# PT hours change

time will change starting Monday to 6-7:15 a.m. This means that Ruf Avenue will close to traffic beginning at 5:30 a.m. and reopen at 7:15 a.m. Reveille will

Fort Rucker's physical training now play at 6 a.m. There are no changes to civilian workforce duty hours, however, if an employee's schedule is expected to change, they will be notified by their supervisor.

### SUPER FUN

Children's Fest promises fun, food, egg hunt for area youth

Story on Page C1



### **PLAYOFFS** Get Down & Lay Down edges past

Story on Page D1

Eagles



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**VOL. 64** ■ NO. 13

FORT RUCKER ★ ALABAMA

APRIL 3, 2014

# WOMEN OF THE

# Post honors top professional women during ceremony

By Nathan Pfau

Army Flier Staff Writer

Fort Rucker honored its outstanding women during the 2014 Women of the Year ceremony at the U.S. Army Aviation Museum March 27.

Nominated by their peers and supervisors, 25 women were nominated in four categories: professional, administrative, technical and non-appropriated fund, but only one from each was able to take top honors.

"Today is about celebrating women who exemplify character, commitment and courage," said Christy Cabezas, Department of Defense Dependent Schools Georgia/Alabama District superintendent and guest speaker. "It's because of these women that we're able to stand on their shoulders and pay it forward to other young women who follow behind us."

"We have (more than) 20 national treasures here and many more across our nation who, every day, do great things," added Col. Stuart J. McRae, Fort Rucker garrison commander. "This is an opportunity for us to celebrate (their) contributions."

The awards are to recognize women who made outstanding contributions at Fort Rucker and in the surrounding Wiregrass community, said Tracy Dunlap, suicide prevention program manager and narrator for the ceremo-

### 2014 Professional Woman of the Year: Melissa Gothard, U.S Army Combat Readiness/ Safety Center.

"She provides insight into the Department of the Army headquarters staff-level position requiring authoritative professional staff ability," said Dunlap. "She was a consummate team player, and was extremely diligent and accurate in her staff work.

"Her expert application of staff knowledge, engineering and technical concepts, safety risk management principles, and accident trend analysis contributed significantly to reducing preventable accidents and enhancing Soldier safety," she added.

2014 Administrative Woman of



The 2014 Fort Rucker Women of the Year, Sqt. 1st Class Loshana Alexander, NCOA and technical winner; Janice Erdlitz, DFMWR and non-appropriated fund winner; Melissa Gothard, USACR/SC and professional winner; and Charlene Franklin, DPTMS and administrative winner, stand with their awards after the ceremony at the U.S. Army Aviation Museum March 27.

the Year: Charlene Franklin, Directorate of Plans, Training, Mobilization and Security.

"She is the go-to person for all administrative matters from employees in her organization," said the narrator. "Her cheerful demeanor and positive attitude are an inspiration to her teammates while providing advice and assistance to directorate staff on overall technical management and administrative assistance on manpower utilization, performance standards, training, in-

centive awards, programing and budgeting.

"She is immensely dedicated to government and community service, and actively participated in the planning and execution of numerous programs on Fort Rucker and in Wiregrass communities to promote cultural awareness," she said.

2014 Technical Woman of the Year: Sgt. 1st Class Loshana Alexander, NCO Academy.

"(Alexander) demonstrated expert technical skill in the performance of duty as a training developer responsible for the management and development of all air traffic control specific training on tactical systems," said Dunlap. "She served as a leader, teacher and mentor for more than 200 NCOs, and evaluated academic performances, leadership abilities of students, and supervised and facilitated instructions of 36 technical and tactical subjects. In

SEE CEREMONY, PAGE A5

Tu and Daniel hand their brother, Alvin, an ammo container on an obstacle at the Leaders Response Course March 25.

# 3 brothers complete WOCC

By Sara E. Martin

Army Flier Staff Writer

With long hours, grueling duties and limited communication with the outside world, the Warrant Officer Career College can be considered one of the most challenging schools to complete in the Army.

But its halls were brightened a little the past few weeks as three brothers battled the courses, tests and restraints of the confined environment.

Alvin, Daniel and Tu Bui, members of the New Jersey National Guard, all enlisted within a year of each other, and all of them had Aviation military occupational special-

While two brothers, Alvin and Daniel, were deployed to Afghanistan last year, the youngest, Tu, learned that their state needed Black Hawk pilots.

"I was a UH-60 crew chief and began talking to my superiors about how New Jersey needed warrant officer pilots. I told my bothers that it would be great if we all put in

packets to become pilots together, and they were on board," said Tu, 22. "So, when they came back last summer, we motivated each other to complete the packet requirements."

Although they all had different reasons for wanting to change jobs to become pilots, they all agreed that it is the coolest and most unique job in the Army.

"Having my brothers here has helped me more than hindered me because we know each other's strengths and weaknesses, and they can bring me up more than one of the other candidates," said Daniel, 24. "This is a story we can retell when we are old men."

CW2 Kimberly Johnson, the primary training, advising and counseling officer for the brothers, said they are always upbeat, and motivate each other and the platoons.

"All of the candidates love the Buis because they are friendly and they are always looking on the bright side of things," she said. "A few weeks ago we had a Bui-Off where they had to march their platoon around a drill field and which-

ever brother did the best their platoon got dessert. It really motivated everyone, and it was fun."

She added that having Family here didn't give them an unfair advantage because they were immediately separated into different platoons and different rooms.

"We have tried to keep them as isolated from each other as possible. We haven't had to alter their training in anyway, but I think it has helped them, in a way, because they are able to experience WOCC separately, but still together," she said.

The brothers said they usually get in trouble when they are seen together, but that when they are together it's usually by accident, such as when they first arrived at school.

"We were doing the bag drag, where we have to move everyone's bags into the barracks. It was a little chaotic, and even though we were split up, somehow we all happened to go for the last three bags. So, when we got to the building they thought we were trying to talk to each other

SEE WOCC, PAGE A5

# Post continues to improve SHARP program, awareness

By Sara E. Martin Army Flier Staff Writer

The Sexual Harassment vention program has come far in the last few years, but continues to make strides toward a healthier and safer Army.

Fort Rucker is determined to eliminate sexual harassment and assault on the installation, and Fort Rucker leadership takes the topic very seriously - enforcing a zero-tolerance policy, said Sgt. 1st Class Lance Osborne, U.S. Army Aviation Center of Excellence and Fort Rucker SHARP program manager.

"The Sexual Assault Review Board was restructured, and Major General Kevin Mangum, former U.S. Aviation Center of Excellence and Fort Rucker commanding general, began to chair them. Now, all brigade-level commanders are required to attend and are expected to be fully engaged in case discussion or any other SHARP



Sqt. 1st Class Richard Acosta, Jr., Fort Rucker NCOA student, signs a commitment pledge poster Tuesday during the Sexual Assault and Child Abuse Awareness

topic that involves their command instead of their sexual assault response coordinator," he said.

Brig. Gen. Michael D. Lundy, USAACE and Fort Rucker commanding general, made signing the new SHARP Policy Letter one of his first items of business after taking command March

"The CG is kind of the face of Fort Rucker. With so

SEE SHARP, PAGE A5

# TROOPS TO TEACHERS

# Program offers post-Army career

By Sara E. Martin Army Flier Staff Writer

In the coming months, an influx of Soldiers will begin the year-long process of transitioning out of the military, and one program can help Soldiers utilize Army abilities by engaging students as teachers.

Troops to Teachers is a U.S. Department of Defense program that helps eligible military personnel begin a new career as teachers in public schools where their skills, knowledge and expe-

rience are most needed, said Sol Greear, Troops to Teachers southeast representative and consultant.

"This seminar can help Soldiers transition into a field where there is a desperate need," he said. "Teachers get a sense of accomplishment through their work – the feelings you get from that are priceless."

The next seminar will be held April 10 from 9-10:30 a.m. in Rm. 112, Bldg. 4502, in the Army Education and

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# PERSPECTIVE

# Army tightens personal appearance, tattoo policy

By David Vergun Army News Service

WASHINGTON - The number, size and placement of tattoos have been dialed back under revised Army Regulation 670-1, which governs the Army's grooming standards and proper wear of the uniform.

The revised regulation was published March 30, along with Department of the Army Pamplet 670-1, outlining the new standards. Effective dates for the various changes can also be found in All Army Activity message, or ALARACT 082-2014.

Sgt. Maj. of the Army Raymond F. Chandler III addressed why the changes were made.

"The Army is a profession, and one of the ways our leaders and the American public measure our professionalism is by our appearance," he said. "Wearing of the uniform, as well as our overall military appearance, should be a matter of personal pride for all Soldiers.

"Every Soldier has the responsibility to understand and follow these standards," he continued. "Leaders at all levels also have a responsibility to interpret and enforce these standards, which begins by setting the example."

Some of the changes are listed below.

### **Tattoos**

Tattoos cannot be located anywhere on the neck or head above the lines of a T-shirt. They also cannot be located anywhere below the wrist bone.

Visible band tattoos cannot be longer than two inches wide. There can be no more than one visible band tattoo. Sleeve tattoos on arms or legs are not allowed.

Each visible tattoo below the elbow or knee must be smaller than the size of the wearer's extended hand. There cannot be more than four total tattoos below the elbows or knees.



A Soldier displays his tattoos March 31, the day new regulations on tattoos and other appearance standards went into effect. This Soldier's tattoos no longer conform to the new regulations. However, he could be grandfathered in under the older uniform regulations. The number, size and placement of tattoos have been dialed back under revised Army Regulation 670-1, which governs the Army's grooming standards and proper wear of the uniform.

these revisions can be grandfathered in as long as commanders validate their current tattoos. Also, each year, commanders much check each Soldier for new tattoos that might be prohibited. The checks will be done when Soldiers are in their physical fitness uniform and do not include tattoos that might be hidden by the shorts or T-shirts.

Prohibited tattoos include those just mentioned, as well as ones that could be deemed extremist, indecent, sexist or racist.

### Uniforms

Soldiers on official travel and traveling by commercial carrier are no longer allowed to wear the Army Combat Uniform. Instead, they must either wear civilian attire or the service uniform.

The only ACU exceptions are when Soldiers are deploying, on rest and recuperation leave to and from theater and when autho-Soldiers who currently violate rized to do so by commanders for

emergency leave or casualty assistance duties.

Identification tags must be worn at all times while on duty in uniform unless otherwise di-

Soldiers can carry plain, black umbrellas only during inclement weather when in service, dress and mess uniforms. However, umbrellas are not allowed in formations or when wearing field or utility uniforms.

Revisions also cover the wearing of badges and tabs, the carrying of bags, sewing on of nametapes, U.S. Army tape and grade insignia; wearing of insignia representing regimental affiliation, windbreakers, all-weather coats and other garments.

### Male grooming

Fancy-style haircuts, including the tear drop, landing strip or Mohawk, and horseshoe are no longer authorized.

Sideburns cannot extend below

the bottom of the ear opening and cannot be flared or tapered to a point, and the length of the sideburn hair cannot exceed oneeighth of an inch.

A mustache cannot extend past the corners of the mouth and no portion can cover the upper lip line or go higher than the lowest portion of the nose.

Fingernails cannot extend past the tip of the finger and nail polish cannot be worn.

### Female grooming

Hair must be neatly and inconspicuously fastened or pinned. Bangs are now authorized, as long as they don't fall below the eyebrows. Bulk of hair, measured from the scalp up, as opposed to the length of hair, will not exceed two inches, except for a bun, which can protrude three inches from the scalp. The bun cannot be wider than the width of the

Also hair needs to be properly

secured, cannot be unbalanced or lopsided and parting of hair must be in a straight line.

Hair extensions and wigs are now authorized as long as they have the same general appearance as the natural hair and conform to all other hair regulations.

During physical training, women can now wear the full length of their hair in one pony tail that's centered on the back of the head.

Fingernails cannot exceed 1/4 inch from the tip of the finger and only clear nail polish is authorized with all uniforms.

### Other

Soldiers cannot mutilate their bodies in any manner, such as tongue bifurcation.

Tooth caps or veneers of any unnatural color, design, shape or texture cannot be worn.

Jewelry or objects cannot be attached to, through or under the skin or other body part. This applies to all Soldiers on or off duty. The only exception is that female Soldiers can wear authorized earrings.

Commanders can authorize the wearing of sunglasses in formations or field environments. Glasses of any type cannot be worn on top of the head.

Soldiers cannot walk in such a way as to interfere with saluting, giving salutations or in a manner that detracts from a professional image. Examples include walking while eating, using electronic devices and smoking. All restrictions that apply to cigarettes also apply to tobacco-free cigarettes.

Personnel in civilian clothing, whether on-duty or off-duty, onor off-post, must dress in a way that does not detract from the profession.

The wearing of wireless and non-wireless devices, such as earpieces while in uniform is prohibited. However, hands-free devices used in a vehicle or bicycle are allowed as long as they are not prohibited by policy or civilian law.



