Dry Fit t-shirt **Includes Dry Fit t-shirt while supplies last EFMP Friendly

Pre-register at either Physical Fitness Center. For more details call, (334) 255-3794.
www.ftruckerfmwr.com

Sponsorship does not imply Army endorsement.

Fort Rucker FMWR Sports, Fitness and Aquatics Branch

FORT RUCKER MOVIE SCHEDULE FOR MARCH 20 - 23

Thursday, March 20

That Awkward Moment (R) 7 p.m.

Friday, March 21

The Nut Job (PG) 7 p.m.

Saturday, March 22

Robocop 4 (PG-13) 7 p.m.

Sunday, March 23

The LEGO Movie (PG) 2 p.m.

Respect

Army's casualty notification process emphasizes dignity, respect

By David Vergun
Army News Service

WASHINGTON — From the moment Human Resources Command's Casualty Notification Center gets the call that a Soldier has died, the casualty notification officer and an accompanying chaplain have four hours to notify the next of kin in person.

People's lives are changed forever in that four-hour window, said Maj. Mark A. East, command chaplain, Human Resources Command, Fort Knox, Ky., and chaplain Capt. Gregory J. Broderick, executive officer, Chaplain Recruiting Branch.

Ongoing efforts

Although the war in Iraq is over and the mission in Afghanistan is winding down with a commensurate decline in casualties, the job of notification is no less stressful and demanding, said the two chaplains, who've both made those visits.

And, in a sense, the duty is rewarding because there's no better way to honor the fallen than with the presence of two Soldiers who are showing compassion for one of their own, they said.

The chaplains explained that there have been a number of significant ways notifications have changed over the years.

During and before the Vietnam years, the Department of Defense would often send a telegram, informing the Family of the news, Broderick said.

That changed, however, when Julia Moore, married to an Army colonel during the Vietnam era, saw the process firsthand and decided there needed to be a change in the way it's done, he said.

Julia's husband, retired Lt. Gen. Hal Moore, happens to be co-author of the book "We Were Soldiers Once and Young." The book, co-authored with reporter Joe Galloway,

later became a movie.

Julia's efforts, Broderick said, led the Army to change its policy and now almost every notification is made with a CNO, accompanied by a chaplain, across the service components.

Rethinking policy

More changes took place, he continued, including an important one about five years ago, when training for the CNOs became much more formalized and comprehensive.

That change took place just after the Iraq surge when casualties were the highest. The chief of chaplains at the time wanted to better prepare the chaplains for the task, rather than just "throw them into the lions' den," Broderick said.

Broderick had made notifications

before the training was formalized and he said the training really made a difference in the way notifications are handled.

"We've gotten smarter and more in touch with the human aspect of honoring the fallen," he said.

It takes a mature, resilient Soldier to take on the task of CNO, and units are careful in who they pick, East pointed out.

And the job is no less difficult for the chaplain, Broderick pointed out, putting it on par with performing the Last Rites.

"I've picked Family members off the floor," he said, describing the trauma involved. "I've sat and held them as they've rocked and cried. People have been so upset they can't change their baby's diaper."

"I did one recently where they kicked us out of the house. They were so mad, not at us, but at their son," he continued. "I've been spit on as well."

Of those negative reactions, East said that later on, after the Family members have a chance to reflect and take it all in, they realize how tough a job the CNO had.

Many say something to the ef-



PHOTO BY DAVID VERGUN

Don Mason, a Korean War veteran, prays in the Pentagon chapel March 7 for those he served with. Mason said his mother received a telegram from the Defense Department in 1952, while he and his brother were serving in Korea — he in the Navy as a corpsman for the Marines and his brother as a Soldier. Mason's mother, he said, was too afraid to open the telegram since a fellow down the street in their hometown of Indianapolis was killed and their Family found out by way of telegram. So, she waited until her husband got home from work to let him open it, he said. The telegram informed them that Don had been wounded. But the telegram failed to mention how bad the wounds were, he said, so his parents didn't find out until much later when the Red Cross sent a telegram saying he would survive his wounds. Mason said he's thankful now that the Army doesn't deliver telegrams, and instead sends a Soldier and chaplain when notification is required.

fect, "I treated him awful that day, but if I could have him back I'd put my arms around his neck and give him a big hug because now I'm able to see what he did for us," he said, adding, "when they've gotten the news, you've caught them at their worst day."

The role of the chaplain, East said, is to not only be there for the Family members, but to "help CNOs try to understand grief and loss so they can empathize" before making the visit.

Broderick said that just a week ago he did a notification and although the window of time was

short, he said he sat in his garage and "prayed and wept with God because I knew what I had to do." After the notification, "I wept afterward as well."

The four-hour window goes by "really fast," he said. "We're up against Facebook and Twitter," meaning the news can sometimes, but not usually, get out before they arrive.

Racing against technology

Besides linking up with the CNO and driving to the location, Broderick said he helps the CNO prepare by stopping at a coffee shop to pray

with him or her. He said he tells the CNO, "We're about to change someone's life very drastically."

After the notification, they stop there again on the way back and pray. "It becomes our sanctuary," he said.

Also during the stop at the coffee shop on the way back, he said they go over the events that took place and their own reactions to those events.

Broderick said it's similar to a "critical incidence stress debriefing," where Soldiers share their experiences and thoughts. He said he's convinced that if this is done right away after any type of traumatic event — and a notification could be such a type of event — then the risk of post-traumatic stress decreases and resiliency increases.

By unwinding, Soldiers get the feeling that, "Gee, I'm not alone. Others are thinking the same thoughts as me, feeling same feelings as me," he said. "You can see their recognition" as they work through the process.

East explained that the chaplain's particular faith has no bearing on their notification responsibilities.

"Chaplains are not there to exercise their faith tradition," he pointed out. "He comes in to do grief and loss counseling, and to assist in that critical moment."

Occasionally the Family does not have a strong religious background, but usually someone in the Family does, he said.

The chaplain may try to connect the Family to a local pastor, rabbi or priest, if they don't already have one, he continued. The person they're connected with will usually be the one present at the funeral, although occasionally the Family might request the presence of the chaplain who was at the notification.

The only thing that remains constant in doing notifications, Broderick concluded, is that "each visit will be different. Family dynamics drive the situation."

Changes made to the notification process, he added, better prepare the chaplains and CNOs for the unexpected, and the fallen and their Family members are given the honor and respect they so deserve.

