



ARMY FLYER

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

VOL. 64 ■ NO. 12

FORT RUCKER ★ ALABAMA

MARCH 27, 2014

ABOVE THE BEST

New command team assumes lead of Aviation, USAACE, Fort Rucker

By Nathan Pfau
Army Flier Staff Writer

Hundreds of Soldiers stood in formation as members of the Fort Rucker and Wiregrass communities looked on to welcome a new command team to the installation.

Brig. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, assumed command from Maj. Gen. Kevin W. Mangum, and Command Sgt. Maj. Eric C. Thom, Aviation Branch command sergeant major, assumed responsibly from Command Sgt. Maj. James H. Thomson Jr. during a change of command and change of responsibility ceremony on Howze Field March 20.

Lt. Gen. Robert B. Brown, U.S. Army Combined Arms Center commanding general, was on hand to welcome the new command team and express his confidence in and provide his support to their leadership.

"I will tell you there is a wealth of operational combat experience

between both of these leaders," he said during the ceremony. "They have incredible vision and key attributes that are going to make a huge difference here and across our Army.

"These attributes will serve the Army Aviation community well as they take the reins of this extraordinary command," he continued. "I know that (they) will build up the tremendous momentum generated by the previous command team, and lead the U.S. Army Aviation Center of Excellence and Fort Rucker brilliantly while continuing to strengthen the great relationship with the community that already existed."

Lundy comes to Fort Rucker from Fort Leavenworth, Kan., where he served as the deputy commander for the Combined Arms Center.

"He's the smartest guy in the Army on training and he set standards there that are going to be tough to match," said Brown. "He's had an absolutely huge impact on the force, and he's perfect to come to a center of excellence where he can use that knowledge

of training to help train the next generation."

Lundy began his military career when he was commissioned as an Aviation second lieutenant in 1987 from McNeese State University. From there, he completed his Basic Rotary Wing Training and the OH-58D transition.

He's served in many leadership positions across multiple continents, including as a company executive officer and platoon leader in Giebelstadt, Germany, and has served in multiple deployments, including Operation Desert Storm and Desert Shield while attached to the 4th Squadron, 2nd Armored Cavalry Regiment.

"(My Family) is truly honored and humbled ... to be joined by this great team. This is truly a team of professionals fully focused on producing the best Aviation force in the world," said Lundy. "This is a team of professionals who know we have to be good stewards and great neighbors because the American people expect us to."

Thom comes to Fort Rucker after serving in the Pentagon as the Headquarters Department of the Army G3/5/7 Aviation Directorate sergeant major.

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PHOTO BY NATHAN PFAU

Lt. Gen. Robert B. Brown, U.S. Army Combined Arms Center commanding general, passes the colors to Brig. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, during a Change of Command and change of responsibility ceremony on Howze Field March 20.

SHARP

No tolerance for harassment, assault

By Sara E. Martin
Army Flier Staff Writer

Sometimes people inadvertently do something that is not acceptable, and other times they purposefully harm others, but no matter what the case the Sexual Harassment Assault Response and Prevention program aims to eliminate sexual harassment and assault from the Army.

The Army defines sexual harassment as a form of gender discrimination. It includes unwelcome sexual advances, request for sexual favors and other physical or verbal conduct of a sexual nature.

Sexual assault is intentional sexual contact that is characterized by use of force, threats, intimidation or abuse of authority when the victim does not or cannot consent.

And Sgt. 1st Class Lance Osborne, U.S. Army Aviation Center of Excellence and Fort Rucker SHARP program manager, said that Fort Rucker is doing its best to ensure the safety of Soldiers by helping prevent sexual harassment and assault with the ultimate goal of eliminating it by enforcing a zero tolerance policy.

"This is not always an uplifting topic to address with Soldiers, but we hope to create awareness in a way that is engaging," he said. "It is important for people to know what their recourses are because one day you may encounter someone who is in need and you will have that information at-the-ready for them."

Sexual harassment and assault is something that is being dealt with on a national scale, with Army leaders near and far taking the stand to stop the behavior.

"This April, the Department observes the 10th annual Sexual Assault Awareness Month with the theme 'Live Our

SEE SHARP, PAGE A5



PHOTO BY SARA E. MARTIN

Sgt. 1st Class Lance Osborne, U.S. Army Aviation Center of Excellence and Fort Rucker SHARP program manager, holds up a SHARP banner March 19.



PHOTO BY 160TH SPECIAL OPERATIONS AVIATION REGIMENT

CW5 George "Billy" Cook and CW5 Karl H. Maier stand with Col. John R. Evans Jr., 160th Special Operations Aviation Regiment during a retirement ceremony Friday at Fort Campbell, Ky. Cook and Maier retired following a combined 70-years of service, with more than 50 years spent as Night Stalkers.

FAREWELL TO LEGENDS

160th SOAR CW5s, of Black Hawk Down legacy, retire

Staff Sgt. Thaddius S. Dawkins II
U.S. Army Special Operations
Aviation Command

FORT CAMPBELL, KY — As the A Company, 1st Battalion, 160th Special Operations Aviation Regiment hangar began to fill with people Friday, it was clear this wasn't just another retirement ceremony.

This ceremony had an even greater significance than most others. After all, CW5 Karl H. Maier and CW5 George "Billy" Cook had more than 70-years of combined Army Service — with more than 50 of those years spent as Night Stalkers.

"We planned on 250 people, but we ran out of programs, seating and food," said 1st Sgt. Devon M. Weber, A Co., 1st Bn., 160th SOAR. "Honestly, we lost count at 350 people. It was a sight to see guys piled around the ceremony sitting in aircraft and maintenance stands, just to get a glimpse of the two

legends."

The day prior to the ceremony, flight-leads from A Co. took the opportunity to talk about Maier and Cook. The men, in true honor of the Quiet Professional motto, asked to speak under the condition of anonymity.

According to those men, both Maier and Cook are the reason A Co. is what it is today.

"When Karl first arrived at the unit, there was still a stigma with being the new guy," one flight lead said. "No one would really appreciate you or listen to anything you said until you proved yourself. Karl learned early on that wasn't the way to treat people. He helped Alpha Company change for the better and everyone was treated with respect. He quickly learned treating them poorly didn't produce performers, it just made people unhappy with life and not wanting to be here."

"Like Karl, Billy agreed in the mentality of not calling people out in front

of others and treating people poorly," another flight lead added. "He has never once called anyone out in public. Believe me, I've had my fair share of talks from him, but it was always him and I alone. He never did it to anyone in public."

Up until their retirement ceremony Friday, Maier was the longest-tenured Night Stalker in the 160th SOAR (A). He had been in the unit since 1986, with a majority of his time serving in the same company. Cook wasn't too far behind, having served 24-years in the legendary unit.

"Pretty much everything you've read in any book about the 160th, Karl was a part of," said one of the flight-leads who first met Maier 20 years ago. "In 23 years of Aviation service, I have not met anyone with more professional military Aviation knowledge than Karl Maier."

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PERSPECTIVE

CID cyber tips:

Protect your online identity

By Dr. John Brinsfield
U.S. Army Chaplains

QUANTICO, Va. – Now more than ever, Soldiers, Army civilians, and Family members rely on the Internet to work, study, stay connected with Family and friends, pay their bills or simply unwind.

For criminals, the Internet provides an endless stream of potential targets to be victimized.

The U.S. Army Criminal Investigation Command continually receives various reports ranging from identity theft to Internet scams, perpetrated by cyber criminals operating throughout the world. Law enforcement's ability to identify these perpetrators is difficult and limited, so individuals must stay on the alert and be personally responsible for their online presence to protect both themselves and their loved ones.

As such, CID offers the following information to help the greater Army community protect itself online and significantly reduce the chance of becoming a victim of cyber crime.

Online

- **Know the terms on social networking websites.** Facebook, Twitter, LinkedIn and other social networking sites privacy settings default to everyone. This means anyone can view your profile, not just people you know. Users can and should change this by accessing the Privacy Settings/Profile Information usually found under the respective

Account tab.

- **Sample social networking safely.** Never disclose private information when using social networking websites. Be very selective about who you invite or accept invitations from as cyber criminals use false profiles to gain access to personal and private information, such as birthdates, marital status and personal photographs. Posts containing personal identifying information, including pictures containing metadata, can be used against you and your Family.
- **Click with caution.** Always use caution when clicking on links in an email or a social networking post, even from someone you know. Reports of personal social networking accounts being hacked and taken over by criminals have increased in recent years. Clicking on a link that appears to be benign in nature may in fact contain embedded malware that can compromise your computer. Once compromised, the data on your computer can be exploited and even your computer can be remotely operated as a surrogate in online attacks against others.
- **Hide your profile from search engines.** This can be accomplished by going to the Account/Privacy Settings/Search and unchecking the "Public Search Results" box. This will remove your public preview from Google, Bing,

and Yahoo search returns.

- Prevent people from "tagging" you in photos and videos. To do this, go to the Account/Privacy Settings/Profile Information/Photos and Videos of Me and deselect the everyone default.
- **Keep your personal information safe.** Don't provide personal or financial information, user names, or passwords in response to an email, because legitimate companies generally don't seek such information in this manner.
- **Install/update your anti-virus/firewall software.** Antivirus and firewall software is a must for anyone to safely navigate online. Always keep your security software up to date in order to provide the most complete protection from malicious programs as thousands of new viruses are detected every year. Also, ensure your antivirus software program updates automatically and scans your computer on a recurring schedule.
- **Use free antivirus support from United States Army Computer Emergency Response Team.** Current Department of Defense employees (excluding contractors, retirees, and family members) with an active AKO account can download antivirus software for free by logging in to the ACERT website at <https://www.acert.1stio.cmd.army.mil/> and selecting the Antivirus link.

Mobile devices

- **Know your Apps.** When signing up with an app store or downloading individual apps, you may be asked for permission to let them access information on your device. Some apps may be able to access your phone and email contacts, call logs, Internet data, calendar data, data about the device's location, the device's unique ID and information about how you use the app itself. If you're providing information when you're using the device, someone may be collecting it.
- **Passwords protect all devices.** The time to safeguard the information on your portable electronic device is not after it has been lost or stolen. Ensure all portable electronic devices are properly password protected, especially any device with personal communications account information – email, Facebook, Twitter, LinkedIn, etc.
- **Brick a stolen device.** In recent years, roughly 40 percent of all robberies now involve smart phones and tablets, thus endangering the security of the personal information on the stolen devices. If a person's smart phone is lost or stolen, they may now contact the carrier and ask to have that device remotely disabled. These bricked phones are of little or no use to thieves because they can't be reactivated af-

ter being sold on the black market.

Where to go for help

If you are a victim of an online scam where the likeness of a U.S. Soldier was utilized – false social media or dating profiles, photographs, etc. – with no further Personally Identifiable Information disclosed, the following actions should be completed as soon as possible to assist law enforcement.

- Report the theft to the Internet Crime Complaint Center, which is an FBI-NW3C Partnership. It is available online at <http://www.ic3.gov/default.aspx>.
- If you suspect you are a victim of identity theft, you should report the crime to the FBI IC3, as well as report the theft to the Federal Trade Commission. Your report helps law enforcement officials across the United States in their investigations. It is available online at <http://www.ftc.gov/idtheft>.
- You can also call them at 1 (877) ID-THEFT (438-4338) or TTY, 1 (866) 653-4261.
- You can mail in a complaint at: Identity Theft Clearinghouse, Federal Trade Commission, Washington, DC 20580
- CID strongly recommends that Soldiers, civilians and Family members who have information of any known crime committed by a Soldier or a crime that occurred on their respective post, camp or station to report the incident to their local CID office or email CID at Army.CID.Crime.Tips@mail.mil.

Rotor Wash

“Families will visit Lake Tholocco Saturday from 6-10 a.m. for the Pan Fish Tournament. Are there any life lessons youth can be taught while hunting or fishing?”



**Sgt. 1st Class
Justin Hartman,
NCOA**

"Fishing is the perfect time to teach patience. It takes a lot of time and patience to find the right spot and to wait for the fish to bite."



**Staff Sgt.
Calvin Ray Jr.,
1st Brigade, 10th
Mountain Division,
Fort Drum, N.Y.**

"Hunting is an important time to teach gun safety. Its important to know all aspects of handling a gun or rifle before you actually use the weapon."



**Sgt. 1st Class
Christy Worthy,
C Co., 1st Bn.,
13th Avn. Regt.**

"To have a plan when you go out and to teach responsible hunting. Hunting for a purpose and a reason, like to eat, is also a life lesson to teach to children."



**Patty Myles,
veteran**

"Patience, safety, using the buddy system and proper hydration are all things that children can learn while hunting and fishing."



**Jacob Vaughn,
prior service**

"I am a Cub Scout leader and I teach the children about all around safety, the buddy system and how to be prepared and make a list of what you need before going out. All of those lessons can be used in a multitude of other aspects of life, throughout life."

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The Dothan Eagle is responsible for all printing matters and commercial advertising.