**4** An International Spouses Get Together will be held Friday at 9 a.m. at the Allen Heights Community Center. What other local activities and attractions would you recommend to Families new to the area?



Sgt. Taylor Wilds, B Co., 1st Bn., 11th Avn. Regt

"As a bachelor, because many international Soldiers don't get to bring their Families, I would tell them to just get a group of friends together and go to an (off post restaurant). It's fun to socialize, hang out and let loose



Sgt. Clark Urban, B Co., 1st Bn., 11th Avn. Regt.

"Families can go to the Coca-Cola Factory and the aquarium in Atlanta. It's not far of a drive from here and they are right next to each other."



Staff Sgt. Jeffrey Gehringer, B Co., 1st Bn., 11th Avn. Regt.

"Lake Eufaula is always a great time for Families. It is the bass capital of the world, so it has great boating and fishing opportunities. It's a nice Family environment out there."



Shari Smith, **Army spouse** 

"Johnny Henderson Park in Enterprise is really nice. It has a pond where a Family can feed birds, the playground equipment is big and the trails are really nice."



Megan Carney, **Army spouse** 

"The Florida Caverns State Park is really neat. When I first got here everyone recommended it to me, too."

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

# Complete with a Cop: Fort Rucker's finest connect with community

By Nathan Pfau Army Flier Staff Writer

Fort Rucker's finest suited up and jumped at the chance to learn more about what's going on in their community, as well as to let people know they're there to help.

The Directorate of Public Safety teamed with Corvias Military Housing to host Coffee with a Cop at the Bowden Terrace Neighborhood Center March 26 as a means to better serve its community.

"Anytime we can get a chance to talk with the public here on Fort Rucker is a good thing because we don't know what we don't (hear about)," said Marcel Dumais, Fort Rucker chief of police. "There are things that are happening on post that we might not be aware of that are concerns for the general public, and it's great that we find out what those concerns are, so that we can focus on our police work and put what we're doing toward that goal."

Participants enjoyed complimentary coffee and donuts while they chatted with Fort Rucker's police officers and first responders about issues that they run into in their daily lives. McGruff, the crime dog, and Sparky, the fire dog, were also on hand to great children and create a welcoming environment for Families.

"I think it's really nice that they're taking the time out of their day if we have questions we need answered," said Grisel Castillo, Army spouse. "People complain about stuff all the time, and it's



Randy Danford, Fort Rucker firefighter, puts his fire helmet on Lily Castillo, Army Family member, as she and her mother, Grisel, look at the fire truck during Coffee with a Cop at the Bowden Terrace Neighborhood Center March 26.

really good that we have this opportunity to actually interact with (police officers and first responders). They're just regular people like us."

Some of the issues that Castillo, who has a daughter, Lily, and another child on the way, brought up during her time at the event were about speeding drivers throughout the neighborhoods, especially during times when there are children outside. She also inquired about

seeing children riding bicycles and being outdoors during evening hours without proper supervision or safety gear.

"I just wanted to know who we could contact to make sure (our children) are safe," said Castillo. "I think this is helpful for the community because it's nice to know exactly what you can do rather than just what random people say you should do. This is a good way to get real answers."

Dumais said other concerns people voiced involved loud noises in the neighborhoods at night, dogs and pets, and other questions regarding housing area policies, which were able to be answered by Corvias staff.

"This is a great partnership with Corvias and the Directorate of Public Safety because this is a great opportunity to bring awareness to the issues, and it's a chance for our community members to connect with our police officers and first responders," said Lisa Patrick, Corvias Military Housing resident relations manager. "When residents have a relationship with their community, it makes them feel safer, more open to engage, and at the end of the day it's just going to help improve their quality of life."

The quality of life starts by making residents feel at safe and at home in their communities, added Dumais, and getting to know Fort Rucker's finest is a step in the right direction.

"The people that we have working here at DPS are truly public servants - that's why we're here and we understand our role," said the chief of police. "We're here to make sure that the public feels safe within the Fort Rucker community. I hope that with these events that we're doing that people know that they can stop us an any time and talk to us, and we will try and give them an answer to their question."

He said part of the goal is to help break the barriers and stigma attached with law enforcement, and help people realize that they should want to talk to the police and first responders.

"People might think that we're a bit stand-offish, or that they can't come up to us and talk to us, but I don't think that could be further from the truth," said Dumais. "We're very approachable ... and hopefully, over time, people realize that we are people just like they are, and we're here to help them."

# Spring clean

Sgt. Mario McNeal, C Company, 1st Battalion, 13th Aviation Regiment, Pvt. Kolten Durhan, Flatiron, 1st Battalion, 223rd Aviation Regiment, and Sgt. Kannesha Nept, 164th Theater Airfield Operations Group, work together to clean up behind Yano Hall Tuesday. Fort Rucker conducted spring cleanup Tuesday through Friday. All garrison, mission and tenant units cleaned up office and company areas.



PHOTO BY SARA E. MARTIN

# **News Briefs**

# **AAFES** outdoor living sale

The Fort Rucker Main Exchange hosts its outdoor living grand opening sale Friday-Sunday, 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.

# **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.

# **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.

# **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.

# 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 sixyear maintenance, recharges and hydrostatic testing, there

are local businesses that can assist people. For more information, call 255-3316.

# **Retirement ceremony**

Fort Rucker hosts its quarterly retirement ceremony April 25 at 2 p.m. at the U.S. Army Aviation Museum. All are invited to attend and honor Fort Rucker's latest retirees.

# **Earth Day Expo**

Fort Rucker hosts its Earth Day Expo April 22 from 10 a.m. to 3 p.m. at the festival fields. The expo will feature events and vendors presenting environment-friendly products and services, energy-efficient vehicles and more.

For more information, call 255-1657.

# Jail-a-Thon

As part of Fort Rucker's Army Emergency Relief fundraising campaign, the 6th Military Police Detachment hosts its annual AER Jail-a-Thon May 1 in the post exchange parking lot. People can issue warrants for people's arrests based on prices associated with ranks – prices range from \$10 for E-1 to E-4 and GS 1 to GS 4, all the way to the commanding general and deputy commander at \$50. Warrant collection will run April 14-30. The people who have warrants issued for them will be confined in a makeshift jail outside of the

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

# **AER** golf tourney

The Army Aviation Center Federal Credit Union will host the 24th annual Golf Tournament for Army Emergency Relief April 25 at Silver Wings Golf Course. Registration for the four-person scramble tournament begins at 10 a.m. and a shotgun start is at noon. It costs \$65 per person to enter, while SWGC members can enter for \$55. The price includes a hamburger lunch, cart and green fees, and a registration gift. Various prizes will also be awarded. All proceeds will benefit AER.

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

# Secarmy:

# Take back Army from sexual predators

**By David Vergun** *Army News Service* 

WASHINGTON — "Take back your Army from those who harm or assault our Soldiers. Take back your Army from those who ignore the values and who stain our honor. Take back our Army from those who fail to lead," said Secretary of the Army John M. McHugh.

The stain to which he referred is sexual assault and harassment.

The secretary, along with Army Chief of Staff Gen. Ray Odierno and Sgt. Maj. of the Army Raymond F. Chandler III, were the featured speakers at a Pentagon ceremony marking the start of Sexual Assault Awareness Month, observed in April.

This year's theme is Speak Up! A Voice Unheard is an Army Defeated

The secretary's call to action is being heeded and the message is getting out. Victims are feeling more confident and are reporting these crimes and when they do, they feel they will be taken seriously and that their commanders will follow up and act, McHugh said

That Soldiers are stepping up is not merely anecdotal.

Survivors have had the courage to come forward and report the crimes against them, Odierno said, citing a 51 percent increase in reported sexual assaults from 2012 to 2013, with about 10 percent of those reports citing trauma, which occurred more than a year earlier.

"I believe that's starting to show confidence that the Army is taking this seriously, that the chain of command is taking this seriously,"

McHugh credited the rise in victim reporting with a number of factors, including increasing



PHOTO BY SPC. JOHN G. MARTINEZ

Secretary of the Army John M. McHugh speaks at a Pentagon ceremony marking the start of Sexual Assault Awareness Month, observed in April.

the number of well-trained victim advocates and sexual assault response coordinators who have had extensive background checks done on them. Also, prosecutors and investigators are receiving better training.

Additionally, there is now a requirement for mandatory comments on officer and non-commissioned officer evaluation reports, detailing how they're fostering climates of dignity and respect and adherence to the Sexual Harassment, Assault Response and Prevention program.

Besides better training and reporting requirements, Odierno said the culture is changing at the small-unit level, and that's where change is most effective.

"We won't succeed at this with PowerPoint slides or briefings in large formations and mandatory training," as was the case with training in the past, he said.

Rather, he challenged leaders at every level to get their Soldiers together in small groups and talk about the problem. "Every leader needs to take ownership of this problem."

Odierno referred to sexual assault and harassment as an "insider threat," affecting the "credibility of our institution."

Dealing with this insider threat, he said, requires using the chain of command and, when necessary, the Uniform Code of Military Justice.

"The UCMJ, when implemented properly, is the best tool possible to prosecute offenders and protect survivors because it allows the commander to take actions beyond that of civilian courts, to prosecute both sexual assault and harassment, on or off post," he explained.

Odierno implored Soldiers to take this problem head on and intervene when harassment is observed at its earliest stage.

"It's reprehensible that anyone who wears this uniform threatens or assaults a member of the Army Family," he said. "These crimes destroy the lives of individuals, degrade the readiness of our force for war, and threaten the very core of our institution and the Army profession."

He added that the issue is about trust and that every act of sexual assault or harassment violates that trust. "The American public expects the Army to get this right."

Chandler called sexual assault and harassment a "cancer" that needs to be sliced out.

Like the secretary and chief, he said he's been greatly encouraged

by what he's seen over the course of just the last year at town hall meetings he frequents where he interacts with Soldiers on a personal level.

"Just over a year ago, you'd be lucky if you [could] find less than 25 percent of the audience that would say 'I would trust my first sergeant if I came forward with an issue," he said, adding that now that proportion has risen dramatically.

He said NCOs are stepping up to the plate, and are taking charge and holding each other and their subordinates accountable.

The dynamic is changing as more and more Soldiers feel a sense of trust between themselves and their leaders, he said. Soldiers are looking out for their "battle buddies."

Chandler acknowledged that the Army still has a long way to go before the cancer is removed, and despite progress being made, no one should be complacent.

He said it will take Soldiers like Master Sgt. Richard Fry to get this accomplished.

Fry was recognized during the ceremony as a driving force for leading cultural change at his unit, the 18th Engineer Brigade, in Schweinfurt, Germany, last year where he served as a sexual assault response coordinator. He was awarded the Meritorious Service Medal during the ceremony for being selected as the Army's 2014 Sexual Assault Response Coordinator of the Year.

Dr. Christine Altendorf, director of the Army SHARP program, spoke briefly, saying she hoped this awareness campaign encourages even more survivors to step forward, and that Soldiers and Army civilians become more educated about preventing sexual assault.

# Carson sworn in as 31st under secretary of U.S. Army

By Staff Sgt. Bernardo Fuller Army News Service

WASHINGTON — Secretary of the Army John McHugh swore in Brad R. Carson as the 31st under secretary of the Army, and chief management officer of the Army, during an informal ceremony amongst Family, friends and colleagues March 27 at the Pentagon.

"Brad Carson has a long and very proud history of serving this nation and knows what it's like to wear the uniform of this country," said McHugh prior to administering the oath of office.

Prior to being sworn in as the Army's second-highest civilian leader, Carson served as the Army's 20th general counsel, a position held since 2012. In that capacity, he served as the legal adviser to the secretary of the Army and the Army's chief legal officer.

As the under secretary of the Army, Carson's responsibilities include the Army's budget, diversity in the ranks, business transformation and energy efficiency initiatives.

In his remarks, Carson thanked his wife, Julie, and son, Jack, for their enduring support and spoke about his appreciation for the opportunity to continue representing the Army. He also highlighted his commitment to Soldiers, Army civilians and their Family members.

"I am grateful to all of

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you for your public service. It is a great pleasure for me to work for the U.S. Army and to be the under secretary, following Dr. [Joseph W.] Westphal's steep example. I am enormously grateful for this opportunity," said Carson.

An enrolled tribal member of the Cherokee Nation of Oklahoma, Carson represented the 2nd District of Oklahoma in the U.S. House of Representatives, served as a fellow at the Kennedy School of Government at Harvard University, and as the chief executive officer of Cherokee Nation Businesses.

Carson also served on active military duty as a U.S. Navy officer deployed to Iraq, assigned to the U.S. Army's 84th Explosive Ordnance Disposal Battalion.