Camp: Facility provides active outlet for children

Continued from Page C1

"The kids will lay out and design a gathering place at a large tree, where Soldiers might share stories, reflect on their day, eat or participate in other social activities," said Tabb about some of the arts and craft activities. "The sport center is going to create an obstacle course, have pretend

grenades, and have drill sergeant, capture the flag and tug-of-war games.

"Children really need to come out and have a good time with their friends, and make new friends," said Tabb, adding that some children think that hanging out at home sleeping in, playing video games and watching TV is a great way to spend their spring break, but will find that it gets boring

really fast.

"We are going to keep everyone busy and motivated, and they are going to have a lot of fun, I promise," she said. "Children are welcome to come and spend a few hours with us to see what everything is all about and see what we have to offer. This is going to be a preview of what we will be doing during the summer."

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PG13 — THURSDAY, 8:00 PM - CINEMA 1
— Spring Break Matinees —
I **DIVERGENT** - PG13
Fri: 7:10 & 9:40
Sat-Thurs: 1:45, 4:30, 7:10 & 9:40
II **MUPPETS MOST WANTED** - PG
Fri: 7:00 & 9:15
Sat-Thurs: 2:00, 4:15, 7:00 & 9:15
WESTGATE CENTER
— Spring Break Matinees —
III **300: RISE OF AN EMPIRE** - R
Fri: 7:00 & 9:10
Sat-Thurs: 2:00, 4:10, 7:00 & 9:10
IV **MR. PEABODY & SHERMAN** - PG
Fri: 7:00 • Sat-Thurs: 2:00 & 7:00
SINGLE MOM'S CLUB - PG13
Fri: 9:10 • Sat-Thurs: 4:10 & 9:10
COLLEGE CINEMA • ENTERPRISE
— Spring Break Matinees —
I **GOD'S NOT DEAD** - PG
Fri: 7:00 & 9:20
Sat-Thurs: 2:00, 4:20, 7:00 & 9:20
II **NEED FOR SPEED** - PG13
2D: Fri: 7:00 • Sat-Thurs: 2:00 & 7:00
3D: Fri: 9:30 • Sat-Thurs: 4:20 & 9:30
III **GOD'S NOT DEAD** - PG
Fri: 7:10 & 9:30
Sat-Thurs: 2:10, 4:30, 7:10 & 9:30

BUSINESS CARD Spotlight

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Office: 334-347-3467
efume@adelphia.net
Prayer Line (24 Hours) 334-393-7509

Call 347-9533 to advertise your church on this page.

Public invited to Forever Wild Coosa WMA Trail 1st hike

Alabama Department of Conservation and Natural Resources

Press Release

The Alabama State Lands Division and the Alabama Hiking Trail Society hosts a grand opening hike of the new Forever Wild Coosa Wildlife Management Area Trail on Saturday.

The public is invited to join the hike, which kicks off at the west trailhead located on Coosa WMA Road 153 at 10 a.m. West trailhead GPS coordinates are: 32.894439, -86.417871.

AHTS members will lead the grand-opening hike, which covers approximately 6.6 miles of the 11.4-mile trail. Refreshments will be provided for all hikers who attend. Those who wish to hike the entire trail may do so.

The Coosa WMA trail is predominately moderate with a few semi-strenuous climbs. The west end of the trail is not as steep, while the east section offers more climbs and switchbacks. The trail is free to use and open year-round. Trailheads and parking areas are



COURTESY PHOTO

conveniently located on either end of the trail. The east trailhead is located at the Hatchet Creek bridge (double bridges) on Highway 29.

GPS coordinates are 32.862305, -86.339755.

For information about the grand opening hike, contact Doug Deaton,

State Lands Natural Resources Planner, at 850-7158, or by email at doug.deaton@dcnr.alabama.gov. For a complete list of Forever Wild

tracts with recreational opportunities including hunting, hiking, horseback riding, mountain biking, canoeing and more, visit alabama-foreverwild.com.

To learn more about the AHTS including how to volunteer, visit hikealabama.org.

Alabama's Forever Wild Land Trust continues to expand the number of recreational areas available to the public so that present and future generations can enjoy quality-of-life opportunities in the outdoors such as the trail and campsites at the Coosa WMA tract. Learn more about the Forever Wild Land Trust, its mission, its funding, and the many recreational and hunting opportunities available at alabamaforeverwild.com.

The Alabama Department of Conservation and Natural Resources promotes wise stewardship, management and enjoyment of Alabama's natural resources through five divisions: Marine Police, Marine Resources, State Lands, State Parks, and Wildlife and Freshwater Fisheries. To learn more about ADCNR, visit www.outdooralabama.com.

WIREFRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

DALEVILLE

ONGOING — Veterans of Foreign Wars Post 6020 Franchise J. Ballard Post membership meetings are at the post headquarters on State Road 84 every third Thursday of the month at 7 p.m. Breakfast is served 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.

ONGOING — Daleville Chamber of Commerce meets the second Wednesday of each month at noon at the Chamber of Commerce office in the Daleville Cultural and Convention Center. For more information, call 598-6331.

DOTHAN

NOW THROUGH MARCH 27 — The Zonta Club of Dothan 27th annual International Food Festival will be held at 6:30 p.m. Calvary Baptist Church. Tickets are \$25. Reserved tables are \$250. People can enjoy 25 tables of international dishes from around the world. Entertainment includes live music. For more information, call 714-8958 or 618-2791.

APRIL 5 — The Alabama Kidney Foundation is hosting its annual Make a Difference One Step at a Time Walk-a-Thon at Northview High School. Registration begins at 8:30 a.m. and the walk kicks off at 9:30 a.m. The Walk-a-Thon features a continental breakfast, lunch, snacks, child activity area, music and door prizes. A \$35 minimum collection of donations is required for adult entry. Dialysis patients and children are invited to attend for free. For more information, call 241-0003 or visit www.alkidney.org.

APRIL 8 — The Flagship Theater will have an intermediate and advanced acting showcase at 7 p.m. Tickets are \$10 for students and \$12 for adults. For more information, call 699-3524 or visit www.theflagshiptheatre.com.

ONGOING — People are invited to play ultimate disc with the Dothan Ulti-

mate Discers on Optimist Field on Thursdays at 7 p.m. and Sundays at 2 p.m. Described as being co-ed fun for everyone from age 10 to 100 with no prior experience required. For more information, call 615-3760.