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

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

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Day in the Life: ATC keeps Aviators flying above the best

By Sara E. Martin
Army Flier Staff Writer

He calmly calls out to Firebird 69 and soon the Apache pulls off Lane No. 1. He checks the sky for the fifth time in a minute, out of habit even though he knows nothing will be there, just in case anything might hinder the bird's takeoff.

Army Air Traffic Controller Staff Sgt. Justin Dotson, C Company, 1st Battalion, 11th Aviation Regiment, confirms with his trainee that no aircraft are expected and takes the time for a breather before one decides to surprise him.

Dotson is the training supervisor at Hatch Tower, which accommodates AH-64 Apaches and OH-58 Kiowa Warriors, and has been working at the facility since 2012, but every day is just as exciting as the last as the airspace and lanes at Hatch are used for emergency procedure training.

"Everything pilots do here is about if something goes wrong with the aircraft, how do they recover from it," said Dotson. "They do exercises where they cut the engines off and come in and try to land, and times where they come in really fast and they have to slide in. Every day is different and interesting because a simulated emergency can turn into a real one, real quick."

Dotson decided to join the military after the 9/11 attacks when he was a freshman in high school and has been an air traffic controller for nine years. He loves his job because there are many positions in a tower and different types of controlling that keep his mind challenged.

"The work is never mundane



PHOTO BY SARA E. MARTIN

Staff Sgt. Justin Dotson, C Company, 1st Battalion, 11th Aviation Regiment, instructs a student pilot flying an Apache down a lane at Hatch Tower March 20.

here working with student pilots who don't know how to fly all that well. But that is what we are here for, to keep them safe when they make mistakes," he said after a student pilot missed the landing pad and landed in the grass next to a lane.

Hatch works differently from many other towers operating at Fort Rucker because the mission size is much smaller. There are only two shifts and physical training is done in the morning together, unlike other towers that have to deal with night shift-scheduling issues.

With aircraft constantly coming in and ATC having to deconflict dangerous situations with critical thinking, Soldiers must have the personality and the mindset of a multitasker to

handle the work, said the training supervisor.

"We have to make decisions that cannot really be taught — is not procedural, is not in the books. Controllers have to be able to react as soon as something happens," he commented. "One wrong word from me might cause two pilots to land in the same spot, and now it's my fault that the aircraft collided."

Air traffic controllers are not only held to Army standards, but are also held to Federal Aviation Administration standards.

For most jobs, a person might get a certification and have it for life, but that's not the case for air traffic controllers. By going through the Army's school, ATC get a general certification to be a controller, but every single facil-

ity that Soldiers go to they have to restart at, said Dotson.

Soldiers have to go through a training program unique to that facility, which can be up to six months long. During that time they cannot control traffic without the supervision of a rated controller, and that is very challenging for many ATC, he said.

During the training program, there are over 20 tests that ATC must pass. They must be rated on the tower, meaning Soldiers are certified to control airspace according to Army and Federal Aviation Administration standards for that specific facility, not just the tower.

"This job is so important to keep the Army's mission going. There are hundreds of student pilots that we help train," said Dot-

son. "ATC is that safe zone. We are the ones who know where they are. If something happens, we know the procedures to follow to get them help and we can deconflict them to make sure they are not going to hit each other so they can continue on with their mission, and get it done as fast as possible and as safe as possible.

"Without Aviation, it would be very difficult for the military to have the influence that it does overseas, and without air traffic controllers, we couldn't safely fly and land and complete those important missions," he continued. "ATC gives pilots the ability to get into hot zones to get the wounded and get them out, or to complete whatever mission it might be."

Dotson cited a story about when he was in Kuwait of the importance of ATC.

"A Soldier really needed to be (medically evacuated) out, but (there was) a sandstorm," he said. "But the Navy launched despite being unable to see 20 feet in front of you. And it was our radar system that brought them back in safely."

Dotson said that he could hear the dependency in the pilots' voices as the ATC guided them along.

"We were the only way they were going to get on the ground because their equipment wouldn't work in the storm and they couldn't see anything. Our efforts saved that Soldier's life and kept the pilots who were willing to go out to save him safe," he said.

"This job is definitely the best in the Army," he said as he took control of the tower again to receive an incoming Apache.

NCOA gives back to community

By Nathan Pfau
Army Flier Staff Writer

Life as a Soldier is about commitment in service to one's nation, and Soldiers of Fort Rucker's NCO Academy makes sure to extend that service to their local community.

The NCOA's various classes serve the community through many volunteering projects, making sure that Soldiers stay true to the three characteristics of being a Soldier: competence, character and commitment, said Staff Sgt. Mark Buhl, NCO Academy.

"We do a lot of community projects that vary for class to class," he said. "Seeing us out there volunteering our time for a local organization is extremely important. This is just our way of giving back to the community."

Recently graduated Class 14-001's project took Soldiers to the Veterans of Foreign Wars Post 6683 in Enterprise where they helped with heavy lifting, painting and repairs, and even constructed a swing set that was donated by



COURTESY PHOTO

Soldiers try out the swing set they installed as part of their NCOA class volunteer project at the VFW Post 6683 in Enterprise recently.

the community.

"It's always nice to help out these veterans, and we love to go out there and build it up and make it more presentable," said Buhl. "We try to get out there every cycle and help them with whatever it is they need."

The classes cycle three times a year and each class chooses what type of project it wants to participate in, but the staff sergeant said that the VFW is always high on the list.

"With our class, we give them a bit of an idea of what they can do and a lot of times we bring up

the VFW," said Buhl. "A lot of the VFW members can't really get out and do a lot of the things they'd like to, so we like to help them out. It's kind of cool to listen to their stories and hear the sacrifices they made during that time."

Robert Cooper, VFW post 6683 commander, said he's grateful to see the younger generation of Soldiers helping out those who came before them.

"It means a lot to me personally, and I try to be there and help them as much as I can, but I'm 72 years old and some of our guys can't

physically get out there," he said. "Seeing them out there reminds me of my earlier days."

One of the bigger projects that Cooper said he was happy to get help with was painting the VFW's post number on the roof of its building, which he hopes will help the visibility of the post.

"That was very important to me," he said. "A lot of people in Enterprise don't even know we've got a VFW, which was chartered back in 1946.

"We've got some signs to show that we're there, but we're kind of off the road, so we're hard to see," he continued. "The idea was to have our post number, 6683, painted on the roof so that people flying overhead would be able to see our headquarters' sign from the air."

The members of the VFW aren't the only ones benefitting from the projects, however, said Cooper.

"This is a good learning experience for the Soldiers of the NCO Academy because we provide somewhat of a mentorship for those guys," he said. "They

all seem very hungry to talk to the veterans. They want to know what we did during our time in the Army and where we've been.

"We've got members from all different services at our post, and a lot of the Soldiers want to know how it was flying Hueys in Vietnam and things like that," he continued. "They're always very eager to assist us, and we always make sure to give them a good meal and good fellowship when we get through."

Buhl said it's important to help out the veterans at the VFW in order to honor the sacrifices they've made during their time in the armed services, and that volunteering teaches the Soldiers a valuable lesson.

"The Army is 100 percent volunteer, and volunteering is the cornerstone of the Army in my opinion," he said. "It's always good to rally everyone together and volunteer in the community, and maybe they can take some of that commitment and take it back to their unit and, essentially, pay it forward."

News Briefs

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.

Women's history celebration

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

For more information, call 255-2061.

Troops to Teachers

The Fort Rucker Army Education and Transition Center will host a Troops to Teachers Transition to Teaching Seminar today 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.ttga.net/tt-alabama or call 255-9288.

SSA closed for inventory

The Logistics Readiness Center's Supply Support Activity in Bldg. 1212 continues its wall-to-wall inventory through Friday. SSA expects to resume normal business Monday. During this period, the SSA will only accept emergency requisitions.

For more information, call 255-9504.

Spring cleanup

Fort Rucker conducts spring cleanup Tuesday through April 4. All garrison, mission and tenant units are required to participate. Tuesday will be dedicated to cleanup of interior offices and work areas; Wednesday 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.

MOAA dinner

The Fort Rucker Chapter of the Military Officers Association of America invites all members, along with active and retired officers and warrant officers, to attend its dinner April 19 at 6 p.m. at The Landing. The cost is \$20 and people should call 347-4966 to make

reservations by April 14 — cancellations should be made by then, as well. The guest speaker for the event is award-winning scientist Dr. James F. Spann Jr., chief astrophysicist for the NASA Marshall Space Flight Center in Huntsville.

AAFES outdoor living sale

The Fort Rucker Main Exchange hosts its outdoor living grand opening sale April 4-6, from 9 a.m. to 7 p.m. Friday and Saturday, and 10:30 a.m. to 6 p.m. Sunday. The main exchange will bring in the latest patio furniture and lawn care equipment, complete with special discounts and savings. Friday, the staff will heat things up with a grill demo from noon to 2 p.m. People can also enter to win one of many prizes the exchange will be giving away.

Fire extinguisher servicing

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

For more information, call 255-3316.

Bark Park closure

Corvias Military Living has closed the Bark Park until April 14 while the staff repairs the grounds and turf around the park. For more information, call 503-3651.

Best: Commander honored to lead Aviation

Continued from Page A1

“Perhaps this is why he’s smiling so much,” joked the lieutenant general. “By virtue of where these men are today, however, they proved a long time ago their investment in the Army, and what we do every single day for our Soldiers and our nation, but more importantly for what we stand for.”

Thom entered the Army as a cannon crew member, and has held many leadership positions across multiple countries, including deployments to Honduras, Somalia, Haiti, Kosovo, Afghanistan, Iraq and Korea. He’s served as the command sergeant major for 7th Squadron, 17th Cavalry, Task Force Pale Horse, as well as the 159th Combat Aviation Brigade, Task Force Thunder.

“I’m both humbled and honored to have been selected as the Branch command sergeant major, but getting here is just the beginning,” he said. “The real accomplishment is building the team and working through all the challenges that arise when

you get here.

“I want everyone here to remember that this is our Branch,” Thom continued. “I don’t care if you’re a Soldier or civilian, a private or a colonel – we are Army Aviation. We are part of this team – something larger than ourselves – and everyone on this team has a job to do.”

As Mangum gave his thanks and final goodbyes, he also expressed his confidence in the new command team.

“I’m thrilled to relinquish command to Brigadier General Mike Lundy. Renown across our Army and Army Aviation, Mike and Paula are just the right leaders at just the right time to take this great post and this magnificent team of Army Aviation to the next level,” he said. “To command Sergeant Major Eric Thom, you and Samantha are the perfect fit to fill the Thomson’s very big shoes. I know you’ll make a huge difference in the lives of our Soldiers and their Families.

“Angel and I wish you the very best, and hope you enjoy your adventure here as much as we did,” he said to the new com-

mand team. “I did my best to leave (my foxhole) better than I found it.”

Mangum will go on to serve as deputy commanding general and chief of staff for

the U.S. Army Training and Doctrine Command at Joint Base Langley-Eustis, Va., and has been selected for appointment to the rank of lieutenant general.



PHOTO BY NATHAN PFAU

The incoming and outgoing command teams, along with Lt. Gen. Robert B. Brown (center), U.S. Combat Arms Center commanding general, salute during the ceremony.

Training takes top priority in Army budget decisions

By David Vergun
Army News Service

WASHINGTON – “You have to commit to training up front. You can never buy it back,” said Lt. Gen. Joseph E. Martz, a top architect for the Army budget.

Martz, military deputy for the budget, Office of the Assistant Secretary of the Army (Financial Management and Comptroller), cited retired Army Maj. Gen. William Stofft’s book, “America’s First Battles: 1776-1965,” which illustrates the correlation of good training to success on the battlefield.

“No one has been able to add a chapter to that book,” he said, as he addressed training and other budget challenges at the Association of the United States Army’s Institute of Land Warfare breakfast March 20.

Soon after that book was published in 1976, Martz noted, the Army stood up the national training centers and other combat training centers – during the time of the post-Vietnam drawdown.

Unfortunately, 2013 was a bad year, he said. That’s when sequester took effect and large-unit training exercises were canceled.

When the sequestration execute order was issued March 1, 2013, too much was taken out of the overseas contingency operation budget, he said. The OCO budget needed funding for things like Aviation, which remained in high demand in Afghanistan despite troop and equipment reductions. And equipment had to be reset as well as it came back.

The result was that “we had to make (the money shortfall) up ourselves. That drove canceling things like training,” he said.

Not to make any excuses, but the Army needed the time to do the analysis to get to a well-crafted budget, he said.

In the fiscal year 2015 budget, the training picture looks a lot different than in 2013, thanks in part to the sequester reprieve known as the 2013 Bipartisan Budget Act.

For fiscal year 2015, the Army is programming 19 combat training center rotations as well as seven division- and three corps-level mission command exercises, he said, noting that all of these will focus on decisive-action engagements.

Numbers crunching

Martz then explained how the budget process works, pointing out that his programmers already started working on the fis-

cal year 2016 budget last October, even as the fiscal year 2015 budget was being finalized.