"The Army stands at a critical moment in its history, challenged to reshape into a leaner force still capable of meeting the nation's strategic priorities. Nonetheless, the Army's obligations remain unchanged [and] I will do everything in my power to ensure the Army meets these important, often sacred, obligations, no matter the fiscal environment," Carson said during recent testimony to the U.S. Senate Committee on Armed Services.

Carson's predecessor, Westphal, was confirmed March 26, by the U.S. Senate, to be the ambassador to the Kingdom of Saudi Arabia.

PHOTO BY STAFF SGT. BERNARDO FULLE

Secretary of the Army John McHugh administers the oath of office to Brad R. Carson to be the 31st under secretary of the Army, as his wife, Julie, holds the Bible, during a ceremony at the Pentagon March 27.

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# Ceremony: Recipients humbled by award

Continued from Page A1

addition to all of her duties, she still found time to contribute to numerous local Wiregrass community projects."

2014 Non-Appropriated fund Woman of the Year: Janice Erdlitz, Directorate of Family, Morale, Welfare and Recreation.

"(Erdlitz) is a highly valued member of her organization and considered a subject-matter expert for marketing programs," said

the narrator. "Always promoting cost culture, she has significantly reduced applied cost in marketing by decreasing the number of printed materials without sacrificing any organizational programs.

"Her confidence and caring far exceeded the standard and she is considered a role model to be emulated," added Dunlap. "She is truly above the best, ensuring the quality, marketing and coordination of multiple DFMWR programs and services."

Erdlitz said she was surprised

that she was even nominated, but excited that she won.

"It's an honor just to be nominated, but to actually win and be surrounded by my peers here on Fort Rucker is just a wonderful feeling," she said. "(Excellence) is something that we at DFMWR strive for, and I'm very fortunate that I have an incredible team, who without I would not be here today."

Alexander also said the support of her peers, Family and friends is what helped her win the award.

"I really agree with the theme of character, courage and commitment, and the will to persevere because it's nothing that you really plan for and it wasn't my goal to shoot for," she said. "I'm a single parent and I have a lot of support, and the things that I'm able to do as far as volunteering and things like that, I'm able to do because of the people who help me and support me."

Support is something that Cabeza said was necessary as she recounted her own life and the

adversity she faced growing up.

Through a humble upbringing, raising a child on her own while on welfare, and dealing with a domestic situation that left her completely broken financially, Cabeza said she was able to rise above it all through determination and the support of her father.

"Do right by yourself and others in this journey of life, and you may be someone's vision when they ask to think of someone who demonstrated character, courage and commitment," she said.

# SHARP: Changes renew program's focus

Continued from Page A1

much emphasis on SHARP these days, it only makes sense to put the CG up front in leading the fight," said Osborne. "The policy letter with his signature sends a message that even though he has just stepped into his role as the USAACE commander he has (made it a priority.)"

The SARB also became useful for discussing best practices, training requirements and correct procedures to follow, allowing for more standardization across the board and more organizations to take part, said Osborne.

"We created one installation SHARP hotline manned by trained victim advocates, creating a major resource that could

be used by all organizations," said the program manager. "Since April, the number of victim advocates on this installation has nearly tripled."

Training has also increased in the last

"The requirement is three hours a year, which (Fort Rucker) exceeds," said Osborne. "In addition, we bring in subjectmatter experts quarterly to provide training to different audiences. We have also started conducting victim advocates training quar-

"In the past, continuing education for victim advocates after the initial course rarely happened," he continued. "After I took this position and began to meet with different victim advocates, it became apparent that many did not feel comfortable working with a victim because it had been so long since they had been through the training."

Osborne said that the position of program manager has been key to creating a SHARP program that is truly an installation program.

"Before, brigades and other organizations were basically managing separate programs. For many small tenant organizations, a SHARP program was practically non-existent," he said. "Now that an installation program manager exists ... I am able make the changes and get different organizations to come together and share resources, eliminating confusion of who to report to."

Osborne also became the one that was

able to activate a response, meet with the different agencies to consolidate data and keep the processes flowing.

"I am able to spot check at any time what is going on with a particular case. If there is a SHARP related issue or question, whether it has to do with a case, training, reference, protocol (or anything else), they know to contact my office for the answer,"

There will be commitment pledge posters around the installation this month in recognition of Sexual Assault Awareness Month for Soldiers and DOD civilians to sign, declaring their commitment to help eliminate sexual harassment and sexual assault by intervening, acting and remaining motivated to do so.

# **WOCC:** Brothers celebrate milestone with graduation

Continued from Page A1

and of course we got yelled at," Daniel said as his brothers laughed while remembering

"No matter how we try to stay away from each other, somehow we always end up near each other, like at chow," he added. "And sometimes it's bad because we know how to mess with each other, and make each other laugh or get under each others' skin."

Alvin Bui, 25, said during the Leaders Response Course March 25 that each of them wants to show everyone, and themselves, that they can do it on their own.

"We all try to help each other out because we all want to graduate together, so that motivates us to keep up all of our grades and performances," he said. "But, it never

hurts to say you did a little better on one test or another. Sibling rivalry in this case is a good thing to make us better."

Their Family immigrated to America in 1994 from Viet Nam, and the brothers said since they didn't have much in Asia they wanted to take as much of the financial burden off their parents as they could because they have five other siblings. They also hope to set the standard for younger Family

Three brothers have never come through the school before, said Johnson, which is why the cadre got excited when they heard about the brothers arrival.

"They are sometimes the joke of the company, but I think they like that because they help the stress levels of the platoons," she said. "They are a good group of brothers."

All three brothers graduated together



Alvin acts as platoon lead for bothers, Daniel and Tu, and other candidates on an obstacle at the Leaders

# Career: Officials urge Soldiers to be proactive

Continued from Page A1

Transition Center.

Through the Troops to Teachers Program, according to the program's website, eligible military veterans may receive a stipend of up to \$5,000 to help them pay for state teacher certification and a onetime bonus of up to \$10,000 for agreeing to teach in a high-needs school.

The seminar is held once a month at the education center, and Greear tells attendees what it is like to be a teacher, methods of certification, common misconceptions and eligibility.

"Soldiers will learn that they need to ask themselves questions. 'Do I really want to be a teacher? Why do I want to be a teacher? What do I need to need to decide to prepare myself to be a teacher? How do I go about becoming a teacher?" said Greear.

"Some have a notion that once they learn what they need to teach, that's all that they have to do, but it's not so simple because education changes all the time," he continued. "The way they have to teach changes all the time, the field changes all the time. They get a license to learn just like the students they are teaching."

Troops to Teachers helps the Army, said the consultant, because it puts people into the classrooms that are going to be preparing future Soldiers for service. They are going to be the ones making an impact on the future generations.

"Soldiers who make good teachers are ... those who are very patient, good listeners and are more concerned about other's accomplishments than their own," he said.

"Today, discipline in the classroom comes into question, and that's where their military training comes into play.

"Army values really help create people that would be wonderful teachers. And Soldiers can instill the Army values into their students and can be great role models along with appropriate disciplinarians," he

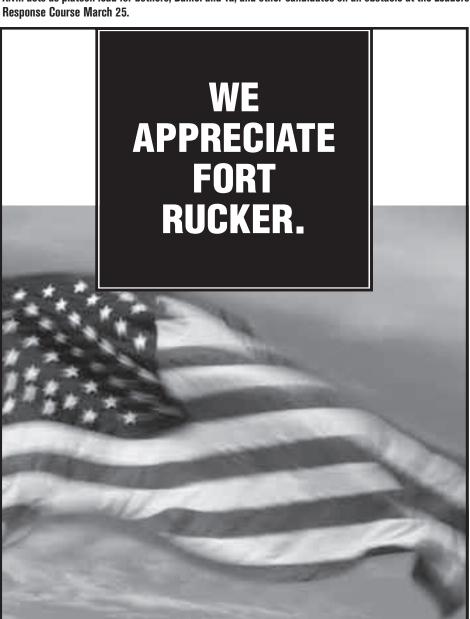
Because certain previous careers work out great in the classroom, most states, said Greear, have a system to get certified by alternative routes. Troops to Teachers helps Soldiers find those routes and helps them understand what it takes to get an undergraduate degree. It also helps them figure out what they need to do to get certified as teachers by using the school and experience they have already obtained.

"Soldiers can use the education benefits currently available to them to go to school to become teachers or anything else they want to," said Henry Eagle III, Fort Rucker education services officer. "Soldiers make excellent teachers because they have had experience dealing with all sorts of people from all over the world. They are usually very culturally aware and have a better worldview than (others).

"Hopefully, that will rub off on the children," he added.

But that is not the only thing that troops can help their students with, said Greear.

"(Veterans) can show the children that (have problems at home) how they can be successful in spite of the terrible burdens that many of them have to bear," he said. "That they can overcome any obstacle and can have a career as long as they work hard



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a fan on

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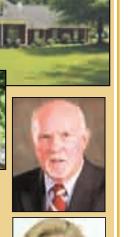


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**APRIL 3, 2014** 

# DEEP ATTA

# Viper pilots strike hard in virtual training exercise

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

HUNTER ARMY AIR-FIELD, Ga. — Several AH-64 Apache helicopter pilots from the 1st Battalion, 3rd Aviation Regiment, 3rd Combat Aviation Brigade took part in a virtual training exercise at the Aviation Combined Arms Tactical Trainer on Hunter Army Airfield March 6.

The training was one more part of the situational training exercise that the Viper battalion participated in that week, said 1st Lt. Michael Arcangelo, platoon leader, C Company, 1-3rd

The planned mission simulated a deliberate-attack scenario designed to strike at the heart of the enemy threat in the rear of their operations. In recent years, Army Aviation's focus has been on counterinsurgency operations. As it turns its attention towards the decisive action threat, aircrews are refining tactics, techniques and procedures that will allow them to engage and defeat a near-peer enemy,

"The idea is to go deep into

enemy territory and take the fight to them," said Arcangelo, who planned the deep attack scenario the pilots flew.

As with the emergency deployment readiness exercise held two days earlier, the mission was designed with the lack of an established forward operating base or airfield. That meant the pilots had to fly to the objective, complete the mission and fly home on only the fuel that was in their tanks, he said.

"It's a change from the asymmetric warfare that we have been fighting where we have defined battle lines," Arcangelo continued.

During 3rd CAB's recent deployment to Afghanistan, pilots were not as concerned with air defense systems emplaced by the enemy and would fly higher profiles to avoid the threat of small-arms fire. In the deliberate attack scenario air defense systems may be active on the battlefield and will require lower more conservative flight profiles to avoid detection, he said.

"It takes a lot of skill to fly a helicopter," said CW4 Jason Freeze, brigade Aviation mission survivability officer, Headquarters and Headquarters



PHOTO BY SGT. WILLIAM BEGLEY

Capt. Michelle Brady, commander, C Company C, 1st Battalion, 3rd Aviation Regiment, discusses the finer points of the deliberate attack scenario with Capt. Joshua Kelly at the Aviation Combined Arms Tactical Trainer on Hunter Army Airfield March 6.

Company, 3rd CAB. "The flying skill comes back, but manipulating the targeting system is a perishable skill. You have to constantly practice tracking targets to maintain that skill."

During the training scenario, Freeze, a 19-year veteran helicopter pilot and instructor pilot. as well, was playing the role of intelligence, surveillance and reconnaissance asset. In short, he provided the intelligence from his virtual unmanned aircraft system – the eyes in the sky.

"The AVCATT is a great tool. It allows you to test the decision making capabilities of your pilot commands and your air mission commanders," said Freeze. "Without spending the money in blade hours, it allows the pilots to go out on the mission and make all the mistakes they want, and be able to learn from them with no real conse-

Capt. Michelle Brady, commander, C Company, 1-3rd ARB, was the officer in charge of the STX mission in the AV-CATT, but acted more in an observer-controller and trainer capacity. She stated that while it is important to save money, there are other benefits even more valuable.

"There's something that's a lot more important than money: the ability to learn to deal with the threat," said Brady. "We can't just go out and train to engage a real enemy threat with these aircraft, so we use the AV-CATT to simulate that training, and it's invaluable."



First Lt. Robert "Rob" Wilson II, a former Aviation officer assigned to the 1st Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, 1st Cavalry Division and his wife, Darlene "Cookie" Wilson, a retired Army Aviation officer, smile for a photo on the flightline of Robert Gray Army Airfield before it doubled as a commercial airport in October 1986 at Fort Hood, Texas.

Cav Trooper takes unique opportunity to remember fallen

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

FORT HOOD, Texas – After 25 years, one Soldier was afforded the opportunity of a lifetime as he flew among clouds above a vast desert in a UH-60 Black Hawk helicopter, looking out the window for something near to his heart at the National Training Center in Fort Irwin, Calif., in early March.

During his unit's rotation to NTC, 1st Lt. Robert Wilson III searched an area known as Refrigerator Gap for the site of a 25-year-old helicopter crash.

