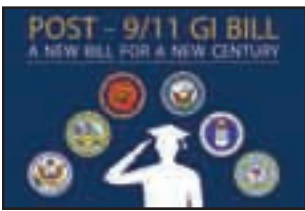


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ARMY FLYER

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

VOL. 64 ■ NO. 18

FORT RUCKER ★ ALABAMA

MAY 8, 2014

WOCC welcomes new commandant

By Nathan Pfau
Army Flier Staff Writer

The Warrant Officer Career College welcomed a new commandant during a ceremony at the U.S. Army Aviation Museum Friday.

Col. Garry L. Thompson, incoming WOCC commandant, assumed command from Col. Stanley O. Smith during a change of command ceremony at the U.S. Army Aviation Museum, and said he found it hard to contain his excitement for the opportunity to lead.

“It’s hard for me to get this smile off of my face from all the excitement,” he said. “I truly believe that to lead is to serve, and my promise to (the Soldiers of this college) is to serve you, and together we’re going to roll our sleeves up and we’re going to make this organization even better than it is today.”

Thompson is no stranger to the installation, serving as the U.S. Army Aviation Center of Excellence and Fort Rucker G3

before accepting the position as the WOCC commandant, and has held numerous leadership positions throughout his Army career.

He is a distinguished military graduate commissioned into the Army as a second lieutenant in 1989, and began leading as a platoon leader, company executive officer and battalion assistant S3 when he was assigned to Fort Bragg, N.C.

Thompson joined the Aviation Branch in 1993 where he continued his leadership career, serving in multiple continents from a company commander in Korea earlier in his career, to serving as the senior adviser to the Iraqi army aviation chief while deployed to Baghdad.

Although he’s held a host of leadership positions, his new post as the WOCC commandant is one that Thompson said he was eager to start, and owed a lot of his inspiration to lead to two warrant officers: retired CW5 Stephen Knowles, who was inducted into the Aviation Hall of Fame in



PHOTO BY NATHAN PFAU

Col. Garry L. Thompson, WOCC commandant, receives the unit colors from Brig. Gen. Christopher P. Hughes, Combined Arms Center Leadership, Development and Education deputy commanding general. Thompson assumed command from Col. Stanley O. Smith during a change of command ceremony at the U.S. Army Aviation Museum Friday.

2007, and CW4 Willie Ruf, after whom Ruf Avenue was named.

“I think it more than appropriate to acknowledge (these) two legendary warrant officers who

have both impacted my life,” he said. “Many of you know that Steve was the first warrant officer of the Aviation Branch. He was like my big brother when I was a lieutenant and he showed me exactly what a being a professional meant.

“And although Willie is no longer with us, he’s up there looking down and he’s not at a loss for words,” Thompson continued. “For those of you who knew Steve and Willie, they are what I think are the epitome of what a warrant officer should be. I truly don’t think I’d be here today without the impact they both had on my life.”

Brig. Gen. Christopher P. Hughes, Combined Arms Center Leadership, Development and Education deputy commanding general, was on hand to preside over the ceremony and pass the unit colors from the Smith to Thompson, and expressed his confidence in the new commandant because of his willingness to lead.

“Garry, you now assume the

duties of the commandant and I know this is something you wanted to do ... and it’s a great organization that gets a leader who says, ‘I want to be there,’” said Hughes. “When somebody says they want to be there, they have the credentials to be there, they have the passion and drive to be there – the only thing that can come from that is an incredible command climate, an incredible learning environment and a place that somebody like me would want to work.”

Hughes said he knows that Thompson and his wife, Mary, will make an excellent command team and looks forward to the leadership they will both provide to the WOCC.

“You two ... are the epitome of exactly who and what we want to have here,” said the general. “You two are the role model, so stand up and be that role model so that these young men and women here can emulate you as they continue in their careers.”

SEE WOCC, PAGE A5



PHOTO BY NATHAN PFAU

Han Lee, of Enterprise Elementary School, performs the song, “I’m Yours,” by Jason Mraz as he plays the ukulele during the Asian-Pacific American Heritage Month kickoff event at the post exchange Friday. For more, see Page A3.