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 — 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.tristatecommunityorchestra.com or call 585-4903.

ONGOING — The Wiregrass Youth Symphony Orchestra meets every Saturday morning at the Dothan Cultural Arts Center. They offer beginner lessons and welcome all string players high school age and below who already play. For more information, visit www.tristatecommunityorchestra.com or call 696-2320.

ENTERPRISE

MARCH 22 — Lifesouth's "Give One, Get One" at Milky Moo's will be held from 11 a.m. to 4 p.m. Anyone who donates a pint of blood will receive one free pint of Milky Moo's ice cream. For more information, call 446-6210.

APRIL 5-6 — The Piney Woods Art Festival will be held at Enterprise State Community College Saturday from 9 a.m. to 5 p.m. and Sunday from noon to 4 p.m. There will be arts and crafts, a children's fun center, live entertainment, Civil War display and an antique car show. For more information, call 406-2787 or visit www.coffeecountyartsalliance.com.

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.

ONGOING — Enterprise State Community College holds classes to teach English as a second language at the Fort Rucker campus Mondays and Wednesdays from 9 a.m. until noon in Bldg. 4502, Rm. 131.

GENEVA

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

MIDLAND CITY

ONGOING — Residents are invited to Town Hall meetings 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

MARCH 29 — The Rudd Art Center hosts "Our Town," an exhibit spotlighting Dale County in a multi-media show that

reflects Ozark and the county. Artists are encouraged to capture images in paintings, through the lens of cameras, in fiber creations and sculpture. This also includes old photos, historic photos and paintings of local people, places and events. Entries will be accepted March 29 from 1-4 p.m. and March 31 from 1-6 p.m. at The Rudd. The entry fee is \$25 for up to five pieces. Photos should be framed. Exhibit opens April 5. For more information, call 774-2944.

ONGOING — Every Thursday at 5:30 p.m. yoga with Sandra Bittman is at Perry Recreation Center for \$5 a person.

ONGOING — Every Wednesday the Ozark-Dale County Public Library hosts free Wii Zumba from 5:30-6:30 p.m. Teens and adults are invited.

For more information, call 774-5480.

ONGOING — Every Thursday at the Ozark Chamber of Commerce the Somersizers Weight Club meets at 5 p.m. to shed weight.

For more information, call 774-9321.

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 the J.O. Colley Senior Complex.

The complex is transformed into a dance hall and features music from the 40s, 50s, and 60s, finger foods, and refreshments.

For more information, call Janet Motes at 808-8500.

WIREFRASS AREA

NOW THROUGH MARCH 31 — The 2014 Alabama Antique Trail Sale features more than 125 shops and malls in 69 Alabama towns. It is the largest antique sale in the south. To find the location, hours, and type of store, go to www.alabamaantiquetrail.com.

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

Billy's Island in the Okefenokee Swamp in Fargo, Ga., 10 a.m. to 12 p.m. 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.

Jazz Festival

Named "Top 10 Jazz Festival in the USA" by JazzIZ Magazine and recently nominated as "Best Jazz Festival" at the Oasis Smooth Jazz Awards, the Seabreeze Jazz Festival combines the top national smooth jazz

artists with a full weekend of fun, sun, beaches and good times - all on the west end of Panama City Beach April 23-27. The event attracts more than 20,000 fans. For more information, visit www.seabreezejazzfestival.com.

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.



COURTESY PHOTO

Pick-of-the-litter

Meet Max, a 12-week-old male terrier mix. He has a lot of energy, even for a puppy. Max is not recommended for Families with young children. He is smart, and with dedication to proper training he will be an outstanding dog. Adoption fees vary per species and needs of animal, but include all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying or neutering. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the stray facility. Visit the Fort Rucker stray facility's Facebook page at <http://www.facebook.com/fortruckerstrayfacility/> for constant updates on the newest animals available for adoption.

Hand: Training prepares Soldiers for civilian career

Continued from Page C1

Soldiers on Title 10 orders going through flight training would greatly benefit from the class.

"They usually have no job to which they can return following their training here, and my sessions, and the one-on-one counseling I offer, can set them up for success when they return to civilian life. Knowing that they will have meaningful employment when they return home allows them to devote more attention to becoming Army Aviators," he added.

To learn more about ACS employment programs, refer to the session schedule at www.ftrucker.mwr.com/acs/.



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

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Stand strong

Soldier Show cast, crew prepare for upcoming tour

By Robert Dozier
Installation Management Command

SAN ANTONIO – The U.S. Army Installation Management Command has selected 19 cast and two crew to deliver the “Stand Strong” theme to garrisons starting April 11.

Army Entertainment, a division of the U.S. Army Installation Management Command’s G9 Family and MWR Programs, made the selections through a week-long process including live auditions, full military screening and fitness testing.

This year’s show makes a visit to the Wiregrass Aug. 12 and 13 at 7 p.m. at the Enterprise Performing Arts Center at Enterprise High School. The shows are free and open to the public.

The 2014 cast and crew members are listed below.

From the Continental United States: cast members Staff Sgt. Harrison Scurry, from Fort Drum, N.Y.; Sgt. Keith Beverly from Fort Polk, La.; Sgt. Tyrel Mays and Spc. Aurielle Polynice from Fort Hood, Texas; Staff Sgt. Lynnette Collier, Sgt. Amy Hargis, Spc. Darwin Crooks, Spc. Tierra Ducote, Spc. Copey Rice and Pfc. Diqan Sims from Fort Bragg, N.C.; Pfc. Bryan McNeil from Fort Campbell, Ky.; Pfc. Kiari Mhoon from Joint Base Lewis-McChord, Wash.; and crew member Spc. Patrick Daly from Fort Irwin, Calif.

From overseas: cast members Pvt. Kyra White from Camp Stanley, Korea; Spc. Andrew Cooper from Del Din, Italy; Spc. Abigail Mary from Camp Humphreys, Korea; and crew member Spc. Christopher Roman from Bagram Airfield, Afghanistan.

Army Entertainment also welcomes cast members from the Army Na-



PHOTOS BY ROBERT DOZIER

Members of the cast of the 2014 U.S. Army Soldier Show rehearse March 6 while getting ready for an April start on the road.

tional Guard, including Staff Sgt. Duane Reno from Oregon; Spc. Amanda Spear from Indiana; Spc. Enjolee Williams from Texas; and Pfc. Melinda Douglas from New Jersey.