The goal of the search wasn't simply to locate the site of a training accident involving the same type of helicopter carrying him over the windy desert that day, but to find the memorial to someone he barely knew – his father.

"I was always kind of interested in seeing (the site)," said Wilson, a platoon leader assigned to D Company of the 2nd "Lancer" Battalion, 5th Cavalry Regiment, 1st "Ironhorse" Brigade Combat Team, 1st Cavalry Division. "I didn't know if I'd have the opportunity."

When Wilson was 9 months old, his father, 1st Lt. Robert "Rob" Wilson II, was killed in a training accident July 22, 1989, along with five other Soldiers from the 1st Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, 1st Cavalry Division.

During Rob's rotation to NTC, the helicopter he was aboard nose-dived, striking a large boulder with enough force to leave gouges on

Rob, a native of Dumfries, Va., was serving as an intelligence officer at the time of the accident, but he began his Army career as an Aviation officer at the U.S. Military Academy in West Point, N.Y.

He met his wife, and Wilson's mother, Dar-

SEE SOLDIER, PAGE B4



British soldiers of B Company, 2nd Battalion, Royal Regiment of Fusiliers transport a notionally wounded soldier to a U.S. Army UH-60 Black Hawk helicopter for a medical evacuation during a mission rehearsal exercise at the Joint Multinational Readiness Center in Hohenfels, Germany, March 18. The MRE was conducted at the 7th Army Joint Multinational Training Command Grafenwoehr and Hohenfels Training Areas in order to prepare subordinate battalions of the 12th Combat Aviation Brigade to deploy to Afghanistan to provide medical evacuation and combat support to the NATO International Security Assistance Force mission.

# 2nd CAB Soldier's faith leads to Army service

By Sgt. 1st Class Vincent Abril 2nd CAB Public Affairs

CAMP HUMPHREYS, South Korea — It's Sunday afternoon and Sgt. Peter Adams is at it

He prepares his base guitar for a weekly worship service along with other church band members as he has done every Sunday during the last 3 1/2 years while stationed at Camp Humphreys.

When he isn't playing an instrument during church services or volunteering in other events across the camp, Adams, a quartermaster and chemical equipment repairer with Headquarters Support Company, 602nd Aviation Support Battalion, 2nd Combat Aviation Brigade, 2nd Infantry Division, has an even bigger passion for leading people in faith.

"I have always felt a calling to preach," said Adams. "Even during the darkest days of my life, God has preserved me with integrity to bring me into his will as his minister."

Adams began his spiritual journey as a young boy, influ-



Sgt. Peter Adams, a quartermaster and chemical equipment repairer with Headquarters and Support Company, 602nd ASB, 2nd CAB, 2nd Inf. Div., conducts a memorial ceremony recently at Camp Humphreys, South Korea.

enced by his grandmother. It wasn't until he was much older that he felt the calling to serve God and was baptized, beginning his journey to a future of faith and servitude.

"After graduating with an associate's degree, I began attending Northwest University in Kirkland, Wash., where I dedicated myself to study, which led to a bachelor's degree in pastoral ministry," said Adams. Once Adams graduated from

college, he became a youth pastor at a local chapel where he served his community for the next few years. This led him to positions as an associate pastor and senior pastor with various

local churches.

While serving in those positions, Adams received a vision for his calling to become a chaplain for the United States Army. Knowing there were many prerequisites to becoming an Army chaplain, Adams was more determined to work harder toward his goal.

"I moved to Springfield, Mo. to pursue a master's degree, working towards my plan to serve as an Army chaplain," said Adams. "I became the associate pastor at church, and started taking classes at the Assemblies of God Theological Seminary."

Prior to enlisting in the Army, Adams was ordained as a minister at the International Church of the Foursquare Gospel in Springfield, Mo. Once he enlisted, he received orders to South Korea. He has dedicated himself to his studies during his off-duty

'Sergeant Adams has big ambitions that are backed up by his discipline," said Michael R. Roberts, a chaplain with Headquarters and Headquarters Company, U.S. Army Garrison Humphreys and native of Valley Center, Calif. "He spent most of his nights and weekends studying to earn his master's in divinity, which requires a lot of hard

Adams currently serves as an assisting minister and worship pastor at the Camp Humphreys 'Chapel Next" service. As Adams volunteered his service, he applied to become a chaplain to obtain his ultimate goal.

"I woke up one morning and checked my email, as I do every morning," said Adams. "I saw an email from my chaplain recruiter saying I was selected. I immediately ran into the bedroom screaming to my wife and she began to cry. After the initial shock wore off, we prayed together, thanking God that everything worked in our favor.

Adams' faith and determination paved the way for his dream to become a reality. Seemingly, his path to success may have provided an example of hope, resilience and determination for his fellow Soldiers to follow while working toward their life

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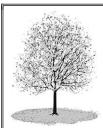
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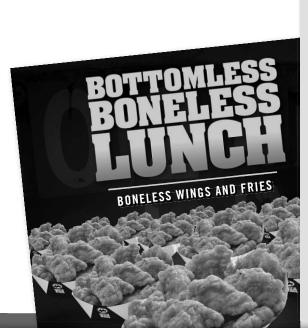


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# Soldier: Service honors legacy, life

Continued from Page B1

lene "Cookie" Wilson, a retired Army Aviation officer, when they were classmates at the USMA. After college, Rob and Cookie began dating and were married in April 1987.

Cookie, now an associate professor at the University of Texas and emergency room nurse, said the accident was never a secret to their son. She would even tell him during thunderstorms that his father was bowling up in

Although the accident left Wilson without a father, his grandparents provided father figures for him to look up to, because they were a big part of his life. Wilson visited Rob's parents every summer growing up.

"My father was almost like his father," Cookie said. "My parents considered him one of their children."

Cookie said Wilson is the spitting image of Rob, adding that their pictures are almost identical.

"I'm told frequently by my mom and by his parents that I'm very similar to how he was,"

Wilson said. "It gives me a pretty clear picture of how he was as a person, which I never really got to experience."

Cookie said Wilson resembles Rob in many ways, describing him as quiet, driven and organized with the same temperament as his father.

"(My son) even kicks the soccer ball the same way his dad did with his foot turned in," Cookie said.

Cookie recalled one difficult moment for Wilson growing up. When he was in the eighth grade, she was called back to active duty for the invasion of Iraq.

"(My son) looked at me and said, 'The Army has already taken my father. Why do they have to take my mother?" Cookie said. "I think that was the hardest thing in my life, and I looked at him and said, 'Someday you will understand. You will do the same."

About eight years later, Wilson joined the Army as an armor officer, choosing the path of many Family members before him.

Wilson said he believes there is inherent danger involved with NTC, but he wasn't fazed by it.

"I was wary about (NTC), but at the same me it was closure." time, it was the same danger as pretty much anywhere we go," Wilson explained.

"I think I was more worried about (my son going to) NTC than if he told me he was being deployed to Afghanistan, because that's where I lost his father," Cookie said.

Although his mother was concerned, Wilson knew she had faith in him.

"She gets a little bit worried like all moms do ... but she was also in the Army and understands how the Army works," Wilson said. "She knows me and believes in my ability to do things correctly and safely."

Two years after Rob's accident, Cookie was a company commander at Fort Polk, La., and had the opportunity to visit the crash site when her unit went to NTC.

Six white crosses, each named for the Soldiers whose lives were lost in the accident, marked the site as well as some evidence of the

"I walked around, and I picked up a couple (of) little pieces of the aircraft, and I just felt at peace," Cookie said, her voice cracking. "For

Cookie said Wilson's rotation to NTC presented an opportunity for him to visit the site and possibly resolve feelings she may not know about.

"I felt (Rob) was with me there," Cookie said, on the verge of tears. "I thought maybe my son could feel that as well."

An email to Lt. Col. Cain Baker, the 1-227th Battalion commander, turned out to be the opportunity Cookie hoped for.

"He wrote me back three months later, which to me was like divine intervention, because it was the week that (my son) had already gone to NTC," Cookie explained.

Baker, deployed in Afghanistan at the time, took care of the coordination to ensure Wilson was able to visit the location.

"(My son's) leadership was so amazing," Cookie said. "They embraced my request and took my son under their wing to get that mission done .... It just gave me faith in today's Army leaders ... at the end of the day they're not only leaders, but they're kind, compassionate fathers and husbands."

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Story on Page C3

APRIL 3, 2014

# Super Fun

# Children's Fest promises fun, food, fabulous egg hunt

By Sara E. Martin
Army Flier Staff Writer

Spring has been fickle so far this year, but that doesn't mean that the Fort Rucker Directorate of Family, Morale, Welfare and Recreation is putting the brakes on the 10th annual Children's Festival.

The festival will be held April 12 from 1-4 p.m. at the festival fields. This year's theme is super heroes and is free to attend.

"We thought going with a super hero theme would be a great way for kids to dress up like their favorite super hero," said Kristi Fink, DFMWR special events coordinator. "It could be Spider-Man, Superman or maybe a Soldier. The children might actually get to meet and take a picture with some super heroes."

This is a fun-filled event for military children, said Fink, adding that the event includes crafts, games, a petting zoo, a magic show, a stilt walker, a diaper derby, inflatables and the largest Easter Egg hunt in the area, with more than 12,000 eggs.

Some eggs will have prize tickets inside, she added.

There will be complimentary photos with the Easter Bunny. The egg hunt for ages 4-6 will be held at 1:30 p.m., and the hunt for ages 7-9 and 10-12 will be at 1:50 p.m.

No pets are allowed at the event, but children will get plenty of chances to see and pet an assortment of friendly animals ranging from baby chicks to turtles and rabbits at the petting zoo, said Janice Erdlitz, DFMWR marketing director.

"The event just keeps getting bigger and better every year. We hope to see a couple thousand patrons come out this year," she said. "It rained last year and we had to move the event indoors at the Fort Rucker Physical Fitness Center, which is our back-up location for inclement weather. We're hoping for a beautiful day of sunshine, so our military Families can enjoy this spring weather and spend a day of quality Family-time making memories to last a lifetime."

DFMWR recognizes and appreciates the commitment, contributions and sacrifices made by military Families, especially military youth. That is why this year's theme for Month of the Military Child is Young Lives, Big Stories, said the marketing director.

"I think it's very special that we're able to recognize and celebrate our military youth for their contributions to the Army Family," she said. "The joy of seeing a child's smile when they watch the magic show, or when they get to meet the Easter Bunny, or when they sit on the ground counting all the eggs they found, is simply beautiful."



PHOTO BY SARA E. M

CW2 Jacob Landry lifts his daughter, Josephine, into the air so she can try to grab bubbles blown by a stilt walker during last year's Children's Festival.

Bringing these opportunities to Fort Rucker's Families is DFMWR's way of delivering the highest quality programs, and fulfills its commitment to Soldiers, Families, retirees and civilians, said Erdlitz.

"I think a happy Family makes for a

happy Soldier. By providing opportunities to enhance the quality of life for our Soldiers and Families, we're helping to provide the tools for a solid Family unit," she said. "I think we're serving the needs and interests of our military community by providing these types of events."

# NOT HERE!

# Community proclaims commitment to stopping child abuse

By Nathan Pfau

Army Flier Staff Writer

Oftentimes, child abuse goes unreported and unresolved, and unnecessary suffering can be experienced, but Fort Rucker and the Army are trying to make a change by increasing awareness and resolving to stamp it out in the community.

Hundreds of students, parents and teachers crowded the Fort Rucker Primary School gym Tuesday as Col. Stuart J. McRae, Fort Rucker garrison commander, signed the Child Abuse Prevention Month proclamation to bring awareness to the installation and educate on the dangers of child abuse.

"We have to be ready to end child abuse and we have to be ready to end it at all times," said McRae during the signing. "You guys, as our children, are our future. You're the future Soldiers of tomorrow and future leaders, and it's very important that we protect all of our people, including our children."

"By officially designating April as Child Abuse Prevention Month, the President of the United States is calling on all of us – military and civilian, parents and non-parents – to unite in a



PHOTO BY NATH

Col. Stuart J. McRae, Fort Rucker garrison commander, talks with students about child abuse during the Child Abuse Prevention Month proclamation signing at the Fort Rucker Elementary School Tuesday.

common goal: to end the abuse of children," read the proclamation. "Children are the future of our nation. It is our job to assure that grow up in a stable and nurturing environment, and it is our job to think of them first and keep them safe."

The proclamation goes on to read that child abuse prevention should not be seen as a one-month assignment, but something people recognize year round.

This year's theme is "children's safety comes first," said McRae, adding that although most people are familiar with the most recognizable forms of child abuse, such as physical, things like child neglect tend to go unnoticed.

"The Army community encourages everyone to learn how to recognize child abuse and neglect, and rediscover and rethink ways to (keep their Family)

healthy," said the garrison commander. "We all have a task today, and that's to find better ways to stay healthy and to deal with the stresses that we have. We all have to be there to reach out to others and help them, and recognize when someone else is having a bad day."