PREPARE

Corvias, Red Cross partner to improve preparedness

By Nancy Rasmussen
Fort Rucker Public Affairs

Corvias Military Living, Fort Rucker Emergency Management and the Wiregrass Chapter of the American Red Cross are partnering to bring Fort Rucker residents and community members a Family emergency preparedness workshop at the Munson Heights Community Center on Fort Rucker May 15.

Beginning at 6:30 p.m., sponsor representatives will present information on what to expect in case of a natural or manmade emergency on and around Fort Rucker, including what residents need to do to prepare in advance for such situations.

“Severe weather season is here, as we have witnessed recently with the active storm outbreaks and associated flooding in our surrounding areas, not to mention the tornado devastation experienced by parts of Alabama and neighboring states,” said Lisa Patrick, Corvias residential relations manager.

“As the season progresses, we feel it is a good time to provide our residents



with the information they need to prepare for possible emergencies,” she added.

“There are many moving parts involved in successful disaster response, and our Families should be aware of who is responsible for what, when the time comes,” said Willie Worsham, Fort Rucker garrison emergency management specialist. “We coordinate our needs assessment with on-post directorates, as well as local agencies when preparing for disasters, and endeavor to maintain open communications with residents using every tool available to us. That

SEE PREPARE, PAGE A5

BEWARE: Many areas set aside for training not safe for recreational activity

By Sara E. Martin
Army Flier Staff Writer

Fort Rucker has more than 60,000 acres of trees, fields and lakes, and although there are many opportunities in the cantonment areas of the installation for recreational sports and fitness, officials want to remind Soldiers, Families and civilians that most of the wooded areas on the installation are designated for training.

People using these areas not only put their personal safety at risk, but also could be prosecuted, said Sean Sparks, chief of the Training Division for the Directorate of Plans, Training, Mobilization and Security.

Fort Rucker 385-1, Range and Training Area Regulation, states that entry into or use of any range, training area, or impact area for any reason must be

approved in advance by the chief of the training division, or a designated representative.

The installation limits running, jogging, biking, swimming, walking and picnicking to authorized areas to protect the civilian populace, versus allowing anyone to use a training area for any type activity, said Sparks.

“Our primary effort, from a training division perspective, is to prevent this type of activity from disrupting training units in the field,” he said. “There are many risks people are exposing themselves to by wandering off through the woods on post.”

Sparks said that people need to familiarize themselves with the regulations and the policies that are set for their protection.

U.S. Army Aviation Center of Excellence Regulation 600-1 lists off-limits

areas as ranges, designated training areas, storage buildings, non-lighted areas during hours of darkness (except fishing ponds and Lake Tholocco for fishing only), vacant and unused structures, the Lemon Lot after 10 p.m., and all airfields, stage fields or other facilities used for aircraft landing, refueling, storage or maintenance.

Unauthorized entry into these off-limits areas is prohibited, reads the regulation.

“Some of the most troublesome areas are the wooded areas,” he said. “Many people may look at the thousands of acres we have and think they are a nice place to go for a walk with the dog, but most of those areas are designated as training areas and are off limits.”

FR 215-1 also states that horseback

SEE SAFE, PAGE A5



PHOTO BY NATHAN PFAU

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

PERSPECTIVE

Top 5 divorce misconceptions

By Capt. T.J. Bernal
Office of the Staff Judge Advocate

When deciding to divorce, most couples have certain misconceptions.

Listed below are the Top 5 divorce misconceptions we see in the legal assistance office at Fort Rucker.

No. 1 — “We are adults and can work things out amicably – we don’t need to put (fill in the blank) in the settlement agreement.”

Reality: If the marriage has broken down, which may be a reason the couple seeks a divorce, and communication wasn’t open prior to the start of divorce negotiations, most likely it isn’t going to improve when one or both parties are seeking to divorce. Both sides should use the settlement agreement to list all property the individuals wish to walk away from the marriage with and then negotiate the terms they disagree on.

No. 2 — “We don’t have to set a schedule for the children’s visitation because we both want each other to stay in the kids’ lives.”