The budget charts he showed at AUSA were just a few slides long, but Martz noted that the details in the budget that most people don’t ever see add up to an 8,000- or 10,000-page document.

While eating an elephant that size seems daunting, he said it can be done one bite at a time. It all comes down to thinking in terms of what needs to be done and reconciling the math with the priorities, he explained.

In this case, the priorities – as dictated by the Army secretary and chief of staff – are readiness, balanced with manpower and modernization, Martz said. That balance is needed to carry out the Army’s strategy, which is “prevent, shape and win.”

Readiness includes training exercises, and it also includes professional education and development, along with programs from the Ready and Resilient Campaign.

Modernization priorities include missile and cyber defense, Aviation, science,

technology and research.

Finding the right industries and universities that are on the cutting edge of technology and applying that to future Army equipment is important, and even “fascinating,” but you have to find the balance point with other modernization priorities, he said.

Equipment-wise, the vehicles and aircraft coming back from Afghanistan and Iraq “have helped us keep our fleet age levels down. So we have one of the best situations we’ve ever had coming out of conflict,” Martz said.

Manpower is the most problematic of the three items that need to be balanced because it contains compensation costs that “compound” over time, although compensation is a necessary component of any organization, he added.

Martz said he’s watching closely what Congress might do in the area of personnel costs.

“Any adjustments they make can have big impacts on readiness and modernization,” he said.

Compensation is one of those areas that are set by law. “We’re reducing op-

erational overhead, but there’s fixed overhead that just can’t be reduced,” he said. Optional overhead would be military construction, which is currently “at an all-time low.”

Of the fiscal year 2015 budget crafting, Martz said the secretary and chief were “enormously involved in the process,” and that “we think what we turned in was a good product.”

Power of the purse

When he said “turned in,” Martz was referring to the handing over of the budget to Congress, which occurred earlier this month.

“We’re staying tight with our teammates on the Hill” regarding the fiscal year 2015 budget, which Congress is or will soon be scrutinizing.

Lawmakers are pretty savvy, he observed.

“They ask us questions like, ‘What do you mean by this?’ and ‘Why did this change from last year?’” he said, referring to line items in the budget. “They have good insights and we have to be able to respond.”

People often fuss and fume about Congress, he said, but that’s the way it’s done.

He noted that Congress’s power of the purse started way back when George Washington stood up and used his force of character to make civilian control of the military a reality.

“Whatever we get (from Congress), we get, and we have to do the best with it to ensure no one goes untrained. That’s it,” he said.

Martz recalled the words of retired Gen. Frederick Franks, during the last drawdown in the 1990s, which were: “You can’t roll up your sleeves and wring

your hands at the same time.”

Martz added that Franks said that to get people to stop whining.

Martz put up a chart showing the DOD budgets since 1948. A line graph depicted the total dollar amounts shrinking after every drawdown: post-Korea, post-Vietnam, post-Gulf War and today.

What was notable about the graph was that the total dollar amount during the current drawdown isn’t yet anywhere near the low levels of the other ones.

“People are saying, ‘Holy smokes, this is terrible,’” he said of the current budget crunch.

“I’m not saying what’s going to happen,” he added, but people should maybe not use hard adjectives like that too quickly now because they might need them for later.

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SHARP: Leaders work to change culture

Continued from Page A1

Values: Step Up to Stop Sexual Assault,” a memorandum from the Under Secretary of Defense reads. “Sexual assault is a crime and can only be stopped when everyone understands we all have a role in combating it.

“The Department does not tolerate, condone, or ignore sexual assault,” it continues. “We must ‘Live Our Values’ everyday, all year long and ‘Step Up’ by intervening when appropriate, reporting crimes, and supporting victims.”

Secretary of Defense Chuck Hagel said that cultural change is needed Armywide – where every service member is treated with dignity and respect, where all allegations of inappropriate behavior are treated with seriousness, where victims’ privacy is protected, where bystanders are motivated to intervene, and where offenders know that they will be held accountable by strong and effective systems of justice.

Most people can agree that sexual assault

and harassment disrupts a cohesive work environment and that the Army cannot operate under those conditions.

“An incident of sexual harassment or sexual assault can affect the cohesion of a unit because, in many cases, both the victim and offender share friends and coworkers. Often, these people take the side of one. It divides the unit,” said Osborne. “It is not conducive to have these types of problems in a unit. The Army is strong because we trust each other to have each other’s back. How can you focus on the mission at hand or trust that your buddy will look out for you on the battlefield when you’re thinking about how that buddy has sexually harassed, or worst, assaulted you or someone you know.”

Sometimes people come into the Army with bad habits and think that certain remarks or gestures are normal behavior, said Osborne. So, now leaders are trying to change that culture.

“Our actions reinforce behaviors. So, we need to reinforce our standards and values to emphasize the importance of social cour-

age because that will strengthen our culture. Everyone, at every level of leadership, must help establish a climate of dignity, respect and trust.”

So, to help spread the word on the topic, SHARP, throughout the month of April, will have a table set up at the post exchange where people can get information and freebies. During lunch breaks, victim advocates will man the booth to answer questions.

Other events held to bring awareness is a Sexual Assault and Child Abuse Awareness Run hosted by Air Traffic Services Command and the 164th Theatre Airfield Operations Group.

“Soldiers, Families, friends and pets are all asked to join in the fun by wearing fun colors and a set of high heels for the high heel dash during the fun run, walk and ride tribute Tuesday at 6 a.m. across from the Fort Rucker Post Office between Seventh Street and Andrews Avenue,” said Osborne.

There will also be a lecture by Lt. Col. Celia FlorCruz about the newly created Better Empowered Soldiers Today program

that was modeled after her Sister’s in Arms program April 16.

The lectures focus on Soldiership, such as the impact of appearance, dress and conduct, on shaping a SHARP-safe environment, barracks segregation, women’s sense of being alienated from their brother Soldiers, and the isolation of women Soldiers.

There will be a self-defense workshop at Fortenberry-Colton Physical Fitness Center April 17 at 4:30 p.m. that is open to all active duty, retired, DOD employees and their Family members at no charge. Participants will learn about personal protection, environmental awareness and practical self-defense techniques.

Command Sgt. Maj. Eric Thom, Fort Rucker’s newly appointed Aviation Branch Command Sergeant Major, said that this year’s SHARP slogans state Soldiers must live their values every day and step up by intervening, and that as a Soldier, father, mother, brother, sister or friend, he hopes people are already doing that. And if not, “It’s time to step up.”

Legends: Ceremony honors, celebrates CW5s

Continued from Page A1

“Karl and Billy have always been that mark on the wall that I have tried to achieve at the professional level,” he added.

Both men, described as absolute professionals by the men they had worked with for so long, were two polar opposites when it came to personality. Maier is reserved and quiet, while Cook is as outgoing as they come.

The flight-leads elaborated on Maier’s personality, describing him as the most humble man they had ever met.

“During Gothic Serpent, Karl was awarded the Silver Star for his role in the mission,” one flight lead said. “The only thing he cared about was, ‘Well if I’m getting this, what are the rest of my guys receiving?’ He was always thinking about others. Even during our mission briefs, with every decision made, his first thought was how will this affect the guys on my crew?”

“I often talk about Karl, describ-

ing him as the hero who landed the Little Bird in the streets of Mogadishu to save the Ranger unit – the ultimate expression of courage in my book,” said Maj. Gen. (P) Kevin W. Mangum, former 160th SOAR commander and having just changed command as the Aviation Branch Commander. “And as the consummate and quiet professional, Karl successfully resisted telling his story to anybody who would ask, for over 20 years.

“For those reasons, I chose Karl to be the first regiment command chief warrant officer,” he added. “I’m proud to say that based off of Karl’s example, our combat Aviation brigades will see the position of command chief warrant officer added into their organizational structure starting next year.”

“Karl has been a strong personal role model and good friend for more than 20 years,” said CW5 Bob D. Witzler, the U.S. Army Operations Aviation Command’s command chief warrant officer. “He has always been a consistent example for

warrant officers to emulate and we will miss him in our formation. His accomplishments in Army Special Operations Aviation are legendary, and I consider myself lucky to have served with him and to have had the opportunity to follow his example, albeit unsuccessfully.”

Mangum further elaborated on the type of leader Maier has been throughout his illustrious career.

“In the Army, we define leadership as the process of influencing people by providing purpose, motivation and direction to accomplish the mission and improve the organization,” Mangum said. “Karl Maier is just that each and every day in a humble and multifaceted way since his arrival here, nearly 27-years-ago. I cannot think of any Night Stalker who has served continuously for 27 years.”

The flight leads also lent insight into Cook’s personality and what he meant to the Night Stalkers.

“He can do a handshake with a guy he’s never met before, talk to him for 30 seconds and he’s already

befriended the guy for life” one of them said. “He’s very witty and has a personality that everyone likes. He’s like your best friend as soon as he meets you. Everyone throughout the community knows Billy for that reason.”

Col. John R. Evans Jr., commander of the 160th SOAR (A), added to the thought that Cook is well-known throughout the Special Operations community.

“The United States Special Operations Command consists of over 65,000 Soldiers, Sailors, Airmen and Marines,” he said. “Despite the sheer magnitude of this multifaceted and complex organization, regardless of where you’re operating, if you say the word, ‘Billy,’ everyone knows who you’re talking about.”

“That’s just the type of guy he is,” one flight lead said. “His outgoing personality has made him the face of the Regiment. Billy Cook is friends with everyone.”

Along with his personality, Evans said it is Cook’s commitment to the job that made him the well-respect-

ed Aviator that he has become.

“In a tightknit community where uncommon valor is a common virtue and reputation is quickly known, you would be hard-pressed to find any operator who gamers as much universal recognition as Billy Cook,” he said.

During his speech to the large audience attending the ceremony, Mangum said it was a “sad, but very sweet and happy day.” Something the flight-leads and platoon sergeant echoed the day prior.

“We always say that no one is so important that if you left today someone isn’t going to be able to backfill you,” one said in closing. “But Karl and Billy don’t fall into that. Trying to replace them is going to be impossible. Guys will continue to progress professionally and do all those things. We will all take a little bit from those guys to try to make ourselves better, but collectively to try to capture everything that they knew, a single person won’t be able to do that for either one of those guys.”



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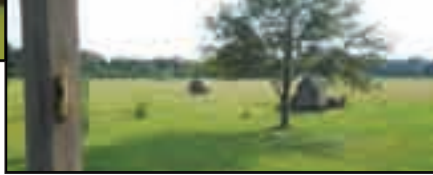
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Mission 1st

PHOTO BY SGT. JAVIER AMADOR

Soldiers from Bandit Troop, 3rd Squadron 71st Cavalry, 3rd Brigade Combat Team, 10th Mountain Division get ready to board a CH-47 Chinook after completing their mission at Forward Operating Base Muqar, Afghanistan. The Spartans of the 3rd Brigade Combat Team are deployed to Afghanistan as a Security Force Advise Assist Brigade in support of Operation Enduring Freedom.

TIPPING POINT

Army examines UAS capabilities, discusses valuable systems' future

By David Vergun
Army News Service

WASHINGTON — “We’re on the tipping point of unmanned aerial systems’ ability to deliver capability to the Soldier,” said Col. Thomas von Eschenbach.

The unmanned aircraft system is no longer seen by Soldiers as a new system, and as the months and years pass, it will “not just be used by a few, but will become integral to the Army fabric and how it fights and is used and understood,” said von Eschenbach, who is the UAS capability manager for U.S. Army Aviation Center of Excellence, U.S. Army Training and Doctrine Command.

Eschenbach and others spoke March 18 at a media roundtable at Redstone Arsenal, Ala., where a celebration was held marking the Army’s milestone of 2 million UAS flight hours.

Col. Timothy Baxter, project manager, UAS, noted that it took 20 years for Army UAS to reach 1 million flight hours. That milestone came in 2010. With increased use of those systems, it took just a few more years to reach the 2 million flight-hours milestone.

He said what is most impressive

is that 90 percent of total UAS flight hours were logged in direct support of combat operations.

“Every one of those hours has meant something to a commander on the ground overseas engaged in combat,” Baxter said.

Baxter noted that of the total 2 million flight hours, Shadow UAS logged 900,000 of those. However, as more Gray Eagles are fielded, he said he expects it to be the system with the most impressive mileage.

Rich Kretzschmar, deputy project manager, UAS, said that reaching 3 million flight hours may take longer than it did to get from 1 to 2 million because the operations tempo in theater has now leveled off.

And, as more UAS return to the U.S. from overseas, there could be fewer opportunities to fly them because of restricted airspace flight rules, Baxter added.

Future UAS flight path

Don’t expect to see a lot of new UAS models, Baxter cautioned.

“Our platforms are the platforms we’re going to have for the foreseeable future in the Army,” he explained.