The Soldier Show is a totally self-contained touring operation where the cast and crew travel to a select Army garrison location, load-in and set-up for the show and then entertain all comers, both Soldier and civilian. After the show, the same cast and crew have the responsibility to break-down and load-out for the next show.

This crew was selected not only for their ability to perform solo, but also their ability to entertain with musical instruments, work in ensemble dance numbers and inspire an audience from the stage.

This year’s production, “Stand Strong” explores the foundational elements

of what it is that instills the strength and character of our Soldiers and our Army, according to Tim Higdon, U.S. Army Entertainment producer and program manager. As in the past, the cast and crew are selected to exemplify the Army values of loyalty, duty, respect, selfless service, honor, integrity and personal courage.

“The 2014 show will also honor the Army’s continued resilience and strength with its mission to effectively inform, educate and inspire our audiences to action,” said Higdon.

Army Entertainment is the official agency for producing and delivering diverse musical, unit entertainment activities, special events, touring shows, talent competitions and theater entertainment to Soldiers, Families, civilians and retirees at home and abroad. All entertainment operations are

headquartered at Fort Sam Houston Theatre in San Antonio, including the Soldier Show as well as Operation Rising Star and the Army Concert Series.

Find out more about the U.S. Army Soldier Show by visiting <http://www.armymwr.com/recreation/entertainment/soldier-show/>.

For information about the U.S. Army Entertainment activities, visit <http://www.ArmyEntertainment.net>.



Entertainers review video and prepare themselves for the 2014 U.S. Army Soldier Show to perfect the ensemble numbers.

Cold prevention tip

Cough or sneeze into your elbow, thus covering your nose and mouth.

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MARCH 20, 2014

LEARNING TO LIFEGUARD

Classes set people on course for jobs

By Nathan Pfau
Army Flier Staff Writer

The chill of winter is fading fast and many people are eager to hit the water, and Fort Rucker Aquatics is offering spring lifeguard courses for a job opportunity with high responsibility.

Fort Rucker Aquatics is offering lifeguard courses now through March 30 for people interested in learning a skill that they can take with them beyond the installation, according to Carolyn Hacker, assistant aquatics manager.

"A lifeguard isn't there just to look good, they're usually the first line of defense when it comes to the safety of patrons at the swimming facilities on Fort Rucker," she said. "It only takes seconds for a person to go under the water and drown, and lifeguards are there to prevent those kinds of mishaps from happening – not only in the water, but around the water, as well."

The courses encompass a total of 32 hours and are available as weekday courses or weekend courses. Weekday course durations are eight days within two weeks, and run Monday through Thursday from 4-8 p.m. and require participants to attend both weeks during the course. Weekend course durations are two weekends long, and run from 8 a.m. to 6 p.m. on Saturdays and 10 a.m. to 6 p.m. on Sundays.

The Spring Break weekday course runs Monday-March 27, and weekend course days are Saturday and Sunday, and March 29-30.

American Red Cross certification requires that people be at least 15 years of age to become a certified lifeguard, and each course will begin with a prerequisite swim evaluation to make sure that each individual can



FILE PHOTO

A lifeguard at a Fort Rucker facility watches a swimmer dive for the water during a previous swim season.

perform the duties necessary, according to Hacker.

"Lifeguarding, Waterfront and Water Park course requires that people are able to swim 550 meters non-stop, utilizing two strokes – freestyle and breaststroke," she said. "It requires some degree of physical fitness."

The prerequisite swim also consists of a two-minute tread, timed brick retrieval and underwater swim retrieving three items, five yards apart.

"This is a good opportunity for those seeking summer jobs, and a lot of times, lifeguarding is the first job that a lot of high school students get. It's a huge responsi-

bility for them," said the assistant aquatics manager. "The training that is required for lifeguarding is right there below the training required for (emergency medical technicians)."

Hacker said the responsibilities that come with lifeguarding often give people a sense of pride in what they do, and it's a job where people learn to work well together because teamwork is essential.

"When lifeguarding, you don't work solo, you work with other members on your team," she said. "When responding to an emergency, lifeguards may get the person out of the water by themselves, but they are

part of a chain and they are just the first step — the first responder to saving a person's life in that situation."

Although Fort Rucker allows lifeguards to start at 15 years of age, the installation requires that lifeguards at certain stations be at least 16 years old due to visibility limitations. Regardless of age, Hacker said that safety is the first and most important aspect.

"We're pretty strict on how many guards are posted at our facilities," she said. "A lot of times you get people who aren't familiar with water and that doesn't mix well, but that's why we want to offer the safest (swimming) facilities possible."

St. Patty's Day 5K

Runners push down 3rd Avenue wearing costumes and outfits adorned in green during the St. Patrick's Day 5k/10k run Saturday.



PHOTO BY NATHAN PFAU



ARMY PHOTO

In this Feb. 6, 2006, file photo, 1st Lt. Anthony Aguilar wears the ballistic protective eyewear that prevented a bomb fragment from possibly damaging his eyes when an improvised explosive device detonated near his Stryker vehicle while on patrol in Mosul, Iraq.

SEEING CLEARLY

DOD urges Soldiers to save vision with eye protection

By Terri Moon Cronk
American Forces Press Service

WASHINGTON — March is National Save Your Vision Month, and the Defense Department wants service members to take care of their eyes by wearing eye protection when performing dangerous work, reducing eye strain and routinely undergoing eye examinations.

Dr. Robert Mazzoli, an ophthalmologist at the Vision Center of Excellence at Madigan Army Medical Center at Joint Base Lewis-McChord, Wash., noted the Iraq and Afghanistan wars of more than a decade produced a historic high in the percentage of eye injuries.

"When we were first going into Iraq, eye injuries accounted for 25 percent of all combat casualties," he said. "That's because people weren't wearing their eye protection."

That was when warfare was different

and comprised mostly of artillery, Mazzoli said. After the introduction of improvised explosive devices, eye injuries dropped to about 10 to 15 percent, which is still higher than it's been in the U.S. history of war.

After witnessing fellow troops with compromised or lost vision, service members eventually began to understand the importance of wearing their protective eyewear, he noted.

The military is assertive about its service members wearing protective eye wear, Mazzoli said.