About 75 percent of Army children are under the age of 11, which McRae said makes them more vulnerable to abuse. Also, from 2001-2011, child neglect accounted for the majority of child abuse reports the Army dealt with, and in 2012, more than half the victims were younger than five years of age, he added.

"That's a very critical time for our kids ... and (any form of child abuse) is something we really need to get after," said McRae, adding that remedying the situation starts with being observant.

"Abusive parenting extends beyond the capacities of our friends and Families' attempt to remediate, and often requires reporting," he said. "If we can fix a problem at a lower level, we want to do that, but sometimes it requires reporting."

Vicki Gilmer, Fort Rucker Elementary School principal, said it's necessary for not only the parents to understand what child abuse is, but for the children, as well.

"Children have such unique lives and unique stresses that I think they need to be aware that what they do is really, really important, and sometimes they could get overloaded," she said. "They need to know that they aren't alone and that help is available to them."

Gilmer said that the schools have spent a lot of time working with the children on reporting issues, talking to guidance counselors if they need to, and teaching the children that there are people at the school, such as teachers, who can help.

"There are signs all around the school that say 'I can help,' and 'I'm a friend,' so they can see that there are folks out there to help them and they don't have to tackle things by themselves," she added

"Protecting our children really is about protecting our future," said McRae. "I am proud to be your garrison commander because it pleases me very much to know that I am in the company of some great, valuable assets of this nation."

For more information or to report child abuse, call 255-3898.

# Exploring the world of SCIENCEI

Fort Rucker Elementary School second graders visit U.S. Army Aeromedical Research Laboratory as part of their Science, Technology, Engineering and Mathematics program. The students were treated to a tour of the facility to observe engineers and scientists at work. Students learned about the importance of applying the Engineering Design Process to everyday activities to become problem solvers. USAARL demonstrated the importance of helmet safety by running field tests to show the strength of a helmet, and how and why they work. From data collected, USAARL staff members were able to show and explain to the students how they use this information to improve the performance of helmets.



PHOTO BY KIM BARCELONA

# ON POST

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

# Financial readiness training

Army Community Service offers its financial readiness training Friday 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 Friday as a community-wide effort to recognize the collective responsibility to prevent and confront all forms of child abuse and neglect by wearing something blue every Friday throughout the month. The Blue Day Campaign allows the community an opportunity to band together and wear blue as a visible commitment to support child abuse preven-

For more information, call 255-9641.

### **Spring Craft Activity**

The Center Library will host a spring craft activity for children ages 3-11 Tuesday 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 retieed military, Department of Defense employees and their Family members. The event is limited to the first 50 Families to register. Deadline to register is Friday.

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.

# T RUCKER EVENTS , SERVICES AND ACTIVITIES. DEADLINE FOR SUBMISSIONS

ACS

# ACS NEEDS ASSESSMENT

The Difference is YOU!



Please take this brief survey. armymwr.com/acs-survey







ARMY GRAPHIC

# **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.

### 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.

### 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.

# Self defense workshop

In recognition of Sexual Assault Awareness Month, Army Community Service, in

partnership with the military police, will offer a self defense workshop April 17 from 4:30-6 p.m. at the Fortenberry-Colton Physical Fitness Center. People can learn about personal protection, environmental awareness and practical self defense techniques. People need to register by April 14. The workshop is open to active-duty and retired military, Department of Defense employees and their Family members.

For more information and to register, call 255-8103 or 255-0960.

### Library Database 101

The Center Library offers more than 40 searchable databases for customers to use to find information on a wide variety of topics. People can download e-books and magazines, research their ancestry, learn how to fix their car, study for exams and more. April 17, from 5-6 p.m., the library staff will show people the best ways to navigate the databases. Those attending should have a valid library account and personal identification number before the beginning of class. For more information or to sign up, call 255-3885 or stop by the library.

# EFMP and Hearts Apart Family Bowling Night

Army Community Service will hold an Exceptional Family Member Program and Hearts Apart Family Bowling Night April 17 from 5-10 p.m. at Rucker Lanes Bowling Center. ACS EFMP and Relocation Readiness Program Hearts Apart invites all active-duty military Families with special needs, disabilities, Families with Soldiers deployed or serving an unaccompanied tour, to join a night of bowling. Registration is required no later than two days prior to the event and cost is \$1 per game and \$1.50 for shoe rental.

For more information and to register, call 255-9277 or 255-3735.





Month of the Military Child MINTER

Y. UNG LIVES, BY GSTORIES

April 2-30: Rucker Lanes 3 Free Bowling

Military kide bowl PREE April 2nd- 30%, 2014. Each kid will receive 3 PREE games of leaving and shoe rental for PREE rup to 3 kids, up to 13 years old) when at least one parset bowls (with the kids) for only \$8.50! Only available at Rucker Laces, Monday-Friday. Open to the public and EFMI<sup>®</sup> Friendly, flucker Laces, (334) 255-9503.

April 12: Children's Festival

1 pm - 4 pm, Fort Rucker Festival Fields
True free Millary Family event offers many activities, games, inflatables, crafts, and
mover Don't rose one of the area's largest Easter egg huntel Open to military families
Special Events, (334) 255-1749.

April 15: CDC ScreamFree Parenting

5 pm - 9 pm, The Commons (Bldg. 8950) For debils and to register call the Child Development Center et, (334) 255-2262/3564

April 19: Youth Fishing Tournament 7 am - 11 am, Parcours Lake, open to youth ages 3 – 15

Cost of tournament is \$10 per person. Live test is permitted, no reincowe. Petoes will be sewroted for 1st, 2nd and 3rd place winners. Outdoor Recreation, (334) 255-4365.

April 25-26: Operation Megaphone Lock-In Begins at 6 pm, Fort Rucker Youth Center (Bidg. 2800)

Coat is free for CYSS Registered Members. There is a \$10 cash fee for purificipating guests, grades 6-12. Youth Center, (334):255-2250.

April 29: EFMP Autism Workshop 11 am - 1 pm, The Commons (Bidg. 8950)

This workshop is free and open to the public. Registration is required by April 24th. Please bring your tunch. For child care into and to register call EPMP, (334) 255-9277.

April 30: Youth Health & Nutrition Fair

2 pm - 4:30 pm, School Age Center (Bidg. 2806) Open to CYSS meetibers and the Fort Rucker Community. This includes both the For Rucker School Age Center and Youth Center. We will have Eye Screenings, Hearing Screenings, Blood Fressure Checks, and Height & Weight Messurements and more! CYSS Youth Sports & Fitness department, (334) 295-2254(2257).

FOR MORE INFORMATION VISIT WWW.FTRUCKERMWR.COM



FORT RUCKER MOVIE SCHEDULE FOR APRIL 3 - 6

Thursday, April 3 Frid

Friday, April 4

Saturday, April 5

Sunday, April 6

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.

# Sig Adventure

# Sesame Street friends help military children move

**National Center for Telehealth** and Technology

News Release

JOINT BASE LEWIS-MCCHORD, Wash. - Children in military Families move six to nine times between kindergarten and high school, and a mobile app launched in December can help them cope with leaving a familiar place for the unknown.

The Big Moving Adventure app lets children create a Muppet friend to help them through the moving process.

Developed for the Defense Department in partnership with Sesame Workshop, the nonprofit educational organization behind Sesame Street, the mobile app is available for download from the App Store, Google Play and Amazon for Kindle Fire.

"Moving can be stressful, and kids need to express feelings and say goodbye to people and things," said Dr. Kelly Blasko, psychologist at the National Center for Telehealth and Technology. "The Muppet characters in this app help make the move a fun experience."

Children can use the app to help their Muppet friend make decisions on a variety of move-related issues, such as which toys to pack in a box and which to take along in their backpack. Children watch the Muppet say goodbye to their house, their military base, and their classroom and playground friends. At the new house, children help their Muppet unpack, settle into the home and make new friends.

"Sesame Workshop has always been at the forefront of creating resources for Families with young children to help address some of life's most difficult issues," said Dr. Jeanette Betancourt, senior vice



president for Community and Family Engagement at Sesame Workshop. "The Big Moving Adventure is part of Sesame Workshop's contribution to military Families, who face the challenge of helping a child cope with this major transition and help our kids reach their highest potential."

Military parents face unique challenges during a move, and the app helps their young children through the experience. A separate parents section contains additional move-related topics and tips.

The Big Moving Adventure mobile app is the newest addition to a portfolio of multimedia resources developed by

Sesame Workshop, in collaboration with the Defense Department, to help military Families with deployments and life transitions. While developed specifically for military Families with children 3 to 5 years old, it is useful for all Families with young children experiencing a move, officials said.

# 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, Protestantm noon, Headquarters

Holy Saturday, April 19, Catholic, 8 p.m., Main Post

Holy Saturday, April 19, Protestant, 11 a.m., Main Post Chapel

# **EASTER SERVICES**

Postwide Easter Sunrise Service, 6:30 a.m., Wings Chapel

Latter-Day Saint Service, 8 a.m., Wings Chapel

Catholic Mass, 9 a.m., Main Post Chapel

Wings Contemporary Service, 10:45 a.m., Wings

For additional information, please call 255-2989 or

# **WORSHIP SERVICES**

Except as noted, all services are on Sunday.

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

# Main Post Chapel, Building 8940

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

# Wings Chapel, Building 6036

8 a.m. Latter-Day Saints Worship Service, Sundays. 9:30 a.m. Protestant Sunday School 10:45 a.m. Wings Contemporary Worship Protestant **Spiritual Life Center, Building 8939** 10:45 a.m. CCD (except during summer months).

# **BIBLE STUDIES**

9 a.m. Protestant Women of the Chapel, Wings Chapel 5:30 p.m. Youth Group Bible Study, Spiritual Life Center

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

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

# Wednesday -

11:00 a.m. Above the Best Bible Study, Yano Hall 11:30 a.m. 164th TAOG Bible Study, Bldg 30501 12:00 p.m. Adult Bible Study, Soldier Service Center 6 p.m. Adult Bible Study, Spiritual Life Center

# Thursday -

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

# **Mothers of Preschoolers (MOPS)**

MOPS is a Christian-based mom's group. MOPS is about meeting the needs of every mom of a child

from conception through kindergarten. MOPS will meet every first and third Thursday, 9 a.m. at Spiritual Life Center, Bldg 8939. For more information, call the Religious Support Office at 255-2989.

# **Protestant Men of the Chapel (PMOC)**

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

### **Protestant Women of the Chapel** (PWOC)

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

### **Catholic Women of the Chapel (CWOC)** CWOC meets every Wednesday, 8:30 a.m. - 10:30

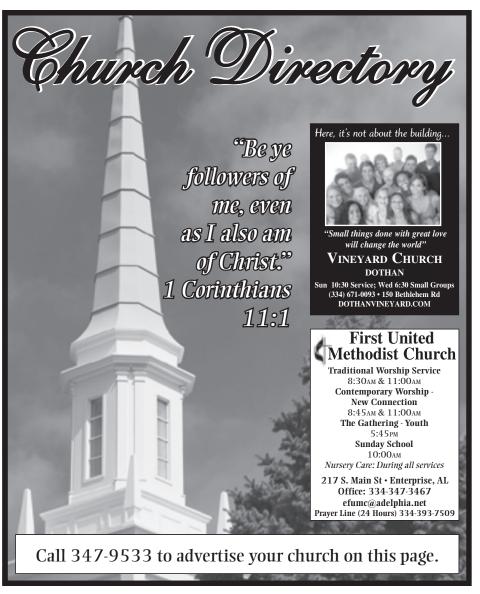
a.m., at the Spiritual Life Center. Childcare provided. For more information, call 255-9894.

Tuesdays, 5:30 p.m., Spiritual Life Center. For more

Youth Groups / Club Beyond

information call 255-9995.





# Festival showcases local artists



By Ginny Canon
Coffee County Arts Alliance

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.

"Attending the Piney Woods Arts Festival is a great way to be inspired by art, whether you create it or just admire it." These words, by artist Susan Boyles, sum up the views of the thousands of attendees and hundreds of artists who come to the festival each year. One of the oldest arts and crafts shows in the area, the Piney Woods Arts Festival, now in its 40th year, will again feature quality art and crafts, special displays, entertainment and a children's fun center.

Festival attendees will discover fine art paintings and drawings including oil, acrylic, watercolor, pencil and mixed media works as well as glass, wood carving and photography. Decorative art offerings include pottery, jewelry, clothing, yard art and wood products.

All items at Piney Woods are the original work of the artist.