Instead, he said future efforts will be in the area of new tech-



PHOTO BY SGT. MICHAEL J. MACLEOD

Spc. Corey Deer, UAS operator, launches a Raven at Fort Bragg, N.C., in 2013.

nologies for advanced payloads and improvements in man-to-unmanned teaming.

As to unmanned versus manned, Kretzschmar pointed out that UAS are not replacing pilots.

Rather, he said, they are the “extension of the commander’s ability to do things, extend reach, reduce risk and get better situational awareness on the battlefield.”

Also in the cards for UAS is something not too sexy, but important nonetheless to a budget-challenged Army: sustainment costs.

Baxter said the UAS community has moved away from contractor logistics support to “green-suiter” maintainers, as Soldiers get

their own military occupational specialty and become more proficient. In the next war, the Army may not have the luxury of setting up forward operating bases teeming with contract support.

Another cost savings, he pointed out, is through applying “performance-based logistics” to contracts, so as to “incorporate better buying power.”

Since von Eschenbach is with TRADOC, it’s not surprising he sees doctrine, as well as the operational environment, dictating the vision of where UAS are headed.

Von Eschenbach thinks UAS have capabilities that go far beyond the current state of reconnaissance, surveillance, security

and precision strikes.

His team of planners is already looking at UAS employment in “Force 2025,” where UAS will vastly extend the network, meaning the reach that commanders have on the ground.

As this takes place over the coming years, he said Army leaders will need to better understand the capabilities of UAS and what they can do for them.

“We’re asking warfighters in a smaller, leaner Army to be more expeditionary, lethal and survivable, focused on the next thing our nation asks us to do,” von Eschenbach concluded. In that environment, there’s “plenty of future for UAS.”

Live synthetic: *Army’s next generation of combat simulation*



PHOTO ILLUSTRATION BY PEGGY FRIERSON

Live synthetic is the Army’s next generation of simulation.

By David Vergun
Army News Service

WASHINGTON — Soldiers from a brigade combat team are at a combat training site doing a routine live-fire exercise. Well, maybe not so routine.

Suddenly enemy jets pop out of the clouds streaking toward them. The Soldiers scramble for cover as missiles rain down. They hear the explosions from the missiles impacting all around them, see the flames and debris and smell the smoke.

But this is where it gets a little bit eerie.

Those enemy jets are being piloted a thousand miles away by fellow brigade combat team Soldiers, some in aircraft simulators and others on computer gaming stations.

The Soldiers see the visual recreations of those jets in real-time through special glasses that allow them to see the real world around them, while simultaneously viewing the simulations.

Data from the simulations stream in to the Soldiers’ glasses from satellites and ground relay stations.

In turn, the pilots in simulators and those using gaming stations see what Soldiers are doing in the live environment by satellite and unmanned aircraft video feeds, and sensors on the Soldiers that transmit precise locations and activities.

Sounds of the battle are generated through special earpieces that harmonize with the visuals and the smells are pumped in through special odor machines.

Pipe dream?

Not really, said Col. John Janiszewski, director of the National Simulation Center, U.S. Army Combined Arms Center, Fort Leavenworth, Kan.

“We’re now looking at a concept called the Future Holistic Training Environment Live Synthetic” that will eventually do this and

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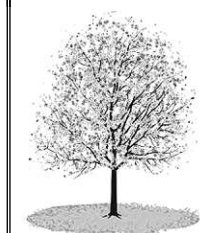


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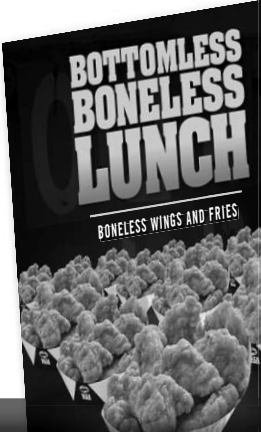
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Continued from Page B1

much more, he said. “We’re now documenting the requirements.”

By next year, Janiszewski plans to define the specific requirements for live synthetic and hopes to begin fielding systems by fiscal year 2022 and have them in place Army-wide by fiscal year 2025.

In the meantime, the National Simulation Center is having discussions with industry and experts in the science and technology community to “close some of those gaps” in capability.

Although simulators have been around for decades, the problem is that most were designed to be used in isolation. Live synthetic fuses them all seamlessly.

There are four basic types of simulations that will need to be fused to make the vision a reality. They go by the acronym LVC-G.

Live simulation

First is live simulation — this is “real people operating real systems in the field,” Janiszewski said. Soldiers have been doing this since the dawn of warfare.

Janiszewski said live simulations have improved significantly since he joined the Army 26 years ago. Sounds and smells have already been added to LS in mock towns at the National Training Center, Fort Irwin, Calif.

Marines at nearby Camp Pendleton are using animatronics in their LS. Animatronics are computer-generated images of people or even animals that appear to be physically present — some are friendly, some not.

Another improvement is that Soldiers’ movements today can be tracked through radio frequency identifiers attached to their bodies, a quantum leap from the Multiple Integrated Laser Engagement System introduced in the 1980s, which didn’t track movement, only hits from weaponry.

Although LS has seen significant improvements, “we’re not there yet,” he said, meaning the Army doesn’t have the glasses that would permit the use of “augmented reality.” Cloud computing capability will also likely play a role in this.

As troops draw down from Afghanistan, more and more Soldiers are doing LS at combat training centers and installations.

Commanders didn’t have a lot of responsibility planning and executing training over the last 12 years of war, since it was done for them, he pointed out. Now, it’s their responsibility.

Mobile training teams from the CAC are helping them out with this, he said. “When we’re at peace, we’re an Army of preparation.”

Virtual simulation

Second is virtual simulation. “This is real people operating simulation systems,” he said. “Like your child driving the racing car at the video arcade. The child believes he’s in a real vehicle with steering, gas, brakes and a display.”

VS is what most people think of when they think of simulation. The Army has had it around for decades now: tanks, trucks, helicopters, Bradley Fighting Vehicles and more. Tank crews and aircraft crews operate in separate simulators, but can share a common picture of the training exercise.

These systems are already sophisticated with verisimilitude displays, motion, tactile and auditory feedback, he continued, adding that he’s not seen any significant leap forward in virtual simulation since it’s pretty realistic already.

Constructive simulation

Third is constructive simulation. This is simulated people and equipment operating in a simulated environment, he said. In a typical constructive simulation, operators are looking at a computer screen watching contours on a map and icons representing friendlies and enemy, along with their weapons, vehicles, aircraft and materiel. Operators can move objects around using their mouse.

Over the last decades, Janiszewski said CS has gotten more realistic, meaning the representations on the screen are more sophisticated and movements are more precise and closer to real time. Also, terrain mapping has gotten more detailed.

Entire, large-scale organizations can be represented this way, and while not as exciting as being in a virtual simulation, it is just as effective, he pointed out.

In fact, Janiszewski said his unit in Germany in 2002 and 2003 rehearsed the Iraq invasion and the roll up to Baghdad using CS.

The U.S. Army Training and Doctrine Command uses CS for analytical and experimentation purposes, as well as gaming future scenarios.

Gaming simulation

Fourth is gaming simulation. This is similar to CS, but instead of icons and contour lines

on a map, the view on the computer screen looks real. Think of the popular “Call of Duty” or “Halo” video games.

Janiszewski said gaming is the simulation that by far has had the most advances, especially in the last few years.

GS is so new, in fact, that his office has yet to add gaming to its current acronym LVC-IA, or Live, Virtual, Constructive-Integrative Architecture, which describes the Army’s current efforts to integrate training systems across the simulations realm. Gaming is not yet officially part of the Army’s simulation syllabus, but he expects it to be soon.

“Gaming is probably the most prevalent and popular capability we now have,” he said.

That’s because, one, it’s realistic and engaging, two, you don’t need a bulky, expensive piece of equipment like a virtual simulator, and, three, there is a plentiful supply of computers.

Forging ahead

Besides adding gaming to the mix and fusing the four simulations together, there are a few other challenges to get to live synthetic.

For one, NSC doesn’t have the accreditation that would allow it to operate simulations over the Secure Internet Protocol Router Network. Obtaining the certification and accreditation “is critical if we want to train the way we fight,” he said.

A successful SIPR-Net workaround for now is the NSC’s use of something called the Global Simulation Capability Network.

GSC Net “is a training network that allows the NSC to distribute constructive simulations from Fort Leavenworth to home station training locations in support of division and corps training events,” he said.

GSC Net also allows units that are strung out over several states, as is often the case with the National Guard and Reserve, to use the existing Defense Information Systems Agency operational network, he said.

For example, NSC at Fort Leavenworth recently pushed out a training simulation via the GSC Net successfully to Soldiers at Fort Bragg, N.C., he said.

Another issue in getting to live synthetic is funding.

“I worry about the budget every day,” he admitted. “I try to articulate why we need the

resources, [and] try to show the positive effects [of simulation on] training and readiness of the Army.”

Janiszewski said he “doesn’t like to use the cost factor of why we want to do this, but in truth, it’s cheaper to train in a simulator” than live. For instance, he pointed to a study that showed it cost about \$3,500 to fly a real attack helicopter per hour, while an attack helicopter simulator cost around \$500.

The cost curve can also be lowered by simulating instructors and tutors on the simulators, he said. Scripts, or even robots, could mentor Soldiers doing the tasks. This would cut down on the need to hire more contractors.

Another benefit simulation provides in cost, as well as time savings, is that simulations can be delivered right to the installation.

“We want to provide the (simulation) environment to Soldiers at the point of need instead of them coming to a mission training complex,” he said.

That local delivery service is now being tested — with good results thus far, Janiszewski said.

Fort Hood, Texas, was the first to use LVC-IA in 2012, he said. Soldiers from a 1st Cavalry Division BCT used the three simulation components successfully in a feasibility assessment exercise to determine if LVC-IA could be rolled out Army-wide. It wasn’t true “live fusion” as envisioned for the future, but it nonetheless demonstrated that the three type of simulation could be used successfully in an exercise.

Then, Soldiers at Fort Drum, N.Y., used CS to train on logistics while interacting with Soldiers at the Joint Readiness Training Center at Fort Polk, La., who were doing LS. Data was transmitted back and forth live via a mission command information system which gave them a common operating picture, he said.

Along with Forts Drum and Hood, LVC-IA systems have been delivered to Fort Riley, Kan., Fort Stewart, Ga.; Fort Bliss, Texas, and Fort Campbell, Ky., and 15 more sites will get deliveries between now and fiscal year 2016. The Guard and Reserve will be included in all simulation training, Janiszewski added.

In addition to that effort, it’s standard practice now at combat training centers for Soldiers to use CS as part of their leader development program prior to going to the live environment. This type of “progressive training strategy increases proficiency during the follow-on live event,” he noted.

Besides simulation efforts within the Army, Janiszewski said sister services and allies are sharing simulation ideas and interconnectivity, since “training together is critical for the U.S. in the future.”

“We want to provide the (simulation) environment to Soldiers at the point of need instead of them coming to a mission training complex.”

— COL. JOHN JANISZEWSKI
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MARCH 27, 2014

HONORING SACRIFICE

Fort Rucker agency, event support Gold Star Families

By Sara E. Martin
Army Flier Staff Writer

It can be a hard thing watching a loved one join the military during wartime and departing to serve the country in a far-away land.

But Families, according to many Army leaders, are the backbone of America's military forces, and those Families whose service member gave the ultimate sacrifice will always be a part of the Army Family and it is important

that they recognize that, explained Beth Gunter, survivor outreach services financial counselor.

Survivor Outreach Services is a program created specifically to provide long-term service and support to survivors of fallen Soldiers. SOS offers standardized services for active, Reserve and Army National Guard Families. The program uses a holistic and multi-agency approach to deliver services across the nation.

Gunter hopes that Gold Star Families know that they have not been forgotten and that the Army cares and wants them to remain a part of its Family.

"No one knows the price of freedom more than our Gold Star Family members," said Gunter. "Our mission is to build a unified program that embraces and reassures them that they will be continually linked to the Army Family for as long as they desire. Our fallen Soldiers have paid the ultimate sacrifice and the Army is committed to their Families."

Many people see the parking designations for Gold Star Family members or the specials that they receive around the community, but do not understand what it means to be a Gold Star Family member.

A Gold Star Family member is a spouse, parent or other relative of a fallen service member, and they are allowed to wear the pin to signify that a Family member was killed in combat operations, while the Next of Kin lapel pin is worn by surviving Family members whose Soldier lost their lives while serving on active duty or while assigned in an Army Reserve or Army National Guard unit in a drill status, clarified Gunter.

"When you see someone wearing one of the Gold Star pins, recognize, respect and honor them for their service and sacrifice. Acknowledgment and words of encouragement mean a lot to survivors," she said.

In keeping with their commitment to aiding surviving Families, SOS offers many programs and events to strengthen

the relationship between them and the military through specials like the Never Forgotten Cards, and the Survivors and Fallen Heroes 5K.

"Cards are free for Family members whose loved ones died while on an active-duty status in any U.S. military branch or of a service-connected disability. Children and siblings must be 18 years or younger to receive cards," said Gunter.