Reality: While this sentiment is usually genuine at the outset of the divorce, somewhere down the road, whether right after the divorce or years later, attitudes change. When the complications of life get in the way, it is the rare ex-partner couple that can be understanding enough to go with the flow and allow the non-custodial parent (the parent that the children do not reside with the majority of the time) to go in and out of the kids’ lives or the custodial parent (the parent that the children reside with the majority of the time) to dictate when and where visitation will take place. Therefore, it is always best to set up a default visitation schedule in case the two parties cannot rely on the idealistic and vague “reasonable periods of visitation” language that may ap-



pear in divorce decrees.

No. 3 — “I trust my soon-to-be ex-spouse to make payments on the vehicle or loan that is in my name alone.”

Reality: While you may be the most understanding individual on the planet, the creditors aren’t and they do not care that your ex-spouse was awarded that vehicle in the divorce decree. If the loan is in your name alone, you alone are financially liable for that loan and it is your credit score that will take the hit — not your ex-spouse’s. Don’t be foolish – take steps to protect your credit by either having the other spouse assume the loan in their name alone or by selling the vehicle and giving the other spouse any proceeds from the sale prior to the divorce proceedings.

No. 4 — “My military retirement is worth everything, so I don’t care what the other person wants as long as they don’t ask for my retirement.”

Reality: As with any other business deal-

ing, play it smart when you are negotiating your world away in order to hold on to your military retirement. The formula for calculating what a former spouse can claim they are entitled to from a military retirement pension is: ½ x (number of months of marriage divided by number of months of military service as of date of divorce) x 100. For example: if a couple has been married for 260 months and the service member has served a total of 360 months as of the date of divorce, the percentage of the retirement pension that the non-military spouse is entitled to is ½ x 260/360 x 100, or 36 percent.

In hopes of not giving up a percentage of their retirement, some service members have thought it wise to agree to pay all remaining credit card debt, take over the house payment, continue to pay on the car loan and give the non-military spouse half of any retirement accounts, such as the Thrift Savings Plan. It is possible that even after you agree to take on all existing debt,

the judge may still intervene and award a portion of the military retirement pension to the non-military spouse. Therefore, the service members would not only be responsible for all the marital debt, but would also have to pay part of their retirement pension to their ex-spouse.

No. 5 — “Child support is too high – it doesn’t take that much money to raise my kids!” Or, alternatively: “That’s not enough money to raise my kids on!”

Reality: Keep in mind that child support is mandated by state law so that single parents do not have to turn to the state for monetary assistance for the sake of their children. Child support is for the children so that they may continue to live, eat and go to school. When parents complain that child support is either too high or too low, they are usually missing the point that child support is not meant to fund a lifestyle, it is a formula that the state has come up with to compensate the children for the loss of the benefit of a parent in the home full time.

While sometimes unusual circumstances — separating from the military, paying all travel costs associated with the visitations, etc. — will allow a couple to deviate slightly from the minimum amount of child support, it is rare that the judge will allow the non-custodial parent to not pay any child support. Therefore, complaining about the amount of child support is typically a fruitless endeavor and comes across as though the only concern for the children is a monetary one.

For help with these issues and more, the legal assistance office is open to active duty service members, retirees and their Family members. If you would like further information or would like to speak to an attorney, visit Bldg. 5700, Rm. 320, or call 255-3482 to make an appointment.

Rotor Wash

“The SPLASH! Park is now open weekends only from 11 a.m. until 5:30 p.m. What should Families keep in mind before enjoying hours of fun in the sun?”



Calvin Morris,
retired Army

“Keep your body and skin protected as much as possible.”



Yolanda Eddis,
Army spouse

“Make sure your children wear the right water safety jackets, and before you go out parents should discuss what they would do in an emergency situation.”



Jennifer Dalton,
Army spouse

“Melanoma can affect people’s brains and a suntan is just not worth it. Make sure you wear a hat and stay under an umbrella so you can still enjoy the weather without compromising your health.”



Spc. Meggan Holliday,
258th AOB

“Wear a hat, and make sure you put on enough sunscreen. Just because you put it on doesn’t mean it lasts all day.”