"If you can't see, you can't shoot, (and) that becomes ineffective to the unit and the service member," he said.

The military spent a lot of money on improving its eyewear, Mazzoli said.

"We have continually modified, improved and refined combat eye

SEE EYE, PAGE D3

DOWN TIME



FLASH GORDON by Jim Keefe

FLASHING A RECOVERY MISSION FOR A DOWNED ARBORIAN SHIP, FLASH MAKES A QUICK STOP EN ROUTE IN KIRA, THE KINGDOM OF CAVES.

LOOK, FLASH...ZUG'S PEOPLE STILL RECOGNIZE YOU AS THEIR LEADER.

ZUG: GOOD TO SEE YOU AGAIN!

I HAVE NEED OF ONE OF YOUR MEN, A SHIP HAS CRASHED IN THE MOUNTAINS NOT FAR FROM FRIGIA. THE PROWESS OF ONE OF YOUR CAVEMEN ON OUR TEAM WOULD BE INVALUABLE.

THEN THAT'S THE MAN FOR THE JOB.

TENGSI, COME HERE!

YOU SHALL JOIN FLASH ON MISSION--SERVE HIM.

IT WOULD BE MY HONOR, O KING.

THERE IS AMONG US ONE WHO CLIMB HIGHER--WITHOUT WEAKNESS--THAN ALL OTHER.

A FLASH AID FROM THE KINGDOM OF THE TOURNAMENTS OF HOMO.

TO BE CONT'D

Just Like Cats & Dogs by Dave T. Phippe

IN AN ATTEMPT TO BETTER COMMUNICATE I DECIDED TO WRITE A DISSERTATION ON "THINGS I DON'T UNDERSTAND ABOUT WOMEN." THIS IS VOLUME ONE.

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Trivia test by Fifi Rodriguez

T R I V I A

- LITERATURE: Who wrote the poem "The Charge of the Light Brigade"?
- TELEVISION: What was the skipper's real name on "Gilligan's Island"?
- ADVERTISEMENTS: What product is advertised as the "The Breakfast of Champions"?
- U.S. STATES: What time zone is the state of Oklahoma in?
- LANGUAGE: What day of the week was named after the Roman god Jupiter?
- SCIENCE: What does the symbol "c" stand for in physics?
- GAMES: What is the length of a standard tennis court?
- HISTORY: When did Yuri Gagarin become the first human to orbit the Earth?
- GENERAL KNOWLEDGE: What does the Fujita Scale measure?
- ETIQUETTE: When is it appropriate to fly the U.S. flag upside down?

See Page D4 for this week's answers.

Super Crossword FOR APARTMENT 5A

- ACROSS**
- Nylon woven so that tears won't spread
 - Disputed Asian region
 - Arrive, as the night
 - Before
 - Embrace, as a cause
 - Alkaline compound
 - 1972 Glen Campbell hit
 - Starbucks menu item
 - Store safely
 - Supper crumb
 - Day, to José
 - Vented vociferously
 - Capital in the Andes
 - "Oh, woe is me!"
 - Be adjacent to
 - African outings
 - 1999-2007 House speaker Dennis
 - Atlantic-Pacific linkup
 - Fed. loan agency for mom-and-pops
 - Bygone U.S. gas name
 - Capital of the Republic of China
 - Brand of hot sauce
 - Bro's counterpart
 - Three-note chord
 - Light, playful passages
 - Lit
 - 1993 Texas standoff city
 - Clothing edges
 - Actress who starred in "Alien vs. Predator"
 - Indifferent
 - Gen's. inferior
 - URL opener
 - Politician
 - "Adios!"
 - Labor Day's mo.
 - Hens 78-
 - Across on them
 - Brood, with "on"
 - Utter vocally
 - A Disney princess
 - Cola, e.g.
 - Southern U.S. forage plants
 - Permeate with a spiral
 - Memo start
 - pah
 - Cry of magic
 - Lacking any luxury
 - Ring-shaped head ornament
 - Cages
 - California coastal city
 - Writer Seton
 - Dahl of film
 - Millions of years
 - Extra-big tub
 - Brief sleeps
 - Exhausting
 - Gomez's mother in an old sitcom
 - Yasir of the PLO
 - Northern and southern lights
 - Disorient
 - Hair lock
 - Trendy
 - Specialty brew
 - Abbr. on a dashboard
 - Roth — (bank plans)
 - Pub quantity
 - Arty NYC area
 - Dragged fishing net
 - Mel of the old Giants
 - D.C.'s river
 - Clark of the Daily Planet
 - Invite
 - Healthful resort
 - Accord and Civic
 - Part of MTV
 - Singer Chris
 - Apartment, e.g.: Abbr.
 - Soups' go-withs
 - Radiates
 - lotus
 - Crying
 - Can't help but
 - Yasir of the PLO
 - Stranded cell stuff
 - Bible book after Song of Solomon
 - Saudis, say
 - Purple bloomers
 - "I've got it!"
 - On-target
 - Sheep
 - Price per pound, e.g.
 - Certain plant anchor
 - Doña — County, New Mexico
 - Travis Tritt's "Tall — Was Dreaming"
 - Odds
 - Sodium — (cleanser)
 - Bygone Iranian ruler
 - It's between fa and la
 - "Space — a premium"
 - Decompose
 - Frank of satirical rock
 - 17th-century London theatre
 - Pealed
 - Hill builders
 - Toddlers'
 - Jai —
 - Tiny country in Europe
 - Alpine event
 - Stuff oozing down a trunk
 - Burkina —
 - Blizzard fall
 - Street guide
 - Live-in nanny
 - Postwar pact
 - Winger or Messing
 - Neighbor of Ill. and Mich.
 - Omens
 - Missile path
 - Respectful deep bow
 - Caterer's dispenser
 - Vegas
 - Blitzkrieg
 - Less dense
 - Evidence of sunning
 - Off — tangent
 - Mythical horse-man
 - "It takes two" dances
 - "Honest" Lincoln
 - is unable to
 - Air anew
 - Sows' mates
 - Tennis great ones
 - Agassi
 - Ming piece
 - Very little, as of saline
 - Get concrete results on?
 - Peter Pan pursuer
 - Moo goo — pan
 - Alcohol-free
 - Bed, to Henri
 - and all
 - Camera type, in brief

See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D4 for this week's answers.