A special exhibition will highlight Civil War History. Company E, 15th Alabama Infantry will display Civil War items and feature Soldiers and ladies in period dress. The Weevil City Cruisers will host the 18th annual car show (Saturday only). Up to 100 vintage cars will be on display. Also, local schools will display student art and photography. Musical entertainment is scheduled throughout each day and the children's fun center will delight children with inflatables, face painting, pony rides and carnival

"Piney Woods has always been a well-run and organized art show with a friendly, helpful staff," Leslie Gates, an artist specializing in horses and Native American subjects, said. "The artists bring a great diversity of artwork styles and subject matter, and come from all over Alabama, as well as several surrounding states to be a part of Piney Woods."

Admission is free to the public. For more information, call 406-2787 or visit www. coffeecountyartsalliance.com.

# WIREGRASS COMMUNITY CALENDAR

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

### **ANDALUSIA**

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

### **DALEVILLE**

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

**ONGOING** — Veterans of Foreign Wars Post 6020 Franchise J. Ballard Post membership meetings are at the post headquarters on State Road 84 every third Thursday of the month at 7 p.m. Breakfast is served on Sundays and games and TVs are available for entertainment. Open to all. Post can host parties, weddings, hails and farewells. For more information, call 598-6211, 598-1297 or 598-6211/379-9187.

# DOTHAN

APRIL 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 donation 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, gemstone cutting and polishing demonstrations, along with door prizes, a silent auction, rock exhibits and activities for children. Admission is free. For more information, visit www.wiregrassrock-

hounds.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.

APRIL 11-12 — The Tri-State ninth annual BBQ and Music Festival featuring a sanctioned barbecue competition with cash prizes over \$10,000 will be held all day long at the Houston County Farm Center. Spectators can enjoy tasting barbeque and can attend barbeque classes, as well as listen to music, see an antique car show and shop. There will also be inflatables, rides, games and crafts for children. Admission is \$10 per person each day. For more information, visit www. tristatebbq.com.

APRIL 11-13 — The Mercedes-Benz Dealer Championships is a nationwide amateur-only tennis program for men and women, 21 years of age or older, held at the Westgate Tennis Complex. Players will compete to represent Mercedes-Benz of Dothan at the Sectional Tournament in Hawaii. Admission is \$80 per person. For more information, visit www.dothanprotennis.org.

APRIL 13-20 — The Dothan Pro Classic will be held at the Westgate Tennis Center with the qualifying rounds and free admission to the park. Play continues all week with single and double feature matches Tuesday-Friday at 6-7:30 p.m. With a tournament pass of \$20, participants can be entertained all week for a nominal fee. Semifinals start Saturday morning at 11 a.m. and finals begin on Sunday at 1 p.m. For more information, visit www.dothanprotennis.org.

**APRIL 12** — For the second year in a row, the 280th Special Operations Communications Squadron and the Macy Easom Cancer Research Foundation partner to help raise money for Families of deployed troops and pediatric cancer research. The 2014 Minuteman 5K and Fun Run will be held at Westgate Park. Registration will be available the morning of the run beginning at 7 a.m. for \$20. The cost for the 1-mile fun run is \$5 and no pre-registration is required. For more information and to download a registration form, visit www.PrincessMacy.org or www.Facebook.com/MacyEasom, or call 229-308-1181.

# **ENTERPRISE**

**APRIL 24** — The Enterprise Chamber 19th annual Golf Tournament at Tar-

tan Pines Golf Club will begin at 1 p.m. Tournament is three person teams, \$100 per player, which includes green fees, cart, mulligans, chances, practice balls, door prize ticket, goody bag and a meal. For more information, visit www.enter-prisealabama.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.

# GENEVA

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

# MIDLAND CITY

**ONGOING** — Residents are invited to Town Hall meetings the first Tuesday of each month at 5:30 p.m. at Town Hall, 1385 Hinton Waters Ave.

For more information, call 983-3511.

# NEW BROCKTON

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

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

# OZARK

**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.

**APRIL 5** — The Friends of the Ozark Dale County Public Library are sponsoring their Spring Book-Bake-Plant Sale from 9 a.m. to 2 p.m. at the library. All kinds of books, plants and baked treats will be for sale.

APRIL 9 — Dale County Chapter 1960, National Active and Retired Federal Employees will meet at 11 a.m. at Colby's Restaurant. The speaker will be Katrina Cooper from the Social Security Administration. The mission of NARFE has been to protect the earned benefits of federal retirees, their survivors and spouses. All Federal employees and active and retired military are encouraged to attend. For more information, call 435-3305.

# 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

**APRIL 5** — Renaissance Headland is holding a spring rummage sale from 7 a.m. until noon. Booth Rental is \$15 plus two non-perishable food items. Rent a booth or shop, people are invited to come and join the fun. To pre-register or for more information, call 693-3211 or 693-9622.

# **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 noon until May 31.

This island was home to Native Americans, pioneers and lumbermen for thousands of years and participants will take a boat out to the island and hike a trail to view some of the relics left from times past. Tickets are \$15-\$20 with a \$5 parking fee.

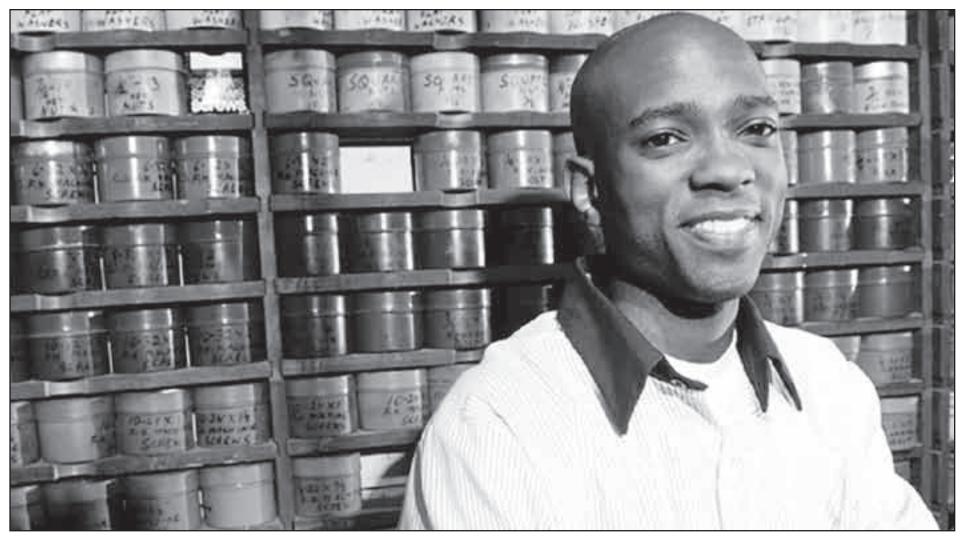
For more information, call (912) 637-5274.

# Motorcycle Rally

Known as the most biker friendly free rally in the United States, the Thunder Beach Motorcycle Rally is held twice yearly in Panama City Beach April 30 through May 4 and Oct. 1-5.

Bikers from around the country can enjoy scenic rides along the Emerald Coast, live entertainment and local cuising

For more information, visit www.thunderbeachproductions.com.



SMALL BUSINESS ADMINISTRATION PHOTO ILL USTRATION

Motto on Boots to Business website: Who better to live the American Dream of business ownership, than those who have defended that dream through military service?

# Boots to Business

# Program belps Soldiers become entrepreneurs

By Terri Moon Cronk American Forces Press Service

WASHINGTON — When Sandra Gonzales and Tony Turin were enrolled in the Defense Department's Transition Goals Plans Success course, they found their career calling through an optional entrepreneur track called Boots to Business.

The Transition GPS assists service members with re-entering the civilian sector and offers three optional tracks after the basic week-long program for transitioning troops and spouses who are interested in going to technical or vocational schools, attending college or starting a business. Transition GPS replaces the former Transition Assistance Program.

The Small Business Administration sponsors the optional Boots to Business track with a two-day introduction to the program, followed by an eight-week online course through Syracuse University for students to develop their business plans.

Gonzales, a former Army nurse, is also a military spouse. Married to an artillery Army officer, Gonzales knew she needed a practical business that would offer her Family stability.

"I chose the entrepreneurship track because I really needed a career that would offer me flexibility, as well as portability to juggle the roles of spouse, mom and entrepreneur," she said.

Gonzales is in the start-up phase of her business, Docere eLearning Solutions LLC, in Lawton Okla. It's an educational consulting group that creates interactive learning programs for children from kindergarten through 12th grade, the corporate sector and health care organizations.

With a master's degree in nursing leadership and a graduate certificate in health care education, she said, she was not able to find a job in health care information technology that allowed her the flexibility she needed to home-school her children and make the military's frequent moves.

"I [created] my own opportunities to have some longevity with a company and use my degree to help communities I really care about: the military community and the special needs community," Gonzales ex-

Her military training gave her the leadership experience to take on her own business, she said.

"I felt very well prepared to become an entrepreneur," she added.

Her classmates shared similar goals and aspirations in the two-day introductory portion of the track, she said, and the eightweek online course helped her break down the "formidable task" of writing a comprehensive business plan into smaller, more manageable parts.

Gonzales said her instructors gave her feedback on her assignments and helped her when she needed it.

"Boots to Business really opened a lot of doors for me," she said, adding that she had a lot of mentoring through her local business counselors and access to a lot of resources. "You're surrounded by a very good network of entrepreneurs looking to help vou."

Through Boots to Business, Gonzales also received an unexpected boost to her business. She learned during her training that she could enter competitions to earn seed money for her venture. As she focused on her business plan, she kept the competition in mind, she said.

"It not only prepared me to compete, it gave my venture a blueprint of how I'm going to [proceed]," she added.

Gonzales won first place in the initial and final competitions for the best business

plan, earning \$25,000 at each level for a total of \$50,000 as startup money for eLearning Solutions. Using every resource made available to her in Boots to Business, she said, it's surprising what's available through the SBA's entrepreneurial program.

It's vital to use mentoring help and other resources in the Boots to Business program, she said.

"It's just like the military, [where] we couldn't do it alone, and the same holds true for starting a new business," she said. "You need to surround yourself with people who are going to help you and are invested in helping you succeed."

Army Capt. (Dr.) Tony Turin is an optometrist at Womack Army Medical Clinic at Fort Bragg, N.C., who wants to establish his own clinic when he separates from the military April 18. Like Gonzales, Turin took the mandatory week-long transition GPS course and said the program gave him peace of mind about transitioning back into the civilian sector.

"You're with a group of people in the same situation," he explained. "So much of our military lives have been planned out for us, and it can be a pretty intimidating time, knowing you're going to transition and be on your own."

Through Boots to Business, a wealth of knowledge is available to people, he said.

"It opens your eyes to what's available and lets you know as a veteran you won't be left out there on your own," he added. "Those five [Transition GPS] days are worthwhile, [because there is] a network of people there to help you during your transi-

Now in his seventh week of the eightweek online class. Turin said, Boots to Business is helping him refine his business plan for his soon-to-open Mount Hood Eye Care practice in Sandy, Ore., which will

open two days after he separates from the

While he had a general business plan in mind before he took Boots to Business, he said, the entrepreneurial track helped him solidify his plan and get rid of unnecessary

"I thought the online course would be a cookie-cutter [format]," he said. "When you submit assignments, you get personal feedback. It was a very interactive course."

Turin called the Boots to Business track phenomenal.

"I went into it thinking I had a good established business plan and ideas about how I wanted to market my business, and the seven weeks has really helped guide and refine it," he said.

Because he's "clinically minded," Turin said, it's helpful to have a professional in marketing, for example, take a look at one's marketing plan. "It's just worth your while to get an expert's opinion and they're available to us for free."

Turin said students in Boots to Business begin with a concept and build a business plan while they learn about demographics, legal issues, retail, hiring employees, insurance and many more topics essential to starting a business.

"If anyone has inclinations to start a business down the road, do it," he said.

He called the initial two-day exposure to starting a business "laid-back," and while a person could have 10 ideas, they're examined in class. A weeding-out process begins to determine what's pertinent to starting a

The eight-week online course, he added, "Gets more refined and helps guide and prepare you for the real world. And start early – it's a great opportunity."

For more on Boots to Business, visit http://boots2business.org.



Mon-Fri: 7:00 & 9:15

SABOTAGE - R

**CAPTAIN AMERICA:** 

Mon-Fri: 7:00 & 9:30

Mon-Fri: 7:00 & 9:30

Sat & Sun: 1:45, 4:15, 7:00 & 9:30

NOAH - PGTS

Mon-Fri: 7:00 & 9:30

**CAPTAIN AMERICA:** 

# Pick-of-the-litter

Meet Beanie, an 18-week-old short-hair female tabby cat who is available for adoption at the Fort Rucker stray facility. She is social, playful and spunky. 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.



information at 334-393-9713

# 2014 Army Aviation Ball



This year's Army
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**NEW HORIZONS** 

Ex-NFL player tackles basic combat training

Story on Page D3

APRIL 3, 2014



PHOTOS BY NATHAN PFAU

Players from the Eagles and Get Down & Lay Down go up for the tip off during a 2014 Intramural Basketball semifinal game at the Fort Rucker Physical Fitness Center Tuesday.