Tanya Scarpill,
Army spouse

“Make sure that your child can swim if they decide to go down the slide or that someone is waiting at the bottom to catch them, because the lifeguards don’t catch the children.”

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FORT RUCKER COMMANDING GENERAL

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ACE SUICIDE INTERVENTION

Ask your buddy

- Have the courage to ask the question, but stay calm.
- Ask the question directly. For example, “Are you thinking of killing yourself?”

Care for your buddy

- Remove any means that could be used for self-injury.

- Calmly control the situation, do not use force.
- Actively listen to produce relief.

Escort your buddy

- Never leave your buddy alone.
- Escort to the chain of command, a chaplain, a behavioral health professional or a primary care provider.

Heritage

Post celebrates Asian Pacific-Heritage Month

By Nathan Pfau
Army Flier Staff Writer

Hundreds came together at the post exchange Friday to celebrate diversity and share in a culture that many in the Army are familiar with.

Fort Rucker kicked off Asian-Pacific American Heritage Month with a celebration that included music, dancing, food and performances that people on the installation were able to enjoy as they were immersed in Far-East culture.

“This event is one for the entire community and it’s an honor for the exchange to be able to host the event along with the Fort Rucker (Equal Opportunity) office to promote diversity,” said Susie Antonello, Fort Rucker Army and Air Force Exchange Service visual merchandiser. “With this event, we hope to recognize and continue the efforts that Asians and Pacific Islanders have contributed to this country.”

The event featured traditional Chinese music played on Chinese instruments, Hula dancing and Tae Kwon Do demonstrations, musical performances by members of the local Asian community, traditional Japanese dances and a sampling of different Asian cuisines.

Among the performers were Yuying Zeng, of Troy University’s Confucius Institute, who entertained the crowd with renditions of traditional Chinese music played on a Chinese flute; Deana Dodger, who provided a demonstration of Tae Kwon Do forms and a Hula dance; Han Lee, of Enterprise Elementary School,

who played and performed the popular song, “I’m Yours,” by Jason Mraz on his ukulele, as well as a musical selection on the keyboard; and Troy Simoine, who entertained by playing the keyboard.

“I think Fort Rucker has done an excellent job here representing the contributions of not only Asians and Pacific Islanders, but of all cultures, and it’s always nice to see and learn about the different cultures from around the world,” said Jeffrey Dougherty, retired military. “I’ve been to many different Asian countries and I’m always amazed by their culture, and especially by how heavily they are shaped by their culture even when they move somewhere like the United States.”

One of the final performances came from Carol Hara, who is the first Asian Senior Ms. Wiregrass, who performed a traditional Japanese ribbon dance and shared Dougherty’s sentiment.

“I feel like I’m back in California when I see all of this here – it feels so international,” she said.

Hara, who is of Japanese descent, was born in Denton, Ark., and raised as an American, but kept a lot of her cultural traditions and even provided a show of a traditional Japanese ribbon dance during the event.

As a baby during World War II growing up on the West Coast, she and her parents were put into internment camps during the war. Although she doesn’t remember the ordeal, she said just knowing that her Family had to endure something like that shows her how far we’ve come as a country.



PHOTO BY NATHAN PFAU

Carol Hara, the area’s first Asian Senior Ms. Wiregrass, performs a traditional Japanese ribbon dance during the Asian-Pacific American Heritage Month kickoff event at the post exchange Friday.

Hara and her husband moved to Dothan 44 years ago because of work and only expected to stay for five years, but loved the area so much they decided to stay and have been here ever since.

“We’ve definitely come a long way, but we still have a ways to go,” said Hara. “This is my mother country, though, and I love the South. This is my home, and if you have your friends and you have your Family, you’ll be happy wherever you are.”

Regardless of where people come from or what their backgrounds are, Antonello said she hopes that people can just enjoy different cultures and celebrate the diversity that makes up the history of the nation.

“It just helps to embrace the diversity of our community,” she said. “From music and dance to cultural food and events, there is something for everyone to enjoy throughout this month-long celebration right here on post.”