This year's run, where runners wear fabric gold stars bearing the names of fallen Soldiers, will be held April 5, with the race beginning at 8 a.m. Day of registration begins at 6:30 a.m. Cost of the run is \$20 if participants register by Saturday and \$25 after Saturday.

The 1-mile fun run for children is free.

While nothing can ease the pain or loss of losing a child or spouse, Gunter said that for many Family members knowing the Army honors them

helps them feel connected to their loved one.

"(These events) give us the opportunity to show survivors that their loved one is not forgotten. We want to honor those who have fallen," she said.

Keeping the memories of those lost alive is something that Gunter said is one of the most important things about special events, and that the run should mean a little more than other runs that Fort Rucker hosts.

"The run is designed to honor survivors and those that have made the ultimate sacrifice, so it is a little more of a somber race," she said. "It has a special place in many people's hearts because it's not really about who wins—it's about remembering and honoring the Soldiers."

Gunter said that SOS reaches out to all survivors to provide services and answer whatever questions they may have for a lifetime, rather than just a period of time after a Soldier has fallen.

SOS was set in motion on Fort Rucker in 2008 when the Army realized that even though a grieving Family has a casualty assistance officer to help them through the initial stages of losing a service member, the Family still has issues well after the CAO has done their job, she explained.

"Come out and join us for the run, it will mean quite a bit to those Families," she added.

To learn more about SOS, Never Forgotten Cards or the Survivors and Fallen Heroes 5K, call 255-9637 or 255-9639, or visit www.ftrucker.mwr.com/acs/survivor-outreach-services.

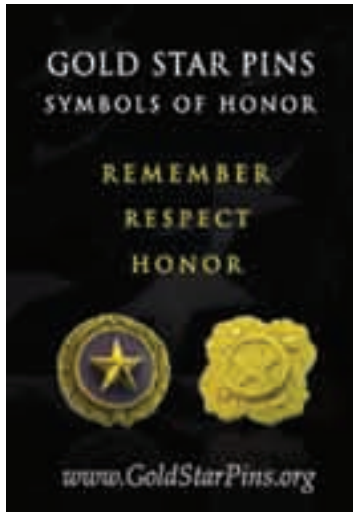


PHOTO BY SARA E. MARTIN
Representatives from SOS and Directorate of Family, Morale, Wellness and Recreation paint Sgt. Ted E. Bear Monday in recognition of survivors of fallen service members.

SKATE PARK

Youth center rolls out new facility

By Nathan Pfau
Army Flier Staff Writer

The Fort Rucker Youth Center added a skate park to its ever-increasing offering of activities for the installation's youth Monday.

One of the most anticipated additions to the Fort Rucker Youth Center, the child, youth and school services skate park welcomed its first skaters with multiple ramps and rails during the grand opening event, but it was safety first before children set their skateboards on the concrete, according Davona Vell, facility director at the youth center.

"We've seen youth skating all over post, at the commissary and everywhere, so we wanted to be able to provide them an environment where they could come out, be safe and enjoy skating," she said. "We contacted our safety officer to make sure we were covering all grounds when it comes to safety because it's really important for (the children) to know that they need to wear helmets, knee pads, elbow pads, and especially, wrist guards when they skate."

During the event, people were able to enjoy games, door prizes, and free hotdogs and hamburgers, as well as complimentary water and sports drinks for skaters who were working up a sweat.

Zachary Francis and Izak Lucero, Army Family members, were among the first to try out the skate park's amenities, and said they were happy to have a place to skate without worry.

"I really like it, and I think it's good because it's something for us to do around here and there isn't really any place that we can skate without getting in trouble," said Francis.

"There are no skate parks in the area, so it's awesome that we get to have one right here (at the teen center)," added



PHOTO BY NATHAN PFAU
Zachary Francis, Army Family member, performs a trick at the new CVSS Skate Park during a grand opening ceremony at the Fort Rucker Youth Center Monday.

Lucero.

Both teens said they would build their own ramps and rails to skate on, but having the skate park so close to their housing areas makes it easier for them to skate safely and work on their skills.

"I've been skating for almost a year now and it's just something fun I like to do that gets me outside," said Francis. "It gets the adrenaline flowing, especially when you start learning how to do the harder stuff. You get that good feeling when you learn a new trick."

"It's something else to do rather than staying in playing video games all day," Lucero added.

Vell said when planning the park and putting all of the components together, they wanted to make sure they were getting things right, so they asked Brian Smith, owner of Brian's

Skate Shop in Ozark, to come and give his input.

"They asked me to come down to make sure the equipment was safe, so I came down to check it out and test everything," said Smith. "I also came to help with the kids and teach them if they want. I'm always down to help people learn how to skate, or help them get better at what they already do."

"I think this skate park is great," he continued. "(The children) need something like this around here. It's the only skate park or any place that the kids can come skate at, legally. The closest places would be Panama City Beach to the south or Montgomery to the north."

The skate park includes quarter pikes, a fun box,

SEE SKATE, PAGE C5



PHOTO BY SARA E. MARTIN

Jalia Dardy, Charlotte Burch and Marissa Byrd play Clothing and Sales Monday during Camp Rucker at the Fort Rucker School Age Center.

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.

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 Leisure 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.

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.

Spring Craft Activity

The Center Library will host a spring craft activity



PHOTO BY NATHAN PFAU

Disc Golf

The Directorate of Family, Morale, Welfare and Recreation offers Disc Golf – played much like traditional golf, but instead of using a ball and clubs, players use a flying disc. DFMWR welcomes novices and experienced players to bring their friends out and enjoy some friendly competition. The 18-hole disc golf course is located at Beaver Lake. People can visit the Fort Rucker Physical Fitness Facility to check out a disc and give it a try. There is a \$10 deposit required per disc. The Disc Golf course is open to the public. Disc check-out is open to authorized patrons only. For more information, call 255-2296.

for children ages 3-11 April 8 from 3:30-4:30 p.m. Light refreshments will be served. Space is limited to the first 65 children to register.

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

Family game night

Army Community Service’s Family Advocacy Program will host a Family game night April 11 from 5-7 p.m. in the Corvias Military Living Ballroom at 2908 Andrews Avenue in recognition of April being Child Abuse Prevention Month. Families are welcome to enjoy a free night of fun and games. Family game night is open to active-duty and retired military, Department of Defense employees and their Family members. The event is limited to the first 50 Families to register. Deadline to register is April 4.

For more information and to register, call 255-0813, 255-9647 or 255-3898.

Children’s Festival

Fort Rucker will host its 10th annual Children’s Festival April 12 from 1-4 p.m. at the festival fields. This free military Family event will offer many activities, games, inflatables, crafts and more. The event will also feature one of the area’s largest Easter egg hunts where people can win candy and prizes, and even meet the Easter Bunny. This year’s theme is “Super Heroes,” so children are welcome to dress up as their favorite character. Egg hunts will take place at 1:30 p.m. for children ages 4-6, and 1:45 p.m. for children ages 7-9 and 10-12. The event is open to military Families. In the event of inclement weather, the event will then take place inside the Fort Rucker Physical Fitness Center on Andrews Avenue.

For more information,

call 255-1749.

Atlanta Motor Speedway tickets

Atlanta Motor Speedway will offer special ticket prices to all military personnel and their Families Tuesday through Aug. 12 at Fort Rucker Leisure Travel Services. The race will take place Aug. 29-31. Available tickets will be for the NASCAR Nationwide Series Qualifying, NASCAR Nationwide Series Race and the NASCAR Sprint Cup Series Race. Service fees may apply. All sales are final and no refunds or exchanges are given.

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

Employment Readiness Class

People can build and enhance their careers at one of Fort Rucker’s Employment Readiness Program Orientation Sessions, held monthly – April 3 and 15 – in the Soldier Service Center, Bldg. 5700, Rm. 371A. Attending patrons will meet in Rm. 350 for paperwork and attendance prior to going to Rm. 371A. People can sign up to learn essentials about the program and receive helpful job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.

For more information or to sign up, call 255-2594.

National Library Week

The Center Library will celebrate National Library Week April 14-18 by hosting a daily drawing for a special prize. Each day, a new library-based question will be posted and winners will be chosen at random from correctly answered entries. April 18, one grand prize winner will be chosen at random from all of the entries submitted during the week.

For more information, call 255-3885.

DFMWR Spotlight

Fort Rucker Family & MWR Upcoming Events & Activities



OUTDOOR RECREATION



Open to the Public

Pan Fish Tournament

Saturday, March 29th | 6 am – 10 am

Outdoor Recreation

Entry Fee: ages 15 & under \$3
ages 16 & over \$10

Top three weigh-in totals will receive a prize. Door prizes! Participants ages 16 & over 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!

Outdoor Recreation, (334) 255-4305

SILVER WINGS GOLF COURSE

FRIDAY NIGHT LIGHTS

GOLF SHOOTOUT & DRIVING RANGE



Friday, March 28th

Shootout begins at 5 pm

Cost: \$10 per person (plus applicable cart & green fees)

Field is limited to the first 10 paid entries. Ten participants tee off together. Highest score eliminated after every hole. All players will be at scratch, no handicaps. Last player standing receives a Silver Wings Pro Shop Gift Certificate.

Driving range open 7 pm - 9 pm

Cost: \$15 per adult / \$10 for ages 13 & under
\$45 Special Family Rate (2 adults and up to 3 kids)

Unlimited range golf balls for 2 hours, a hot dog, chips and beverage, swing tips offered by your PGA Professional, target games, and music!

SILVER WINGS GOLF COURSE, (334) 598-2449

For more information visit www.ftruckermwr.com.

FORT RUCKER MOVIE SCHEDULE FOR MARCH 27 - 30

Thursday, March 27

Pompeii (PG-13)

.....7 p.m.

Friday, March 28

Noah (PG-13)

.....7 p.m.

Saturday, March 29

Noah (PG-13)

.....7 p.m.

Sunday, March 30

Noah (PG-13)

.....2 p.m.

TICKETS ARE \$4.50 FOR ADULTS AND \$2.25 FOR CHILDREN, 12 AND UNDER. MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME. FOR MORE INFORMATION, CALL 255-2408.

Honoring heroes

Pentagon inducts 24 Medal of Honor recipients into Hall of Heroes

By David Vergun
Army News Service

WASHINGTON — The newest Medal of Honor recipients — 24 veterans who received the honor decades after their extraordinary heroism in three wars — have been inducted into the Pentagon Hall of Heroes.

The veterans from World War II, the Korean War and the Vietnam War were honored at a ceremony at the Pentagon March 19, one day after receiving the nation's highest award for valor in a White House ceremony.

"We are here this morning to celebrate the heroism of 24 selfless individuals — 24 Soldiers whose acts of gallantry in battle merit our highest recognition," said Secretary of Defense Chuck Hagel at the event in the Pentagon auditorium. "We are also here to correct an injustice of history — to help right 24 wrongs that should have never occurred."

More than a decade ago, Congress mandated a review of Distinguished Service Cross awards to ensure that heroism wasn't overlooked due to prejudice or discrimination. During that review, the 24 Soldiers — who are Hispanic, Jewish and African-American — were identified as deserving the medal.

Three of the recipients are living: Santiago Erevia, Melvin Morris and Jose Rodela. They fought in the Vietnam War.

"This induction serves as the largest single induction of Medal of Honor honorees since World War II," said Secretary of the Army John McHugh. "Twenty-four amazing Soldiers who will finally take their rightful place in our Hall of Heroes."

Each of their stories alone is "truly breathtaking," said McHugh.

"But taken together, they really form an incredible volume of history — one that details the service, the sacrifice, and most of all, the courage of the American Soldier," he said.

The nation is great because of the acts of



PHOTO BY LISA FERDINANDO

Medal of Honor recipient retired Sgt. 1st Class Melvin Morris receives an encased Medal of Honor flag March 19, one day after he received the nation's highest military award for valor.

these men who sacrificed so much for their country, said Army Chief of Staff Gen. Ray Odierno.

"It's an honor for me to stand here today wearing this uniform, representing all Soldiers past and present in honoring our comrades," he said. "In the faces of our recipients and their relatives, we see the faces of 24 heroes."

The honorees represent a diverse Army and nation, he said. They have strengthened and defended the nation and shaped its history.

"Our nation and our Army are strong because in every war, in every generation, men and women, citizens and immigrants, have raised their right hand to defend the Constitution of the United States," he said.

Each of the 24 heroes is different, whether their rank, age, unit, war, or ethnic or religious background, he said.

"But they all bound together as Soldiers," Odierno said.

They were "ordinary men who, under the most chaotic and difficult conditions, displayed extraordinary courage at the risk

of their own lives," he said. "It is because of men like them, through the generations, that I'm so proud."

At the event, each of the 24 Medal of Honor citations was read as the recipient or their representative stood reverently on stage. The recipient or representative — spouse, child or other relative — was then presented with an encased Medal of Honor flag.

The Hall of Heroes is a special room in the Pentagon that contains the name of each Medal of Honor recipient.