KID'S CORNER

Junior Whirl by Hal Kaufman

BEAT ODDS! Five extraordinary odd digits are shown in a line, at right. You are asked to rearrange the order of these digits so that when you line them, from left to right, are multiplied by the last two, and the middle digit is subtracted from the total, the result will produce the same four even digits — 2, 4, 6, 8.

Start at left: Subtract 1 and 5. See if you can solve them.

LAUNCH PAD! Challenge: People want a year of happy memories in which the year begins in numbers. Give up? Offer Max the first letter of a letter, 2. Like Jack Hammer's letter is a letter.

COMMANDING LANGUAGE: There are ten words that may be divided into a compound. Examples: Learning, Deep, Free, etc. See if you can find compound words of the following:

- Whisper
- Whirl
- Whisk
- Whisker

Seven of these words is a compound word. Three words are not.

AR HEADS! Our artist claims there are at least 21 faces to be found in the big balloon. How many faces can you find?

Wishing Well

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

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 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 to right. Then read the message the letters under the checked figures give you.

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

SPELLBINDER

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

SPRING

THREE stars 2 points each for all words of four letters or more found among the letters.

Try to score at least 10 points.

Wishing Well

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

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 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 to right. Then read the message the letters under the checked figures give you.

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HOCUS-FOCUS BY HENRY BOLTHER

DO YOU TRUST YOUR EYES? There are at least 10 other eyes in drawing below. How many can you find? Check off the eyes you find in the box below.

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Baby your brain

Know the signs of TBI, get rest, keep an eye out for vision problems

By Sharon Brouker
USAG Wiesbaden

WIESBADEN, Germany – Blurry vision, dizziness, mood swings, sleep problems and memory problems – these are all symptoms of traumatic brain injuries and can last from a few days to a lifetime, depending on the treatment and severity.

March is Brain Injury Awareness Month. A brain injury can happen anytime, anywhere, to anyone. Brain injuries do not discriminate. About 2.4 million people sustain brain injuries in the United States each year. An injury that happens in an instant can bring a lifetime of physical, cognitive, and behavioral challenges.

“It’s a multi-system dysfunction that also affects the Family,” said Col. Debra McNamara, optometrist and TBI specialist at the Wiesbaden Army Health Clinic. “The quicker you get treatment, the quicker Soldiers and their Families rehabilitate.”

A brain injury can affect a person physically and psychologically, and sometimes the symptoms-like memory problems or emotional and behavioral changes – don’t appear immediately. Everyone in the Family is affected by TBI and changes in relationships, behavior, finances and social life can add stress to Family life.

For example, if a child isn’t sleeping well, he or she will be sleepy in school and grades might slip, causing stress for the child and his or her parents. Early and adequate access to care will greatly increase overall quality of life for the patient, as well as the Family members who play an important role in the care and rehabilitation of individuals with TBIs.

Vision therapy is an integral part of treatment for post trauma vision syndrome, a problem of up to 75 percent of people with a TBI experience. Brain swelling can disrupt ocular motor nerves in the brain, preventing eyes from moving in the same direction at the same time.

When this happens, patients will often tilt their head to avoid seeing double, sending poor information to the vestibular system. The result is poor balance, dizziness and headaches.

Post trauma vision syndrome is often overlooked. Until the vision problems are treated, patients may find reading, computer work, driving and shooting difficult. They might see perfectly with one eye, but not so well with both.

“People will tell me, ‘I thought I was crazy – I didn’t know how to explain something was wrong with my vision,’” recounted McNamara.

Most of the time, the problem can be fixed with a pair of glasses, prism or vision training. Some of the near-focusing problems resolve after systemic medications are discontinued. Headaches also will disappear.

“Alleviating vision problems significantly improves quality of life, so optometry is a rewarding role to play in TBI rehabilitation,” she said.



Col. Debra McNamara, optometrist and TBI specialist at the Wiesbaden Army Health Clinic, Germany, demonstrates a vision test on optometry technician Spc. Nicole Chester.

Other common problems associated with mild TBI include changes in sleep, mood, energy, and behavioral and cognitive patterns.

During the height of combat, the numbers of service members who experienced a TBI increased by around 10,000 per quarter and the majority of these (80 to 85 percent) have been classified as mild TBI. Although most patients with mTBI recover completely within three months of injury, some patients experience persistent symptoms and have trouble rehabilitating, particularly when they have co-occurring conditions, like Post-Traumatic Stress Disorder – or suffer another TBI soon after.

As the war winds down, most new TBIs result from fights and ski, bicycle and other sports accidents.

“If you take a fall and hit your head while snowboarding and end up with a headache, the worst thing you can do is get back on the board and risk taking another fall on the slopes,” said McNamara.

Brains need darkness and rest. In Afghanistan, she said, TBI patients would rest in “TBI tents” for up to 72 hours to let their brains heal.

The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury Information & Referral hotline (1-866-

10 facts to keep in mind about Traumatic Brain Injury:

- About 2.4 million people suffer a TBI in the U.S. every year;
- Blasts are a leading cause of TBIs in a warzone -- falls account for 35 percent of TBIs and motor vehicle crashes 17 percent;
- TBI is a contributing factor to a third of all injury-related deaths in the U.S.;
- TBIs can increase the risk for epilepsy, Alzheimer’s disease and Parkinson’s disease;
- Males are about 1 1/2 times as likely as females to sustain a TBI;
- Children from infancy to 4 years, teens aged 15 to 19 years, and adults ages 65 years and older are most likely to sustain a TBI;
- Having a concussion increases the risk of having another, and those with multiple concussions take longer to recover;
- Children who suffer a concussion may have a much slower recovery if they’ve sustained one or more blows to the head in the past, according to studies;
- Studies have also shown that children who have the most mental activity after a concussion took the longest time to fully recover – an average of 100 days; and
- Bicycling, football, playground activities, basketball and soccer are associated with the greatest number of TBI-related emergency room visits.

(Information courtesy of the Brain Injury Association of America and www.webmd.com)

966-1020) is staffed 24 hours a day, every day of the year, as is the Crisis Intervention line (1-800-273-8255). Visit the Defense

and Veterans Brain Injury Center (DVVIC) online at dvbic.dcoe.mil or brainlinemilitary.org for more information.

Empower yourself to better health

By Carol Kilby and Esther Pfau
Army Public Health Command

There are many things people don’t have control over when it comes to health care.