Other events being held throughout the month to celebrate Asian-Pacific American heritage include an Asian-themed lunch at both dining facilities May 16 from 11:30 a.m. to 1 p.m.; a bowling tournament at Rucker Lanes May 23 with door prizes and Asian-Pacific heritage trivia; and a luncheon at The Landing May 30 from 11:30 a.m. to 1 p.m., of which tickets cost \$11.50.

For more information on events or tickets, call 255-3750.



COURTESY PHOTO

Volunteers of the month

Three volunteers were honored Monday at the May Worthwhile Information Needing Distribution meeting. The April volunteers of the month were Lillian Noel, Army spouse, and Sara Martin, civilian, from the Non-Commissioned Officers Academy; and Jay Guild, department of Army civilian, from Aviation Center Logistics Command. Not pictured is Enrique Lampon, who volunteered with the Boy Scouts.

News Briefs

Heritage month

Fort Rucker continues its Asian American/Pacific Islander Heritage Month celebration with luncheons at the warrant officer candidate dining facility in Bldg. 5914 and the advanced individual training DFAC in Bldg. 6204 May 16 from 11:30 a.m. to 1 p.m., and a luncheon at The Landing May 30 from 11:30 a.m. to 1 p.m. that features a guest speaker, themed displays and entertainment.

Pet Extravaganza

The Fort Rucker Exchange will host its Pet Extravaganza Saturday from 11 a.m. to 1 p.m.

The event will include adopt-a-dog, a collection of items for rescued dogs, pet portraits, pet vendors and more. The Fort Rucker Food Court will also host specials, and people can sing an animal-themed song to any food concept cashier and receive 10 percent off their food purchase. People who purchase pet food from the exchange can grab a bite for themselves and receive 25 percent off a combo meal in the food court by showing their receipt.

For more information, call 598-9423.

AAFES customer survey

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

The survey, which addresses customer service, pricing, sales associate availability, merchandise assortment and other key issues, is administered at every exchange main store annually.

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

“We want to hear from as many Fort Rucker shoppers as possible,” said Don Walter Jr. of the exchange. “Efforts like the CSI are critical to not only improving the shopping experience, but also bolstering the dividend the exchange annually

delivers to the community as healthy exchange operations make the Fort Rucker community a better place to live and work while producing greater returns for Army quality of life programs.”

‘A Shot of Reality’

Fort Rucker will again host “A Shot of Reality” May 20 and 21 from 8-10 a.m., 10 a.m. to noon and 1:30-3:30 p.m. at the post theater

The free show is designed to make people laugh and think, and inform them on alcohol abuse, according to Army Substance Abuse Program officials, adding that the show tackles topics like alcoholism, binge drinking, social mistakes, assault, drunk driving and more.

The show is produced by the award-winning improve group, Mission IMPROVable.

Memorial Day ceremony

Fort Rucker hosts its Memorial Day ceremony May 23 at 8:30 a.m. at Veterans Park in front of the U.S. Army Aviation Museum. The inclement weather location is the post theater.

EDUCATION

Army explains ins, outs of using, transferring Post-9/11 GI Bill benefits

By U.S. Army Deputy Chief of Staff G1
Public Affairs

WASHINGTON — While the Post-9/11 GI Bill Transfer of Education Benefits program has been available since 2009, many Soldiers have not taken advantage of this program.

Because the law requires Soldiers to serve an additional four years after deciding to transfer these benefits to a Family member, Soldiers who wait until the end of their contractual obligation may find they cannot transfer their educational benefits.

This is not an Army policy, but the law.

The law prohibits transferring these educational benefits to dependents once a Soldier retires or separates. The Soldier must have the ability at time of transfer to serve those four additional years.

The Army needs people's help communicating these key points, as well as encouraging Soldiers not to wait to sign up to transfer their benefits, even if they later choose to use the benefits themselves.

- The Post-9/11 GI Bill is a service member benefit — the ability to transfer unused benefits was created as a recruitment and retention incentive for further service.
- The law requires members to have at least six years of eligible service date and agree to serve an additional four years.
- Spouses may use the benefit once the Transfer of Education

Benefits is approved; however, children can use the benefit only after the service member has completed at least 10 years of service.