Spc. Donavan Murdock, captain of Get Down & Lay Down, drives past an opposing player.

# PHYORES

# Get Down & Lay Down edges past Eagles in hoops thriller

By Nathan Pfau

Army Flier Staff Writer

With only a few games remaining in the 2014 Intramural Basketball season, two top teams went head-to-head to fight for a spot in the finals, but one team was sent packing as another triumphed.

In one of the closest games of the playoffs, Get Down & Lay Down, a team of Soldiers from various units, beat the 1st Battalion, 11th Aviation Regiment, Eagles, 45-44 in a game that showed how a single penalty can turn the tide.

The Eagles held strong from the beginning and managed to hold the lead for most of the game, but Get Down came from behind as the score was neck-and-neck in the final seconds before a penalty against the 1-11th cost them the game.

"Tonight was a good win," said Spc. Donavan Murdock, coach of Get Down & Lay Down. "We kept our composure and fought back as a team – that's how you win basketball games. We're in the championship (game) now, so whoever we play, they've got to beat us twice, so we're in a good position."

The game started as the Eagles took possession at the tip off and wasted no time scoring the first goal with a 3-point shot.

Get Down followed suit with a lay up to keep on their opponent's heels, but it wasn't enough to slow the Eagles' early offense.

The 1-11th recovered possession multiple times after their opponents failed to make shots, which gave them the opportunity to pull ahead early in the game, giving them an advantage.

The Eagles' defense remained strong throughout most of the first quarter and managed to hold back Get Down's advances to hold on to the lead.

Coupled with their disciplined shooting, sinking multiple three pointers, the 1-11th had a 10-point lead with minutes still remaining in the first quarter.

Get Down's defense finally stepped up, and they were able to get back in the game and not fall too much farther behind. By the beginning of the second quarter, they had turned their offense around and slowly started to gain on their opponents, trailing 16-10.

As both teams warmed up, the game their fate, and the game ended, 45-44.

seemed evenly match as neither team was able to make much headway on the other as defense tightened up on both sides.

Get Down broke the stagnation, however, with a lay up to continue to close the gap between them and their opponents.

Multiple fouls against the Eagles made it harder for Get Down to catch up, but despite their opponent's free throws, they managed to keep on the heels of the 1-11th.

Get Down's determination paid off as the half ended, trailing 24-20.

The Eagles needed to work hard to maintain their lead as their opponents found their stride, and managed to start the half strong with a lay up after a rebound.

It wasn't enough to stem Get Down's advances, however, as they broke through the 1-11th's defense to trail by only 2 points only five minutes into the half.

Within seconds, Get Down had the game tied and pressure was building up for their opponents.

The Eagles managed to retake the lead with a 3-point shot, but only briefly as Get Down matched them at every turn.

It was now anybody's game as the teams went point-for-point, but a penalty against Get Down gave them free throws that allowed them to take the lead for the first time in the game as the third quarter end-

ed, 34-33.

Get Down began to pull ahead of their opponent's, extending their lead by 7 points, but the Eagles wouldn't be outdone as the team rallied to close the gap.

The 1-11th made good progression against their opponents and managed to come within a 3 pointer away from the lead, but another personal foul against them kept them from that goal.

Despite the extra free throws by Get Down, the Eagles were able get within one point of their opponents as the final minute of the game wound down.

The Eagles managed to retake the lead, briefly, but not before another personal foul allowed Get Down to sink two free throws and surpass them once again.

With seconds on the clock, down by one point, the Eagles had possession and one chance to retake the lead and win the game, but another personal foul against them with only three seconds left sealed their fate, and the game ended, 45-44.

# ACU with permethrin

# New policy allows profiles for pregnant Soldiers

By Katherine Rosario

Lyster Army Health Clinic Public Affairs

Female Soldiers who are trying to become pregnant, are pregnant or are post-partum and nursing now have the option to wear Army Combat Uniforms without permethrin, the insect repellent ACUs are treated with, where the probability of insect-borne diseases is low.

The Environmental Protection Agency, Centers for Disease Control and Prevention and the World Health Organization advocate the use of permethrin-treated clothing to protect individuals who may be exposed to insect-borne diseases. The WHO guidance even applies to pregnant women and children, however, female Soldiers who wish to wear a non-treated ACU may request to do so through their primary care manager.

In order to be exempt from wearing permethrin-treated uniforms, Soldiers must see their PCM at Lyster Army Health Clinic to obtain a temporary medical profile that exempts them from wearing the treated uniforms.

"Female Soldiers can see their PCM for the temporary profile, however, if the Soldier's commander deems it necessary to wear the ACU Permethrin to protect a Soldier's health and medical readiness, then those orders supersede the PCM's orders," said Capt. Melissa Riester, chief of environmental science and engineering at LAHC.

Commanders may deem the ACU Permethrin necessary in order to support mission or training requirements that would increase the risk of exposure to insect-borne hazards while in deployed or non-combat environments, such as field training, Riester explained.

"In cases where a Soldier is at a greater risk of contracting insect-borne diseases

(such as Lyme disease) it is better to wear the ACU Permethrin than risk contracting such a disease while pregnant," she said.

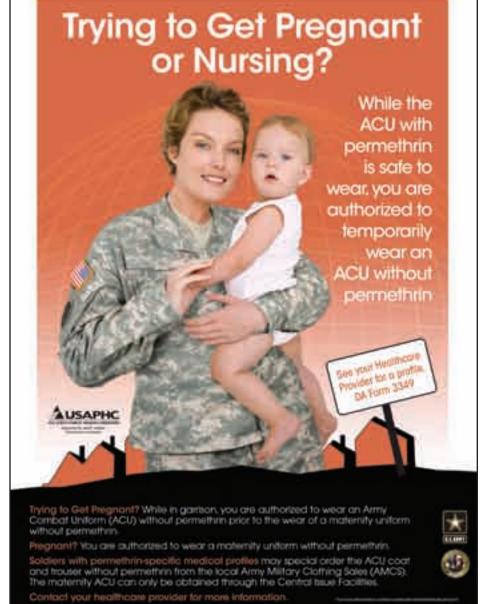
Family members can also protect themselves this summer by wearing permethrin-treated clothing and using mosquito repellants with 20-30 percent DEET on exposed skin.

Families can also help reduce mosquito and tick populations around the house by making sure outdoor items like wading pools, flower pots and lawn ornaments are free of standing water. Eliminating standing water around the home reduces the number of breeding sites for disease-carrying mosquitoes. To reduce tick populations around a home and garden, keep tall grass and low brush trimmed. These simple steps will help keep you safe from pests and increase everyone's enjoyment of outdoor activities.

For those going camping or who know they will be walking through dense brush, it is also important to check for ticks, Riester said, adding covering exposed skin by wearing long-sleeved shirts, long pants and hats helps ward off both mosquitoes and ticks.

"Ticks prefer the low brush next to hiking trails and running paths, so stick to groomed paths and sidewalks as much as possible," Riester said. "One of the best ways to check for ticks is to use the buddy system and have a Family member or friend help check arms, legs and your back."

Pets are also prone to pick up ticks when they go outside, however it is not safe to spray your pet with human insect repellent. DEET is toxic to animals and they are at risk if they ingest it through licking their fur. It is most important to note that some pet insect repellents are not safe for both cats and dogs. For a list of recommended pet insect repellents, contact Fort Rucker's



ARMY GRAPHIC

Veterinary office at 255-9061.

"As the weather gets warmer, and people head outdoors for camping, hiking, boating and fishing, it is important that they remember to apply insect repellent every few hours to ensure they are not bitten," Riester said. "We love seeing our patients, but we'd rather see them enjoying their summer than inside the clinic with a tick or mosquito-related health issue."

# OWNITM



TO BE CONT'P

### COMPONENTS IN COMMON

### Super Crossword ACROSS 40 'Come Back. 1 Precede all others playwright. 10 At the apex William 15 Family of the Puck-27th U.S. pushing president baupa 20 in a harshiy 46 Roast VIPs insulting way, say know 21 Opening 49 Prior to installment of 50 Profix with

- a series 22 Nebraska's most populous
- 23 Arrangement of a troop in war
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- (between us) 72 Vitamin B3 73 Cafe or bistro, often
- 78 "Take your leader' 79 Short line holding a fishhook
- 80 "The Bronze Bow author Elizabeth. George: 81 Appear on
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- 83 Fish with 84 Occupy, as a
- - ("Hairspray" girl) 103 Throw out three wishes 104 Place for
    - Broadway performers 107 Perch in church

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89 Ziti and rotini

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102 Little -

93 Bird on a

98 Maui, e.g.

87 Set -

- 108 Experiment 111 Terro
- Indiana 112 Cry in Köln 113 Out there
- 115 Met offering 117 Prefix with venous
- 118 Theme of this puzzle 122 Upper sky 123 Old skating star Sonia
- 124 Phrase on an invoice 125 Climbs 126 Pledge

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- 127 Events for bargain hunters
- 86 Vegas action DOWN 1. Plotting band 2 He defeated (aspire to something) McCain
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115 Possesses 116 Gyro bread Spanish coin 120 Craggy peak

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- 121 Certain cabinet dept.



See Page D4 for this week's answers.

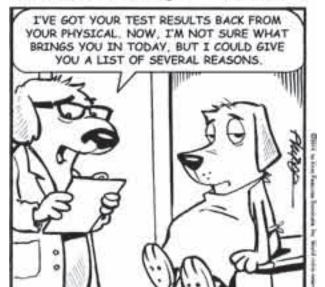
124

127

102

# Just Like Cats & Dogs

by Dave T. Phippe



Rodriguez

I. AD SLOGANS: What company advertised its services with the slogan, "When there is no tomorrow

2. HISTORY: What did the 26th Amendment to the U.S. Constitution accomplish once it was signed into law in 1971

3. MOVIES: What was the name of the college that was the setting for

4. MEDICINE: What does the Ishi-

hara test determine? 5. MUSIC: Who was the last musicinn to perform at the 1969 Woodstock

music festival? 6. TELEVISION: What was Phoebe's twin sister's name on the sitcom

"Friends"? 7. GENERAL KNOWLEDGE: How long does it take for a toenall or fingernail to grow from base to tip?

8. WEATHER: Most tornadoes in the U.S. form during what period of

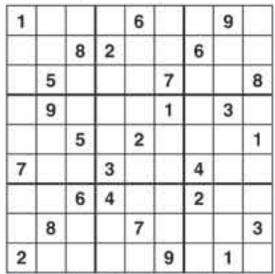
9. FAMOUS QUOTATIONS: What 20th century statesman said, "Success is not final, failure is not fatal; it is the courage to continue that counts".

10. GEOGRAPHY: What is the only Canadian province that borders the Great Lakes?

See Page D4 for this week's answers.

# Weekly SUDOKU

by Linda Thistle



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

# DIFFICULTY THIS WEEK: \* \*

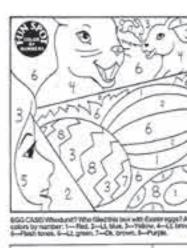
\* Moderate \* \* Challenging \* \* \* HOO BOY!

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See Page D4 for this week's answers.

# KID'S CORNER





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Try to yours at least 16 points.	-	+



out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left Then read the message the letters under the checked figures give you. © 2014 King Features Synt., Inc. At rights reserved.





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# Ex-NFL player tackles basic combat training

By Marie Berberea Fort Sill Public Affairs

FORT SILL, Okla. - While some Soldiers begin their climb toward physical fitness in basic combat training, a specialist with C Battery, 1st Battalion, 40th Field Artillery had already arrived in peak condition.

Spc. Will Robinson, a former NFL lineman, said his biggest challenge isn't physical toughness, it's learning how to lead oth-

"They made me [platoon guide], so that's kind of interesting. As offensive line, we didn't do too much managing, we just did our job and kept going. So, it's kind of interesting being the quarterback, as you'd say."

Robinson said he wanted to join the military out of high school, but his father encouraged him to get a college degree first. He went to San Diego State University on a football scholarship where his career began.

"[I] got invited to the Combine, got a chance to go there and show my skills, and played five or six years."

He played for the Seattle Seahawks, Washington Redskins, New Orleans Saints and Jacksonville Jaguars. When his fellow trainees found out about his past he said he was inundated with questions.

"They always ask how much money did you make in the NFL? They always think you make millions of dollars, when you actually don't."

He said he's also asked about Drew Brees and which teams were his favorites to play for. He



Spc. Will Robinson, C Battery, 1st Battalion, 40th Field Artillery, is in his seventh week of basic combat training. He said his time in the NFL helped prepare him for his military career.

quickly answered the Saints and the Seahawks, and said he was very happy for his former teammates in the last Super Bowl.