COURTESY PHOTO

Pick-of-the-litter

Meet Max, a 16 week old, playful terrier mix male puppy up for adoption. He plays well with other dogs and is responding to training well. 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 www.facebook.com/fortruckerstrayfacility/ for constant updates on the newest animals available for adoption.

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— 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

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1 Corinthians 11:1

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History comes alive in Selma in April

Living History School tours begin April 24, in conjunction with the Battle of Selma re-enactment’s strategic partner Wallace Community College, in Selma. The 1860s come alive with hands-on instruction and period music.

Events throughout the week-end include:

April 24

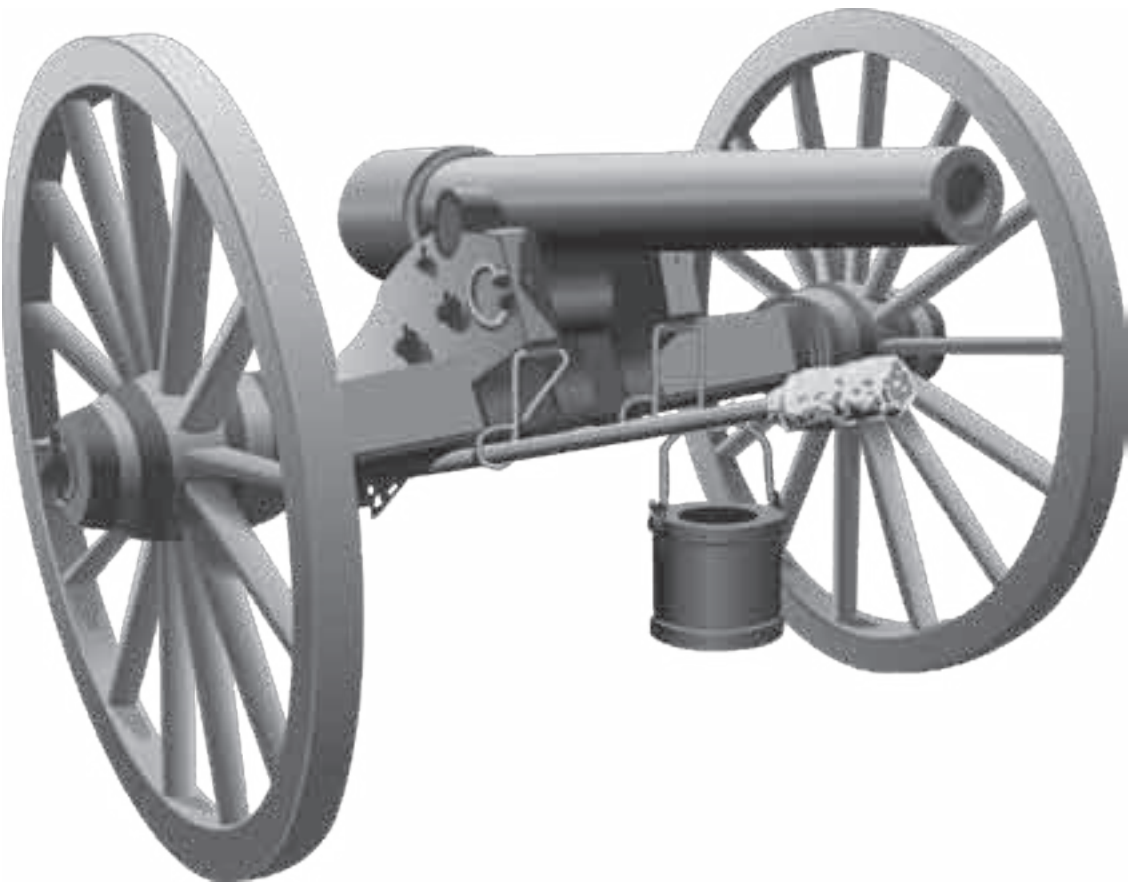
Friday admission is free to the public.

- 5:30 p.m.: Civil War Writer Forum at No. 3 Church Street the site of the Army Arsenal.
- 7:30 p.m.: The ominous beauty and power of Civil War-era artillery is unleashed.
- 8 p.m.: Join in the fun at the re-enactors’ camp dance. A period and will play and give period dance instruction.

April 26

Gates open from 9 a.m. to 6 p.m.

Saturday admission is \$7 per person. Attendees will enjoy tours of Confederate, Union and civilian camps. Patrons will also



see troops drill as they prepare for the skirmish.

- 2 p.m.: Battle — Civil War infantry, cavalry and artillery

tactics.

- 7–11 p.m.: Battle of Selma Grand Military Ball at Sturdivant Hall.

The Blue and Gray are in a precarious truce to enjoy an enchanted evening in one of the South’s premiere antebel-

lum homes. Let Sturdivant Hall, period dress, etiquette and the sound of brass and string bands take you to the 1860s. The receiving line begins at 7 p.m., registered re-enactors and 1865 Society members in period dress may attend at no charge. For more information, email info@battleofselma.com.

April 27

Gates open from 9 a.m. until 4 p.m.

Sunday admission is \$7 per person.

- 9 a.m.: Period worship service
- 10:30 a.m.: Civil War memorial service and history tour at historic Old Live Oak Cemetery. Hear stories about the men who fought in this final resting place for some of the South’s most beloved sons.

Sunday visitors will see the sutler’s area for food, shopping and clothing reminiscent of the period and witness full military troop and camp inspections.

2 p.m.: The Battle of Selma Re-enactment begins.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

DALEVILLE

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

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 5-6 – The seventh annual Gem and Mineral Show will be hosted by the Dothan Gem and Mineral Club at the Houston County Farm Center. Vendors from across the country will be selling gemstones, mineral specimens, fossils, jewelry and lapidary equipment. There will be flint knapping, jewelry making and gemstone cutting and polishing demonstrations, along with door prizes, a silent auction, rock exhibits and specific activities for children. Admission is free. For more information, visit www.wiregrassrockhounds.com.

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 Ultimate

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

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

MARCH 27 — Disable American Veterans Chapter #99 will meet at 6 p.m. in the old National Guard Armory building. Food and drinks will be served followed by regular chapter business. Members encourage veterans throughout the area to join as new members. For more information, call 718-5707.

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. Pho-

tos should be framed. Exhibit opens April 5. For more information, call 774-2944.

APRIL 5 — Ozark will host the annual Crawdad and Music Festival on the downtown square from 9:30 a.m. to 4 p.m. and a Car and Bike Show across from the Municipal Complex. This free festival features food, a 5K Color Run for cancer, a hot dog eating contest, arts and crafts, children’s activities and live music both on and off stage. Visitors are encouraged to bring a lawn chair and enjoy the day on the square. For more information, call 774-2618 or email civic@ozarkalabama.us.

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.

WIREGRASS 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.

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.

AAFES aims to improve shopping experience

By David Vergun
Army News Service

WASHINGTON — The Army and Air Force Exchange Service wants its customers to have an enjoyable shopping experience comparable to any of the large civilian retailers, said Thomas C. Shull, AAFES chief executive officer.

Subtle, but important changes are taking place within the stores that might not be noticed by customers, he said, explaining that shoppers desire more “aspirational brands,” such as Michael Kors.

The exchange is bringing these brands to shoppers at competitive prices, both in-store and online, he said.

For example, during the last 21 months, the exchange has opened 456 store-in-store concept shops and dozens more are planned this year, he said.

A store-in-store concept shop, he explained, is a well-defined section of the exchange that offers a popular product assortment. Recent store-in-store concept shops include Michael Kors, Ashley Furniture and BareMinerals.

Another area that’s popular is the Power Zone section, which offers the latest electronics, he said. To make room for that, the section that sells music and movie CDs and DVDs has been made smaller since those are no longer big-ticket items. About 900 less popular magazines have been removed from the racks as well.

Exchange concession stores continue to expand with popular new vendors being reviewed and added to the exchange portfolio such as Pandora, Things Remembered, Men’s Wearhouse, New Balance and Under Armour, he said, while name-brand vendors like GNC, H&R Block, RedBox and Starbucks continue to increase their visibility and expand their number of locations.

Mindful of the Army’s emphasis that good eating habits can impact on the health of the force, Shull said the exchange has been offering healthier eating options in



AAFES PHOTO

Shoppers browse the exchange at Fort Bragg, N.C.

its menu.

Unfortunately for a lot of retirees, and those who serve in the Guard and Reserve, an exchange might be far away from where they live. So, it is improving its online presence, he said.

Shull said the website, shopmyexchange.com, is being reorganized and streamlined so that experience is comparable to what customers expect from a big civilian retailer. The reorganization isn’t simply cosmetic as online logistics are being overhauled. He said the exchange’s goal is to ship all orders within 48 hours and have items delivered within five to seven business days, with a customer order online tracking system in place.

All of these efforts are focused on improving the shopping experience, an important objective as historically two-thirds of exchange earnings benefit military quality of life programs through annual dividends, he noted.

Those efforts have literally paid off, he

said, as the exchange generated more than \$2.4 billion to the Family and Morale, Welfare and Recreation fund over the last 10 years.

The old acronym PX, which stood for post exchange, Shull said, was changed in 2010, to simply, the exchange. The ex-

change is the 43rd largest retail organization in the U.S., he said, with annual revenues of \$10.3 billion.

Additionally, the exchange is a major employer with 37,506 civilians and military personnel on its payroll, he said. Recently, the exchange was named 2014 Military Spouse Employer by Victory Media, G.I Jobs and Military Spouse Magazines’ publisher.

Improvements to the exchange are being implemented during a difficult time of budget cuts and the drawdown, Shull said. Fortunately, these savings haven’t come at the expense of people, as savings have been realized through a combination of retirements and efficiencies.

“Our two-year goal was to cut selling, general and administrative costs by \$100 million,” he said. “With three months to go, we’ve already exceeded that number by more than 50 percent.”

Shull wants taxpayers to understand that the exchange operates on non-appropriated funding, which means 97 percent of its revenues “come directly from the cash registers.”

The exchange operates retail and convenience stores, gas stations, restaurants, theaters, vending machines on post in all states, five U.S. territories and more than 30 countries.

Religious Services

UPCOMING SERVICES

Living Last Supper, April 13, 7 p.m., Main Post Chapel

Holy Thursday, April 17, 7 p.m., Main Post Chapel

Holy Thursday, April 17, Protestant, noon, Headquarters Chapel

Good Friday, April 18, Catholic, 3 p.m. (Stations of the Cross) and 7 p.m. (Liturgy), Main Post Chapel

Good Friday, April 18, Protestant noon, Headquarters Chapel

Skate: Park usage limited to CYSS members

Continued from Page C1

ramps and grinding rails, and Vell said the components of the park can be moved around to fit how the youth want the park to be set up.

“The children will be able to move it around as they see fit,” she said. “We want to let them decide how they want it because this is their skate park, so we want to let them make that decision.”

Each piece of equipment can be attached or hooked together to create different obstacles, creating an ever-changing park, but no matter the obstacles, safety will always be the top priority for the children, said Vell, adding that supervision is always available at the skate park during operating hours.

The skate park is open Mondays-Fridays from 4-9 p.m. when schools are in session, and 3:30-9:30 p.m. when not, and Saturdays from 1-7:30 p.m.

Usage of the skate park is limited to registered CYSS members in grades six-12 only, and safety gear must be worn at all times while skating.

For more information, call 255-2260.

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Army

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Friday, 11 April 2014
1800-0000 The Landing

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- \$25—E-6/GS-8 and Below
- \$30—E-7, W-1/2, O-1/2, GS-9/10/11
- \$35—E-8, W-3, O-3, GS-12/13
- \$40—E-9, W-4/5, O-4, GS-14 and above, non-federal employee Civilians
- Checks payable to “IFMWR”

Meal Choices

- Chicken
- Pork with glazed apples
- Vegetarian pastry pie
- Cash bar will be available

Childcare

- 1730-0000, \$4/hour. RSVP to Ft Rucker CDC at 255-2262. Deadline to register: 2 April
- Valid CYSS registration required.


Uniform

- Military: Dress Mess, ASU or Dress Greens w/white shirt and bow tie
- Civilian: Formal wear
- NOTE: Female Soldiers will be in uniform.

RSVP Points of Contact


- 1st AB – CPT Robert Swanson, 255-0567
- 110th AB – MSG Bryan/CPT Cattnach, 255-0216
- Protocol (VIP) – Mr. Dave Webber, 255-1025
- ATSCOM – MSG John Dolan, 255-8070
- WOCC – CW2 James Taylor, 255-0014
- DENTAC – Mrs. Crystal Caldwell, 255-3251
- NCOA – SSG Mark Buhl, 255-9926
- CRC – MSG Gabriel Gonzalez, 255-2660
- ACLC – MAJ Bjorn Johnson, 255-9295
- AV MED/Lyster – SFC Joshua Gholston, 255-7065
- TAOG – SSG Corey Madden, 255-8914
- DOTD – SFC John Santoro, 255-3212
- Garrison – Mrs. Robin Kehler, 255-2095
- Directorates – 1SG Jemar Ford, 255-2454

Deadline for unit ticket sales is 3 April.