For example, the number of specialty doctors in your region, out-of-pocket expenses, proximity of medical treatment facilities, amount of time it takes to see your healthcare provider, and more.

Luckily, health is more than just good health care. It’s about the decisions and choices we make every day. Most health decisions do not happen in the doctor’s of-

fice or hospital. Instead, they are made when people are at work or at home with their Families. It is in this lifespace where the daily choices people make impact their health.

Empower yourself to live healthier and know that each day you can make a difference in your quality of life. No matter who you are, how old you are or what you do, you need a balance of sleep, activity and nutrition to build and sustain great health.

This triad of sleep, activity and nutrition was initiated by the Army surgeon general in 2012 and

is called the Performance Triad. In the spring and summer of 2014, installations Army-wide will be deploying the Army Family Performance Triad Campaign. The campaign aims to bring Soldiers and retirees, their Families, and civilians the tools and resources needed to make better sleep, activity and nutrition choices to improve their health and performance.

To kick-start your own healthy habits, Army Medicine experts in sleep, activity and nutrition have provided some daily targets to start impacting performance and

health.

- Get at least seven to eight hours of sleep each night.
- Remove all electronics from your bedroom.
- Take 10,000 steps during your everyday routine. Consider getting a pedometer, using your smart phone or using a personal fitness device to track your steps each day.
- Get at least 150 minutes (2 hours and 30 minutes) of moderate-intensity activity and two days of muscle-strengthening activity per week.
- Build your plate with whole

grains, lean proteins, fruits, vegetables and low-fat dairy at each meal.

- Make half your plate a variety of brightly colored fruits and vegetables.
- Refuel every four to five waking hours – don’t skip meals.
- Make water your first choice for hydration.

If you don’t know where to start, have an injury, or would like additional one-on-one support no matter your current fitness level, contact your primary-care manager at your medical treatment facility.

Eye: Prevention helps avoid need for treatment

Continued from Page D3

protection,” for such issues as visual clarity, he said, adding that the combat eye protection the military is fielding is bulletproof and can stop fragments. And since about 2005, commercial eyeglass companies have contracted with the military to make combat eyewear a bit more fashionable too, the doctor said.

“Prevention is always better than treatment,” Mazzoli said. “The No. 1 point is to wear eye protection even when you don’t think you need it, because that’s when you’re going to wish you had it.”

“Eye injuries are completely avoidable,” Mazzoli said.

Even outside the combat arena, some 90 percent of eye injuries that happen at

home could be prevented by wearing eye protection, he said.

Simple activities such as using a hammer, stretching a bungee cord or using weed eaters are common causes of eye injuries when protective eyewear isn’t used, Mazzoli said.

Recreational activities can also take a toll on eyes. Basketball is a common source of eye injuries, he said.

“Even LeBron James [of the NBA’s Miami Heat] wears a big plastic mask because he got elbowed and broke his nose,” he said.

When an eye injury occurs, it is critical to not apply pressure to the eye before seeing a doctor to avoid further damage, Mazzoli emphasized. Unlike tight tourniquets and compresses used to stop bleed-

ing in other parts of the body, eye injuries should not be patched.

Shielding the eye with glasses or sunglasses is acceptable as long as they do not touch the eye, Mazzoli said.

Another approach to keeping eyes healthy is to take breaks from electronics, such as computer monitors, smartphones, tablets, GPS units and other items with screens, because they strain the eye from “near work,” he said.

Activities such as crocheting, woodworking and reading books also qualify as “near” work, he pointed out.

Televisions usually don’t apply because they are not close enough to cause eye-strain, Mazzoli said.

For “near” activities, Mazzoli suggests the “20/20/20 rule.” Every 20 minutes,

look at something 20 feet away for 20 seconds.

Routine eye examinations are important to maintaining healthy eyes, he said, adding that a Family eye history of a disease such as glaucoma or diabetes dictates how often people should visit their eye doctor.

Wearing sunglasses with ultraviolet protection year-round also is important for healthy vision, he said.

The eye “is the window to the body, because [certain] diseases such as hypertension and diabetes can be seen in the back of the eye,” Mazzoli said.

“If we see diabetic changes going on in the eye, there’s a good chance those kinds of changes are happening in the kidney, brain, heart, liver and everywhere else in the body,” he pointed out.

Video Game Spotlight >>

'Ground Zeroes' offers quality, not quantity

By Jim Van Slyke
Contributing Writer

(Editor's note: All opinions stated in the Video Game Spotlight are solely those of the article's author.)

You might have guessed from the \$30 price tag that "Metal Gear Solid V: Ground Zeroes" probably isn't a full Metal Gear Solid game. You are correct, but it's not additional content for an already released game either.

This "mini" version of Metal Gear Solid V will provide as little as two hours of fun. It all depends on how you play this stealth-driven action game. Is it worth your time? Well, yes — if you're OK with the price point and don't have a long attention span.

Consider "Metal Gear Solid V: Ground Zeroes" an appetizer to whet your appetite for the next full Metal Gear Solid game, "Phantom Pain."

Though "Ground Zeroes" is short, the game is extremely well done and fun to play. It's not perfect and the short duration will leave gamers wanting more, but perhaps



Publisher
Konami
Rated
Mature
Systems
Multiple
Cost
\$30
Overall
3 out of 4

that's the point. The gameplay and mechanics are the best we've seen from this series and the graphics on the next-generation consoles is impressive.

"Ground Zeroes" has a plot that begins and ends in the game, and there is a lot of extra content, surprises and secrets. All of the bonuses, statistics and other things gamers earn and unlock in this game will carry over to "Phantom Pain," as long as they play both games on the same console.

It's hard to give a high score to a game that lasts about two hours, even if the bonus content lengthens that time frame. But if there ever was a game — especially for those Metal Gear Solid fans — this would be it.



COURTESY SCREENSHOT



COURTESY SCREENSHOT

SPORTS BRIEFS

Golf course membership drive

Silver Wings Golf Course runs its membership drive now through March 31. People can renew or join for a membership for 12 months and get one month free if the full fee is paid up front. Also, members who join or renew for the 2014 golf season will be eligible to participate in the 2014 membership giveaway. Each day this month, one name will be selected for the daily prize — participants can only win one prize in the daily drawings.

For more information, call 598-2449.

Intramural softball coaches meeting

The Fort Rucker Physical Fitness Center will hold men's and women's intramural coaches meetings Tuesday for people who are interested in entering a softball team. The first meeting will be held at 9:30 a.m. and the second meeting will take place at 5:30 p.m.