Although he has left the playing field for a training field, he believes his time spent in the NFL

prepared him for life in the mili-

"I learned teamwork, which is the major part. I learned how to work well with others – even if you don't like them you have to work well with them. I learned a hard-work ethic – physical toughness because you're going to get beat up, you're going to be sore and you've got to just keep going.'

As one of the older Soldiers in BCT, Robinson said there are

challenges when dealing with those who have not experienced as much.

"There's always going to be rough spots. People grow up through various experiences, so there's always going to be a little banter back and forth, but that's life. When you play football, you have to deal with the same kind of thing except you get to hit each other in football."

He said BCT is breaking him away from his football mentality.

"I'm learning to be diplomatic with words," he said.

Robinson is currently joining the Reserve, but said he is quickly changing his mind and hopes to go active-duty.

"I wanted to go in the Reserves because I wanted to be a firefighter and a paramedic, but I got in the Army and I was like, 'I want to be in the Army now," he said. "It reminds me of football. It's a similar lifestyle. You're always on the go, working out, working with your buddies ... it's kind of the same teamwork mentality. I like it."

After BCT, Robinson is going to train to become a combat

"I want to help save lives," he said. "I always learned that it takes more power to save a life than to take one. Combat medics get to kick some butt, too, so it's the best of both worlds."

Robinson said he comes from a military Family. His father was a Marine and his brother is currently an infantryman in the Army.

He said his mother was worried about him joining a combat specialty, but is proud he will join her other son and be able to support him on the battlefield.



# Study examines effects on immune systems

By Bob Reinert

USAG Natick Public Affairs

NATICK, Mass. – Training and operations can put such tremendous physical and psychological stresses on warfighters that their immune systems may be compromised.

A study being conducted by the U.S. Army Research Institute of Environmental Medicine at Natick Soldier Systems Center will examine how sleep restriction – the stressor – affects wound healing and whether nutritional supplements can help offset the effects. In a sub-study, the effect of sleep restriction on friend-foe recognition during marksmanship is also being observed.

"Immune responsiveness is suppressed in warfighters exposed to physical and psychological stress," said Tracey Smith, Ph.D., a research dietitian with USARI-EM's Military Nutrition Division, who used Ranger School and Special Forces Assessment School as examples. "Research has shown that modest improvement in immune responsiveness, as determined from blood markers, was noted when Soldiers were provided a nutritionally fortified energy bar during Special Forces Assessment School."

Smith said the Special Forces research



Pvt. Daniel Pardo dozes off after a period of sleep restriction in a study conducted by the U.S. Army Research Institute of Environmental Medicine to see how nutritional supplements might help wounds heal in warfighters under stress.

didn't focus on whether nutrition helped wounds to heal or defend against a virus, however.

"Immune markers measured from blood samples provide an indication of systemic immune response," said Smith, "but the systemic immune response does not necessarily reflect the functional status of the immune system - for example, wound healing time."

In the study, male and female Soldiers were given suction blisters on their forearms. Some volunteers slept at least seven hours per night, and the current group is undergoing 50 hours of sleep restriction, with Soldiers allowed just two hours of make more informed decisions concerning sleep per night over that period.

"This was the amount of time that we thought would cause decrements in healing time and immune responsiveness at the wound site in young adults," Smith said. "This model may provide a way to more effectively study effects of stress on wound healing, and a means to test prototype countermeasures, like nutrition interventions, to stress-related effects on

"We are using the suction blister model as a tool for studying immune responsiveness of warfighters coping with stress, and nutrition interventions to mitigate decrements in immune responsiveness caused by stress."

Capt. Adam Cooper, Ph.D., a research psychologist at USARIEM, piggybacked his marksmanship research on Smith's

"We are interested in how sleep restriction differentially affects marksmanship performance during a simple versus mentally challenging friend-foe task," Cooper said. "The factors we are examining are reaction time, accuracy and correct deci-

"Once it is known what factors are affected during low versus high mentally demanding marksmanship tasks, leaders can

what types of missions their Soldiers will be able to successfully complete given their current state of rest," he said.

Smith said that the marksmanship "keeps the volunteers awake, engaged and, hopefully, adds to the sleep restriction stressor."

The USARIEM study is using 60 volunteer Soldiers, split into groups of four per session. Smith and her colleagues will soon examine preliminary data from eight volunteers to see if the sleep restriction is an adequate stressor to slow healing time. Once they are confident with the stressor, they will move on to test nutrition interventions to promote immune recovery.

"Blister wounds typically heal in five days for volunteers who receive adequate sleep," Smith said. "We expect healing time to be delayed by one to two days in volunteers who are sleep restricted, and we expect that healing time will be back to five days in volunteers who consume a specially prepared nutrition beverage during sleep restriction and in the recovery period."

Smith and her colleagues hope to provide warfighters with a food item or beverage that they can consume during and after periods of stress that will support their immune system and promote recovery.

# Military Child 3Free Bowling

Rucker Lanes will celebrate Month of the Military Child with Military Child 3Free Bowling weekdays, now through April 30. Military children will get up to three free games of bowling and free shoe rental - offer good for up to three children up to age 13 - when at least one parent bowls with the children for \$8.50. The offer will only be available at Rucker Lanes Mondays-Fridays in April. The event is open to the public and exceptional Family member-friendly. For more information, call 255-9503.

# Survivors and Fallen Heroes Run

Fort Rucker Physical Fitness Center will host the Survivors and Fallen Heroes 5k and 1-Mile Fun Run Saturday. Race day registration begins at 6:30 a.m. and the 5k will start at 8 a.m. Participants are encouraged to pre-register at either PFC. The 1-mile fun run is free and open to all children, and will begin after the 5k is completed. Each fun run participant will receive a medal. Cost is \$25 with T-shirt, Refreshments will be provided, and

trophies and medals will be awarded in various categories and age groups. The event is open to

For more information, call 255-9810.

### **Spring Boot Camp** The Fortenberry-Colton Physical Fitness

Center will host its Spring Boot Camp Monday through May 16. The six-week Boot Camp offers a fresh way of training – the program is five days a week with two sessions, from 8:30-9:30 a.m. or 5:30-6:30 p.m. The cost is \$100 per participant, due in full by Monday. The camp includes: training with certified personal trainers and group exercise leaders, access to all group fitness classes during the camp, a 2014 Spring Boot Camp T-shirt, awards for peer-chosen categories, and weekly tips and nutritional information. There will be a 25-person limit per class and a waiting list will be available. Each packet will be reviewed for highrisk participants before the first day.

For more details and to register, call 255-2296 or 255-3794

The Fort Rucker Aquarians Dive Club will sponsor a scuba certification course beginning April 14 at 6:30 p.m. at the Fort Rucker Physical Fitness Center indoor pool. After the first class, the course will meet Monday and Wednesday nights for no less than six weeks and no more than seven weeks, dependent on the weather. One weekend will be required at the end of the course to complete open water training in the Gulf of Mexico.

For information, call George Perez at 774-3483 or 347-6936

# Spin Challenge

The Fortenberry-Colton Physical Fitness Center will hold a two-hour spin challenge April 15 from 5:30-7:30 p.m. The cost is \$3.50 or people may use their Fitness Card. Door prizes will be given and refreshments will be provided. The event is open to all authorized

For more information, call 255-3794.

# **Running Out of Time? Need an Extension?** Come

■ April 15, 2014 Filing deadline W/O extension

Military Tax Returns

A Speciality No Tax Return Too Big or Too Small

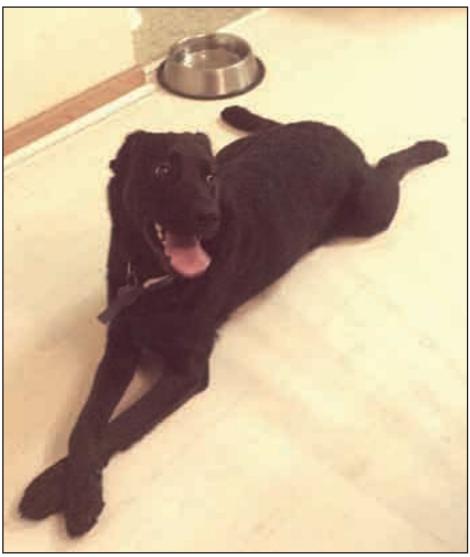
Al Klang USA RET., RTRP

Brittany Dionne

Over 35 years of tax experience 1247 Rucker Blvd • Suite 1 • Enterprise (across street from Mitchell Mazda)

393-3860 www.alstaxservice.com

# Tenacity, technology Lost and found: lead dog bome



Bear, an Australian shepherd found in Matthews, N.C., makes himself at home as he waits to go back

By Jane Gervasoni U.S. Army Public Health Command Public Affairs Office

Due to the kindness of a stranger and some smart sleuthing by a U.S. Army Public Health Command veterinarian, Bear, a black Australian shepherd, is back home with an Army veteran and his Family.

After business hours Feb. 25, the staff duty officer at the Public Health Command received a call from concerned animal lover, Andrea Bonner, about a dog found in Matthews, N.C. The dog had followed her son home from his bus stop.

Bonner took the dog to a local emergency veterinarian to ensure it was healthy and to determine if she could find the owner. The dog's rabies tag indicated he had been vaccinated at the Vilseck (Germany) veterinary treatment facility.

Although the dog had an implanted radio-frequency identification microchip, the owner had not completed the registration information. It looked like there was no way to locate the owner.

But Bonner didn't give up.

Since the rabies tag came from overseas, she began an intensive Internet search. She called two local county animal control offices, posted the dog on Facebook and other Web sites. She also searched for the codes on the rabies tag, which led her to the veterinary facility in Germany, but it was closed for the

"After a lot of detective work, I called the Army Public Health Command and spoke

with Capt. Ryan Lindell, who took all my information and promised to call me back," Bonner said. "Thursday morning, Col. Robert Vogelsang from the Public Health Command called me with the contact information for Bear's owner."

Vogelsang, himself a veterinarian, called the veterinary treatment facility in Germany to get the owner's name from Bear's medical records. He then located a phone number using the Army Knowledge Online Web site.

"While Bear was with us, he was a sweet dog, but he had some anxiety issues," Bonner explained. "After talking with his owners, I found out that Bear was rescued from abuse in Germany and travelled to Fort Bragg, and then to Matthews, so I could understand his issues."

After his visit with the Bonner Family, Bear was returned to his owners, who live a mile away. He was lucky that Bonner and the USAPHC were able to find his Family. Without his microchip, though, he might never have made it home.

"Most installations make microchipping a requirement, so, if you do live on post, it isn't an option. If you live on a post in a foreign country, the Public Health Command veterinary treatment facility usually provides the service," said Vogelsang, "but if the owners don't register their pets with the microchip company, then the microchip does not usually help in finding the animal."

Happy ending aside, Bear's story emphasizes the need for pet owners to have their pets microchipped and to complete the chip registration process.

### Video Game Spotlight >>

# 'MLB 14 The Show' delivers diamond experience

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.)* 

With the MLB 2K video game franchise biting the dust, "MLB 14 The Show" is truly the only baseball game in town. Well, almost. There are a few other options as far as console games go, but why look elsewhere when "MLB 14 The Show" has nearly everything a baseball video gamer would want?

Over the eight years it's been around, this baseball video game franchise has gotten better with every release. One of the reasons that MLB 2K eventually struck out is that it simply couldn't keep up.

"MLB 14 The Show" has the most realistic game physics and authentic gameplay. The players in the game look like their reallife counterparts and act like them, too. The Dodgers Yasiel Puig is known for playing



Sony Rated Evervone **Systems** PS Vita, PS3 \$40/60 **Overall** 

**Publisher** 

hard and making some incredible plays in real life, but he's also known for making some boneheaded mistakes and costing his team. He does that in "MLB 14 The Show,"

New to the franchise this time is year-toyear saves. Gamers can carry their saves over from "MLB 14 The Show" to future releases of The Show, meaning they won't have to start over a new franchise or Road to the Show (player creation career mode) with each release. Gamers can also complete nine-inning games in less than 30 minutes using "Quick Counts." But even with the shorter games (60 minutes was the norm



COURTESY SCREENSHOT

previously), the game will keep realistic draft, free agency and CPU trades. stats. Gamers will also develop a Universal Profile that monitors and tracks a gamer's unique playing style. This can be used to play against that gamer even when he's not available online. The Franchise mode can be shared online. This includes the amateur

Even though "MLB 14 The Show" is the nly real game in town, it acts like it has a world of competition. From spring training all the way to the final out of the World Series, this game is excellent. Swing away, baseball fans!

# Weekly SUDOKU Answer

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

# PUZZLE ANSWERS'

# TRIVIA

Answers

- 1. FedEx
- 2. It lowered the legal voting age to
- 3. Faber College
- 4. Color blindness
- 5. Jimi Hendrix
- 6. Ursula
- 7. Six months
- 8. Spring and early summer Winston Churchill
- 10. Ontario





- · Have a Family disaster plan and supply kit.
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