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FIND YOUR STRIDE

Army researchers study Soldiers' running styles

Story on Page D3



PHOTO BY SARA E. MARTIN

Previous Boot Camp participants bear crawl up a hill. This year's Spring Boot Camp runs April 7 to May 16.

BOOT CAMP

Fitness program switches things up to help people find time for workouts

By Nathan Pfau
Army Flier Staff Writer

Finding a time to get a work out in can be challenging, especially in military life, but Fort Rucker's fitness centers are making it easier for people to find a way to work it into their schedule.

Fortenberry-Colton Physical Fitness Center's 2014 Spring Boot Camp runs April 7 to May 16, and this year's Boot Camp is switching it up by providing an evening class to better serve people on the installation, said Kristina Rach, fitness specialist and certified personal trainer.

The six-week program features two timeframes, 8:30-9:30 a.m. and 5:30-6:30 p.m., and participants will meet five days a week to incorporate five different elements of fitness for each day, said the fitness specialist.

"We've had a lot of people tell us that the (early morning) classes were too early for them, and that they had to be at work during the second session, so we wanted to switch things around, and give them no excuse not to come and work out," said Rach.

The activities and exercises will for the most part remain the same as previous sessions, but changes are made and other workouts are added to give "repeat offenders" something to work toward.

"We'll add and change up some things, and we will try to add a few things each boot camp because we do get repeaters, so we want to try and make it a little more intense for them," said the fitness specialist.

Each day will consist of a different element: endurance day, which could involve running or any exercise for an extended period of time; field day, which will involve functional training; game day, which will involve some sort of competitive sports

activity; intensity classes, which will incorporate plyometrics-type exercises; and information sessions that include workout journals and nutritional counseling.

Another thing that will most noticeably change is the weather, and Rach said people should dress appropriately for the warmer days.

"People will sweat a little bit more and they'll need to make sure to remain hydrated throughout the workouts," she said. "The mornings won't be as cold, so people should dress in layers that they can take off if they want to, and sunscreen is also a big thing that people should bring during both the morning and evening classes."

Rach also said that people should bring plenty of water and stay away from sports drinks, energy drinks and coffee, especially during the warmer weather.

Cost of registration is \$100 – \$30 due at signup and the rest due on the first day – and includes weekly consultations to keep track of progress, a T-shirt, as well as access to all group fitness classes for the duration of the program, which Rach said people need to take full advantage of.

"You can come in and do this for an hour a day, but if you don't go home, and eat properly and take advantage of the fact that we're offering six weeks of free classes, then you might not reach the goals and see the gains that you want," she said. "This is really for you, it's not for us."

Boot Camp also utilizes facilities unique to the installation, such as the NCO Academy obstacle course, and the many trails found on Fort Rucker, including Parcours Trail, the Beaver Lake trails and the trails found at the Fort Rucker Riding Stables, depending on where the workouts will take place that week, she added.

"Most of the activities will be performed on location during those weeks and we will use whatever is available at



FILE PHOTO

Rachel Tehvand, right, and her workout partner Krissi Mace, perform a tire flip during a previous Boot Camp.

the sites to perform the exercises," said the fitness specialist.

The program doesn't use traditional weights and fitness machines in order to get results, but utilizes objects found at the locations to perform certain activities, such as sand bags or bales of hay, which Rach said provides a nontraditional way to work out and a total-body workout.

Because of the intensity of some of the workouts throughout the program, Rach suggests that people who are interested have some sort of fitness background before signing up, but if they are highly motivated, then the program might be right

up their alley.

"Boot Camp is a commitment and people should know that before jumping into it," she said. "You're going to get out of it what you put in, so if you come in just for a one-hour session and leave, you're going to get the minimum results out of the program.

"It is motivational and inspiring to see people transform and change throughout the program," said Rach "I don't like the word can't – you're unable to or you choose not to."

For more information or to sign up, call 255-3794.

Tips for healthy eating on a budget

By Claudia Drum
Registered Dietitian,
U.S. Army Public Health
Command

Have you given up on eating healthy because you feel like it costs too much? Are you not sure how to save money while at the grocery store?

While it is true that more convenient items like pre-cut vegetables cost more when compared to their made-from-scratch counterparts, it is possible to eat healthy while on a budget.

Additionally, good nutrition, combined with adequate sleep and regular physical activity, are identified as key initiatives in the Army Medicine's Performance Triad for good overall health.

The following are eight tips to help you stretch your food



PHOTO BY PATRICIA DEAL

Spc. Logan Burnett picks out eggplant during a recent shopping trip at the Fort Hood, Texas, commissary.

dollar, and eat right while shopping at the grocery store.

- **Plan menus and make a list** — Wandering around the grocery store without a list only increases the likelihood that you will overspend. Plan a weekly menu, and write an ingredient list that matches up with the store aisles at your favorite grocery store.
- **Shop seasonally** — Buy fresh fruits and vegetables that are in season to help you get the freshest produce at the lowest cost. In addition, check your local farmer's market for deals on fresh fruits and vegetables. For produce that is not in season, frozen or canned fruits and vegetables (with little or no added salt or sugar) are a nutritious option.
- **Shop the perimeter, then think meatless** — Start on the outer edge of the supermarket, where you will find fresh produce, meats, dairy and breads. Then, shop the aisles with meatless alternatives like beans. Dried or canned (low-sodium, without added fat) are less expensive than most meats, and they make a tasty meal that is

not only high in protein and fiber, but also low in fat and saturated fat. Aim for at least one meatless meal a week.

- **Use coupons and inserts** — Check the local newspaper, online, and at the store for sales and coupons of the products you normally purchase. Clipping coupons or printing them from Web sites can save you 10-15 percent on your grocery bill. Consider joining your supermarket's shoppers club to enjoy price specials or to receive additional coupons. If you shop at the commissary, use your commissary rewards card. You can redeem coupons electronically after you register it online. Visit <http://www.commissaries.com/rewards/> for more information on the benefits of registering your commissary rewards card.
- **Buy store (private label) brands** — Choose the private label brand if it is comparable in size and ingredients. Oftentimes, private label brands are not only 15-20 percent

SEE HEALTHY, PAGE D3

CUSTOMER CARE

Lyster opens service center as TRICARE walk-ins end Tuesday

By Katherine Rosario
Lyster Army Health Clinic Public
Affairs

Keeping up with the rapidly increasing number of TRICARE beneficiaries, who most often turn to a laptop or cell phone when they have questions, walk-in services at the Lyster Army Health Clinic TRICARE Service Center will no longer be available as of Tuesday.

Walk-in customer service is the most expensive possible customer service option, according to a TRICARE press release, and by eliminating walk-in customer service at TSCs, the Department of Defense estimates savings of about \$250 million over five years. The change does not affect TRICARE benefits or health care delivery.

LAHC understands that the discontinuation of TRICARE walk-in services center (located in the TRICARE Service Center at the front of the clinic) may be a bit confusing at first, therefore, the managed care staff will be available in the former TSC to assist with TRICARE-related questions.

"On April 1, the Lyster Beneficiary Services team will relocate to the front of the clinic into what

is currently the TRICARE Service Center area to stand up our Lyster Service Center office," said Maj. Scott Sorquist, chief of managed care at LAHC, adding this new service will help patients with general clinic and TRICARE-related questions.

The staff will also be available to help beneficiaries navigate the HUMANA website at www.tricare.mil should they be unable to locate the answer to their question.

"For our beneficiaries' convenience, a kiosk will be available in the Lyster Service Center with a telephone and Web-enabled computer to help them get to the TRICARE website or speak with a representative," Sorquist said.

The Lyster Beneficiary Services team will provide a full array of services for our beneficiaries to include specialty and diagnostic referrals management, network appointment coordination to civilian providers, and to other military treatment facilities, benefits counseling and debt collection assistance, DTS medical travel claims processing, primary care manager panel management,

SEE LYSTER, PAGE D3

DOWN TIME

Character Profile:
Vultan



RULER OF THE CITY IN THE CLOUDS



FLASH GORDON
3-25
By JIM KEEFE

PICKING UP CREW MEMBERS EN ROUTE, FLASH'S TASK FORCE RACES TO THE LOCATION OF A DOWNED CRAFT.

APPROACHING RENDEZVOUS SITE WITH VULTAN AND HIS HAWKMEN.

DAYLOAD BAY DOORS OPEN.

VULTAN'S MEN HAVE BOARDED, MY KING.

KING FLASH?

AND WHO ARE YOU, MY DEAR? ONE OF HIS LOVELY LOYAL SUBJECTS?

HER NAME IS TENGI! AND SHE'S PART OF OUR CREW. I'VE ALREADY TRIED TO IMPRESS UPON HER THE UNNECESSARY USE OF REFERRING TO FLASH AS ROYALTY.

PALE... AND AS BEAUTIFUL AS EVER!

DOCTOR ZARKOV, WOULD YOU MIND TURNING UP THE HEAT?

IT SEEMS TO BE RATHER CHILLY IN HERE.

TO BE CONTINUED

Just Like Cats & Dogs by Dave T. Phipps

WHAT IS YOUR RETURN POLICY? SAY... IF AFTER PURCHASE THE CUSTOMER REMAINS SLEEPING ON THE COUCH?



Trivia test by Fifi Rodriguez

T R I V I A

1. LANGUAGE: What is the dot on top of the letters "i" and "j" called?
2. GEOGRAPHY: In what body of water can the island of Mykonos be found?
3. ACRONYMS: What does the acronym CAD stand for?
4. GENERAL KNOWLEDGE: What is a shillelagh used for?
5. POLITICS: What was the emblem of the Progressive Party of 1912?
6. ANATOMY: Where is the skin the thinnest on the human body?
7. ACADEMIA: What does a vexillologist study?
8. MOVIES: What movie featured the tagline "Thank God it's only a motion picture"?
9. TELEVISION: What was the name of the town that was the setting for "Mary Hartman, Mary Hartman"?
10. GAMES: How many body parts do you have to remove in order to be successful in the game "Operation"?

See Page D4 for this week's answers.

Super Crossword

GETTING PREPOSITIONED

ACROSS

1 Symbol before a key signature

5 Neighbor of Kauai

9 Actress Fox

14 Produces a winter blanket?

19 Arriving like fog

21 Prefix with anthropology

22 Smith's tool

23 Out of character

25 Hard up

26 Barks in pain

27 Suffix with meteor

28 Without face value, as stock

30 Theologian's subj.

31 Not up on current trends

36 Take a whack

37 States north of Nebraska

40 Bauxite, e.g.

41 Pizazz

43 Applying to all

48 Ones going a-courting

51 Reassuring words after an accident

52 "... Mac — PC?"

53 Suffix with schnozz or Motor

55 "Come again?"

56 Brief moment

57 Past proper limits

64 Ending for opal

65 Bring forth

66 Union topic

67 Lower exterior part of a ship's hull

69 L'Oréal rival

72 "Nothing —!"

74 Finer in meaning

76 Taxing work

77 Construction beams with 90-degree angles

79 Buenos —, Argentina

80 Gold, to Julio

81 Loony

85 Drink like Fido

88 S-X linkup

90 Woodsy, e.g.

91 Have unpaid bills

92 Washoe County seat

93 "So long"

95 Irrelevant

102 Its capital is Nuku'alofa

104 "... for Cookie" ("Sesame Street" tune)

105 Awakens

106 Oom —

108 Subjected to severe trials

113 Golf surprise

114 "Ad — per aspera" (Kansas' motto)

115 Co. offering a Buddy List

116 "The Family Circus" cartoonist

120 Shah, e.g.

122 A bit ill

127 Shah, e.g.

128 Hen's resting place

129 Remove from a computer

130 Arranged for

131 Spanish for "others"

132 Challenge for a lab rat

133 "To be," to Tiberius

DOWN

1 Big name in early computers

2 Theater area

3 Airline to Ben Gurion

4 Publication that's quickly thumbed

5 Add- (peripherals)

6 Bus, rep

7 Arrive at, as a solution

8 Not masked

9 Stat of fuel efficiency

10 Gift for music

11 One peeking

12 Vowel string

13 Amateur

14 Italian Riviera city

15 Dayton-to-Toledo dir.

16 Way up there in years

17 Broader

18 In a foxy way

20 Enlarged map details

24 D.C.

29 Declaration

32 Holds

33 Suffix with 58-Down

34 "Woo —!"

35 Momentous time

37 Speech spot

38 Peak

39 Ray of fast-food fame

42 Punch noise

44 Give a — (care)

45 Suffix with east

46 With 62-Down, rotten sort

47 Dumbbell

49 Extent

50 Handle the helm

54 Timmy's TV dog

57 Yogi of baseball

58 Inflated head

59 Lemon-hued

60 Be snaky

61 Sci-Fi's Solo

62 See 46-Down

63 Tapered off

65 Prefix with diversity

68 "— a snap!"