For more information, call 255-2296.

Silver Wings Cup registration

Silver Wings Golf Course members can register for the 2014 Silver Wings Cup through Monday at SWGC. Format is individual match play (USGA handicap required). Registration costs \$20, plus cart fee for each time a player plays. Participation is limited to the first 32 paid entries.

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

Zumba Challenge

The Fortenberry-Colton Physical Fitness Center will host a two-hour Zumba Challenge today from 5:30-7:30 p.m. The cost is \$3.50, or people may use their fitness card. Door prizes will be given and refreshments will be provided. The event is open to all authorized patrons.

For more information, call 255-3794.

Twilight Golf and Dinner

Silver Wings Golf Course will host its Twilight Golf and Dinner March 30 beginning at 6 p.m. This month, the event features an Italian-themed dinner served at 6 p.m. with a nine-hole putting contest using glowballs at 7 p.m. Cost for both dinner and golf is \$25 per player. Patrons can also come out and enjoy the dinner without playing golf for \$18.75. Prizes will be given to the lowest scorers.

People need to register by 4 p.m. Wednesday. The event is open to authorized patrons from new, novice, to expert golfers.

For more information, call 598-2449.

Run/Walk Program

The Fort Rucker physical fitness centers offer 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 255-3794.

Gym Rat workout program

Fort Rucker's physical fitness centers offer the Gym Rat, a new program open to all authorized patrons of both PFCs. People can join the elite with 100 days of fitness. People can obtain signatures from Fort Rucker gym staff on their form every time they work out or attend a group fitness class at either fitness center. When people get 100 signatures, they will receive an exclusive Gym Rat T-shirt. People can pick up forms from the front desk of either PFC to get started. Boot Camp participation will not be included in this 100-day event, but time in the gym and fitness classes during Boot Camp can be credited. People will have up to 365 days to complete program.

For more information, call 255-2296 or 255-3794.

Enterprise Baseball

Enterprise's semi-pro baseball team needs players for tryouts — high school age and adults. Tryouts are Saturday and Sunday at 1 p.m. at Pevis Ball Park.

For more information, call 347-4275.

ABCD Golf Scramble

People can sign up now for Silver Wings Golf Course's ABCD Golf Scramble scheduled for Saturday. The format will be a four-person scramble. USGA handicap is required. Entry fee is \$55 for members and \$65 for non-members, and includes Friday pairings party, dinner, prizes, tee gifts, cart fees and awards. The field is limited to the first 60 paid entries. Friday, the course will hold a barbe-

cue dinner at 6 p.m. and a blind draw of teams at 7 p.m. The range will open at 11 a.m. Saturday, followed by announcements at 12:45 p.m. and a shotgun start at 1 p.m. The presentation of awards will take place after the scramble — about 5:30 p.m. The event is open to the public.

For more information, call 598-2449.

Pan Fish Tournament

Fort Rucker Outdoor Recreation hosts its annual Pan Fish Tournament March 29 from 6-10 a.m. at Lake Tholocco. Entry fee is \$30 for ages 15 and younger, and \$10 for ages 16 and older. Registration is ongoing. Top three weigh-in totals will receive a prize and door prizes will be awarded. Participants ages 16 and older must have an Alabama State Fishing License and Fort Rucker Post Fishing Permit. Creel limits must meet the post creel size for Lake Tholocco to qualify for weigh in — pan fish only. The event is open to the public.

For more information and to register, call 255-4305.

Friday Night Lights

Silver Wings Golf Course will host its Friday Night Lights March 28. The shootout begins at 5 p.m. while 10 participants tee off together. The highest score will be eliminated after every hole until two players are left at the ninth hole. The last player standing will receive a \$100 gift certificate to the Silver Wings Pro Shop. Cost is \$10, plus applicable cart and green fees. The field is limited to the first 10 paid entries. If enough entries are received, the course will conduct two events at the same time. All players will be at scratch, no handicaps. From 7-9 p.m. people can take advantage of unlimited range balls for two hours; a hot dog, chips and beverage; swing tips offered by your PGA professional; target games; and music for \$15 per adult or \$10 for ages 13 and younger at the driving range.

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

April Fools Pindemonium

Rucker Lanes hosts its April Fool's Pindemonium April 1 from 10 a.m. to 10 p.m. The event features 10-cent games and 10-cent shoe rentals all day long. Regular pricing applies to all other menu items. The event is open to the public.

For more information, call 255-9503.

Weekly SUDOKU
Answer

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

PUZZLE ANSWERS

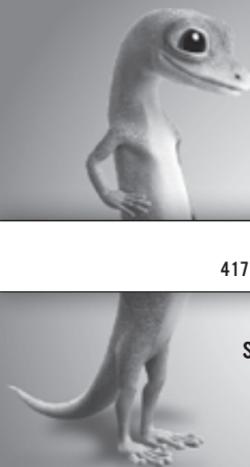
Super Crossword
Answers

RIP	STOP	KASHMIR	SETIN
PRIOR	TO	ESPOUSE	AMINE
MANHATTAN	KANSAS	LIATTE	
STOW	ORT	DIA	RANTED
LIMA	ALACK	ANDALAS	
ABUT	SAFARIS	HASTERI	
PANAMACANAL	SBA	ESSO	
TAIPEI	TABASCO	SIS	
TRIAD	SCHERZOS	TRA	
WACO	HEMS	SANA	ALATHAN
ALDOF	COLS	HTTP	TRENT
HASTAMANANA	SEPT	EGGS	
SIT	SAYAL	LOUD	ARIEL
POP	OWPEAS	ENSOU	
ASTO	OOM	ABRACA	DOABRA
SPARTAN	CIRCLET	PENS	
SANTABARBARA	ANYA		
ARLENE	LEON	VAT	NAPS
USING	GRANDMAMA	ADAMS	
LENTO	AURORAS	UNRAVEL	
TRESS	INSTYLE	RYEBEER	

TRIVIA

- Answers
- Lord Alfred Tennyson
 - Jonas Greenly
 - Wheaties cereal
 - Central
 - Thursday ("Dies Jovis" or Jupiter)
 - Speed of light (for "celeritas," the Latin word for speed)
 - 78 feet
 - 1961
 - Tornado intensity
 - As a distress sign

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