- Soldiers acknowledge and agree to serve the four-year service obligation prior to the approval to transfer the education benefits to their Family members.
- Failing to complete the service agreement, including

voluntary retirement, invalidates the agreement required to transfer the benefits. If a dependent uses any of the benefit, VA will consider it as an overpayment.

- Soldiers must elect to transfer Post-9/11 GI Bill benefits using the Transfer of Education Benefits webpage in the mil-connect portal at <https://www.dmde.osd.mil/milconnect>. This site also provides Sol-

diers access to the approval form that specifies their obligation end date.

In addition to the current law described above, there is a draft Army Directive in staffing that will establish and clarify Army

policy and procedures in support of the Army's Recruiting and Retention Programs. Once approved, the G-1 team will use every possible avenue to ensure Soldiers and leaders are aware of changes.



DOD GRAPHIC

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III CAPTAIN AMERICA: THE WINTER SOLDIER - PG13
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IV THE OTHER WOMAN - PG13
Mon-Fri: 7:00 & 9:20
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in 2D
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II THE AMAZING SPIDER MAN 2 IN 3D - PG13
3D: Mon-Fri: 6:50 & 9:35
3D: Sat & Sun: 1:00, 4:00, 6:50 & 9:35

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EMMANUEL CHRISTIAN

WOCC: Ceremony reflects, honors past candidates

Continued from Page A1

Hughes added that he believes the value of ceremonies, such as the change of command, are meant to publicly highlight the Soldiers of the unit, as well as the incoming commander.

“This further gives us an opportunity to honor those Soldiers and Families of this school,” he said. “Those who educate and prepare these Soldiers for the future – a sacred and moral responsibility that those of us have in the education arena of the Army.
“A unit’s colors are a constant reminder of the thou-

sands of Soldiers and Families who have attended this school, and gone on to defend this great nation and our exceptional Soldiers,” the general continued. “We must periodically take time like this to reflect and honor those who have gone before us, and those who have trained and educated them like the faculty we have here.”

Prepare: Simple steps save lives when disaster strikes

Continued from Page A1

includes Channel 6, Facebook, Twitter, radio and television.”

Jack Porter, Red Cross Disaster Services volunteer, will be on hand to explain the vital role the Red Cross plays before, during and after disasters.

“When parts of Alabama were hit by severe weather in April, Red Cross had three shelters open and additional shelters remained on standby as it anticipated another round of severe weather,” he said. “Mobile feeding vehicles were dispatched to neighborhoods where residents were cleaning up and digging out of debris, providing meals and snacks and cleanup items, including tarps, rakes and shovels. Red Cross worked with county

emergency management agencies to determine where help was needed.”

Susan Holmes, Wiregrass Area Red Cross executive, encourages Families to prepare and plan in anticipation of emergencies.

“We are working hard to help people be prepared before a disaster strikes. If you have not already installed the free Red Cross Tornado and Hurricane Apps for smart phones, I hope you will – soon. This can be done by clicking on www.redcross.org/mobile-apps, or directly from the iTunes app store or Google Play store. Even if the app is closed, it can sound a siren to alert you if you are in the path of a tornado. Do not hesitate to share the availability of the apps with your Family, friends and co-workers,”

she said.

Volunteers are key to Red Cross effectiveness and efficiency. Without them, and generous donors, the Red Cross could not perform the wide range of services it provides when needed most.

Jamie Harry, Lyster Red Cross volunteer coordinator, will be available at the workshop to explain how to become a volunteer and will also have sign-up sheets available for future Red Cross classes. Volunteers are always needed, and those interested may call Harry at 255-7379 or email jamie.harry@redcross.org.

People can take advantage of this opportunity to prepare for severe weather by calling Corvias to register at 503-3600.



PHOTO BY JASON COLSTON

A Red Cross volunteer gives refreshments to Bart Gam, a resident of Mayflower, Ark., Saturday. Red Cross emergency response vehicles delivered cleanup kits, rakes, shovels, gloves, garbage bags, tarps, snacks and water to residents and workers cleaning up after a tornado hit the area.