69 Coagulates

70 Lash of Western films

71 Exempt from regulations

72 Poi Quayle

73 Municipal statute: Abbr.

75 Banquet liquid holder

78 Onion or lily

79 Help in crime

82 Beats (up)

83 Coal carrier

84 Lea lady?

85 Luau gifts

86 Bancroft of "7 Women"

87 Ollas, e.g.

89 Ida, neighbor

92 Casino game

94 Ottawa site

96 Quito's land

97 Autograph: Abbr.

98 Suffix with child

99 Easter eats

100 "— tu" (Verdi aria)

101 Oktoberfest dances

103 Maestro

106 City of Light

107 Lexus rival

109 "To be —"

110 Rat-a- —

111 Dull

112 Justice

117 Figuring-out shouts

118 "Little House on the Prairie" shopkeeper

119 — Stanley Gardner

121 Oscope-wielding doc

123 That, to Tito

124 ACLU issues: Abbr.

125 Oz musical, with "The"

126 Suffix with propyl

See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D4 for this week's answers.

KID's CORNER

Junior Whirl

by Hal Kaufman

HANDS OFF! This is a card game that's all about the hands. You'll need a deck of cards and a timer. The goal is to be the first to get rid of all your cards. The cards are dealt into two piles. One pile is the "draw" pile and the other is the "discard" pile. The player who starts the game draws a card from the draw pile and puts it in the discard pile. Then the other players take turns drawing a card from the draw pile and putting it in the discard pile. The first player to get rid of all their cards wins.

1. ARB 6. ISO
2. ERB 7. GST
3. OUN 8. NIP
4. ZON 9. SOL
5. ERG 10. THE

STICKING TALAD! Assembling, having discovered the laws of words and puzzles, is said to have helped "Give me a word and I will move the earth." What three words are missing from this riddle?

Puzzle Out LOOSE ENDS

Apparent shows are the last three letters of ten seven-letter words. Determine these words by using the clues below.

1. A house of cards.
2. A city in Italy.
3. A type of tree, for its leaves, greenish-yellow.
4. A four-letter word meaning peace.
5. A sleeping beauty.
6. A constitutional officer of an agreement or law.
7. A flower in bloom.
8. A common insect.
9. A four-letter word meaning a type of tree.
10. A four-letter word meaning a type of tree.

NOAH UPDATE! Subject Noah. Time. Now. Present. Noah. For a Noah update, draw something from the box, number to number.

Wishing Well

BRD CALL! Fine-mannered Polly the Parrot has stopped by to say hello. Color code: 1=Red, 2=Blue, 3=Yellow, 4=Green, 5=Purple, 6=Orange, 7=Brown, 8=Black, 9=White.

SPELLBINDER

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

ALPHABET

THREE score 10 points each for all words of four letters or more found among the letters.

Try to score at least 30 points.

Wishing Well

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

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

BY HEINZ EOLTHOFF

CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between the top and bottom panels. How quickly can you find them? Check answers with those below.

1. Mocus is wearing a hat. 2. Mocus is wearing a hat. 3. Mocus is wearing a hat. 4. Mocus is wearing a hat. 5. Mocus is wearing a hat. 6. Mocus is wearing a hat.

Find your stride

Army researchers study Soldiers' running styles

By Bob Reinert
USAG Natick Public Affairs

NATICK, Mass. — At a time when running barefoot or with so-called minimalist shoes has gained increasing traction, researchers at the U.S. Army Research Institute of Environmental Medicine at Natick Soldier Systems Center decided to study how Soldiers run during physical training and if running style contributes to training-related injuries.

“Running as part of physical training, for a long time, has been implicated as a source of injury in the Army,” said Maj. Bradley Warr, deputy chief of the Military Performance Division at USARIEM. “(If) teaching people how to run differently could potentially mitigate those injuries, there would be a huge payoff.”

As Warr pointed out, most people land on their heels first as they run. Going barefoot or wearing minimalist shoes allegedly forces them to make contact on the midfoot or forefoot.

“Proponents of these alternative styles say that running in a way other than (heel) strike will prevent you from getting injured and you can run faster,” Warr said. “That’s really the background of this study.”

“Eighty-five percent of people run with a heel strike naturally. And then the other 15 percent run with a midfoot or a forefoot strike. So, we decided to compare injuries between runners who already run with these different styles.”

Nearly two years ago, Warr and Dr. Joseph Seay, a biomechanist with the Military Performance Division, began studying Soldiers’ running styles to see if they affected performance or the likelihood of injury. Initially, they looked at 341 members of the 1st Battalion, 66th Armor Regiment, at Fort Carson, Colo., to see how they compared to the general population.

“Nothing like that’s (been) done before,” Warr said. “Before we would implement new policy or training, we have to really evaluate (if) that really makes a difference in injury profiles amongst runners or Soldiers, in particular, because runners and Soldiers aren’t necessarily the same thing.”

Seay said he liked this study because it was basic.

“Really, the study is less about what is or is not worn on your feet than it is about



PHOTO BY NATHAN PFAU

W01 Adam Sniffen, B Company, 1st Battalion, 145th Aviation Regiment and participant in the Run/Walk Mileage Club, runs with his friend, 1st Lt. Cierra O'Connor, D Co., 1st Bn., 145th Avn. Regt., at the Fort Rucker Physical Fitness Center track Feb. 1.

how your foot hits the ground and how that relates to getting injured,” Seay said. “You’re getting to something that’s very relevant, that everybody can understand.”

Warr and Seay, runners themselves, filmed and analyzed the foot-strike patterns of participants and had the Soldiers complete surveys about potential running-related injuries, training history, and 2-mile run times. They presented their results at last spring’s American College of Sports Medicine annual meeting.

“As far as we’re concerned, there does not seem to be a benefit to modifying Soldiers’ running style,” said Warr, adding that there was no statistical difference between running styles when it came to

2-mile run times or the number of injuries. “If it’s not broke, don’t fix it, is essentially our perspective at this point, I would say.”

“Neither group was faster,” Seay said. “Neither group got injured less frequently. A finding of no difference is still important information to report — we’re just documenting that there might not be a magic bullet.”

Warr and Seay did point out that other studies have indicated that a change in running style might be warranted for Soldiers with such injuries as anterior compartment syndrome.

“There is some research that has shown that retraining those people to run with a

different technique — maybe more forefoot, instead of heel striking — relieves shin pain,” Warr said.

“It relieves their pain and it measurably relieves pressure in the anterior compartment,” Seay added.

Warr and Seay are far from done with their own study. Data have been collected on a group of more than 1,000 Soldiers to allow for comparisons between men and women, and traditional and minimalist running shoes.

“It’s very relevant right now,” said Warr of the study. “You could talk to anybody about it (who) has any interest in fitness or running — they want to know what we’re doing with this.”

Healthy: Planning key to cutting costs at the market

Continued from Page D1

less expensive, but also just as high in quality.

- **Compare unit prices** — Locate the unit price (price per ounce, pound or pint) on the shelf tag directly below the product. Use it to compare differ-

ent brands and different sizes of the same brand to help you decide which item is the best buy. If your store doesn’t list the unit price, bring a pocket-sized calculator or use the calculator on your phone to speed up the process. Be on the lookout for items labeled “more economical” because

sometimes, after you have examined the price per unit, the larger size may not be the better buy.

- **Buy on sale and in bulk** — Look for sales on shelf-stable items or products you use regularly. However, only buy larger quantities if you have proper storage space and/or if you will use

the food before it expires or spoils.

- **Read food labels** — Compare nutrients using the Percent Daily Value in the nutrition facts panel. Aim for low or less than 5 percent in saturated fat, trans fat, cholesterol and sodium. Aim for high or greater than 20 percent in fiber, vitamins and minerals.

Lyster: Online help options available to TRICARE patients

Continued from Page D1

LAHC PCM to PCM reassignments, TRICARE Plus applications processing and health fair benefits briefings.

LAHC patients who wish to access the TRICARE website at their homes have a wide variety of secure, electronic customer service options available through www.tricare.mil. The

new “I want to....” feature puts everything beneficiaries want to do online right on the front page of www.tricare.mil.

When walk-in service ends Tuesday, beneficiaries may call

Humana Military’s toll-free number at 1 (800) 444-5445 for enrollment and benefit help. All health care, pharmacy, dental and claims contact information is located at www.tricare.mil/

contactus. Beneficiaries may get 24/7 TRICARE benefit information at www.tricare.mil, and make enrollment changes and more online at www.tricare.mil/enrollment.

B R I E F S Golf course membership drive

Silver Wings Golf Course runs its membership drive now through Monday. 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.

Pan Fish Tournament

Fort Rucker Outdoor Recre-

ation hosts its annual Pan Fish Tournament Saturday 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.

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Mon-Thurs: 7:10 & 9:40

II SABOTAGE - R
Fri, Sat & Sun: 2:00, 4:10, 7:00 & 9:10
Mon-Thurs: 7:00 & 9:10

III MUPPETS MOST WANTED - PG
Fri, Sat & Sun: 2:00, 4:15, 7:00 & 9:15
Mon-Thurs: 7:00 & 9:15

IV MR. PEABODY & SHERMAN - PG
Fri, Sat & Sun: 2:00 & 7:00
Mon-Thurs: 7:00

300: RISE OF AN EMPIRE - R
Fri, Sat & Sun: 4:10 & 9:10
Mon-Thurs: 9:10

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Starts Thursday 3/27: 7:00 & 9:30

I NOAH - PG-13
Fri, Sat & Sun: 1:45, 4:15, 7:00 & 9:30
Mon-Thurs: 7:00 & 9:30

II GOD'S NOT DEAD - PG
Fri, Sat & Sun: 2:10, 4:30, 7:10 & 9:30
Mon-Thurs: 7:10 & 9:30

III GOD'S NOT DEAD - PG
Fri, Sat & Sun: 2:00, 4:30, 7:00 & 9:30
Mon-Thurs: 7:00 & 9:30



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Video Game Spotlight >>

‘Second Son’ capitalizes on improved graphics

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.)

As the third main entry in a series with lots of critical and fan acclaim, “Infamous: Second Son” is expected to reach high levels.

It’s set seven years after the good ending of “Infamous 2.” In that ending, the protagonist activated a device to destroy an evil conduit (the name for super humans in “Infamous”). The explosion was thought to kill all conduits, but as we see in “Second Son,” those outside the blast radius and those with natural resistance survived. Because there are still conduits, the government now monitors for conduit activity through the Department of Unified Protection and is intent on eliminating it.

“Second Son” is set in Seattle, with players taking control of Delsin Rowe, a 20-something slacker who protests against the government’s treatment of the conduits. His brother is a police officer who sometimes has to arrest him for his protests. After trying to help a conduit, Rowe is knocked out. When he wakes up he finds that he now has



Publisher
Sony
Rated
Teen
Systems
PS4
Cost
\$60
Overall
3.5 out of 4

powers, including the ability to absorb other conduit’s abilities.

From this point, the “Second Son” becomes a game of choices. In nearly every fork in the story, the gamer can choose a good path or a bad path. Each branch leads to different options. The good path might bring more conduits to Rowe’s side, but the bad path might lead to him becoming more powerful.

It’s fascinating to have a lot of choices in an open world such as “Second Son.” Add to that the fact that the game looks great and the controls are better than previous “Infamous” games. The only negative is that the choices always seem to be black or white – good or bad. There’s rarely the opportunity to explore a gray area. It would be great if the choices weren’t so obvious.

But overall, PS4 owners should make the choice to check out “Infamous: Second Son” as soon as they get the chance.



COURTESY SCREENSHOT

Weekly SUDOKU

Answer

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

PUZZLE ANSWERS

TRIVIA

Answers

1. A title
2. Aegean Sea
3. Computer-aided design
4. Irish in origin, it is a cudgel that can be used as walking stick or a weapon
5. Bull Moose
6. Eyelids
7. Flags
8. “Airplane!”
9. Fernwood, Ohio
10. Twelve

Super Crossword

Answers

CLEF	OAHU	MEGAN	SNOWS
ROLLINGIN	PALEO	ANVIL	
AGAINSTTHE	GRAIN	NEEDY	
YELPS	OID	NOPAR	REL
BEHINDTHE	CURVE	TRY	
DAKOTAS	ORE	OOMPH	
ACROSSTHE	BOARD	WOOLERS	
IMOK	ORA	OLA	WHAT
SEC	BEYONDTHE	PALE	INE
BEGET	WAGES	BILGE	
GLAIROL	DOING	SUBTLER	
LABOR	LBARS	AIRES	
ORO	AROUNDTHE	BEND	LAP
TUVW	OWL	OWE	RENO
SEEYOU	BESIDETHE	POINT	
TONGA	CIS	AROUSES	
PAH	THROUGHTHE	MILL	
ACE	ASTRA	AOL	KEANE
RULER	UNDERTHE	WEATHER	
IRANI	ROOST	UNINSTALL	
SAWTO	OTROS	MAZE	ESSE

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