Safe: Officials warn training areas off limits for recreation

Continued from Page A1

riding is restricted to approved established trails only — free riding throughout training areas is not authorized. It continues to say that all walking, jogging, running, and hiking trails and courses are open only from sunrise to sunset, unless the trail or course is appropriately illuminated by fixed utilities.

Besides training Soldiers for the Army’s many missions, other activities occur within these training areas. Timber harvest, controlled burns, spraying of pesticide, hunting and trapping are all activities commonly taking place in the woods.

“Maintenance functions could seriously injure

someone who may be conducting recreational-type activities in an unauthorized area,” he said. “Environmental, natural resources and the Directorate of Public Works activities all occur on these lands, too.”

There is also the potential for people to detonate unexploded ordnances from the 1940s, added Sparks.

If a person is not sure if they are allowed in the area, then that person probably is not, said Sparks. It’s safest to stay in the areas that are designated for recreational usage.

“There are appropriate places where people can conduct recreational fitness and activities,” said Sparks. “Fort Rucker does an excellent job in providing many areas. People

shouldn’t put their lives at risk to find a new trail to run on where they don’t have to be around others.”

On many training boundaries, there are sequence numbers on a tree or a sign

of some type. Sparks said if a person sees one of those, that it is a clear indication that they are going into a restricted area.

“You wouldn’t want a horseback rider riding

through a paved trail designated for runners only, just like leaders don’t want joggers running into a Soldier who is in the field conducting training,” he said.

For more information,

read Fort Rucker Regulation 215-1, located in the policies and regulations section on the Fort Rucker Intranet, or visit Administrative Services in Bldg. 5700.

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MAY 8, 2014

PROUD TO SERVE

American units adapting to new missions in Afghanistan

By Jim Garamone
American Forces
Press Service

BAGRAM AIRFIELD, Afghanistan — As people walk into the headquarters for Regional Command East at Bagram, they see a photo of the second plane hitting the World Trade Center on Sept. 11, 2001.

Underneath the photo is an inscription: “Never again.”

“Our Soldiers understand why they are here,” said Maj. Gen. Stephen J. Townsend, the commander of Regional Command East and of the Army’s 10th Mountain Division. “International terrorists will never use this country to launch attacks on the United States or our allies again.”

Townsend spoke during a break in meetings with Gen. Martin E. Dempsey, the chairman of the Joint Chiefs of Staff who visited to confer with senior leaders.

But the mission American and coalition service members perform has changed from one in which Americans did the combat operations to one in which U.S. and coalition forces train, advise and assist Afghan

forces.

When he does battlefield circulations, Townsend said, he tells the U.S. and coalition service members that the mission is to “get the Afghan national security forces stood up, so we can stand down.”

This, the general said, is the biggest change he has seen since his last deployment to Afghanistan in 2010 and 2011. In 2011, American and coalition forces conducted about 95 percent of the operations. A few Afghan soldiers accompanied them, he said.

“Now, it’s exactly the opposite with 95 percent of the operations led by the Afghans,” he said. “In fact, between 80 and 85 percent of those operations are Afghan unilaterals. There’s nobody from the coalition with them at all.”

This does not mean that American and coalition forces are out of danger. Last week, two 10th Mountain Division Soldiers were killed conducting force-protection patrols.

Veterans of multiple deployments understand what is happening, Townsend said.

“They are very happy to advise the Afghans, and help train them and encourage them as



PHOTO BY NAVY PETTY OFFICER 1ST CLASS DANIEL HINTON

Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, presents a Soldier with a Bronze Star during a ceremony on Bagram Airfield, Afghanistan, May 2.

they leave the gate on a mission,” he said. “They stand by as part of a quick-reaction force if needed.”

But they understand that “victory has an Afghan face,” the general said.

The mantra now is to train the trainer. U.S. forces train Afghan officers and sergeants, who in turn train Afghan privates.

“That’s the only way we can build an institution that can sustain itself,” Townsend said.

The effort also is transitioning from unit-based security force assistance to functionally based assistance. In the past, American Soldiers have been covering down on Afghan kandaks, or brigades, to train all aspects of what that unit needed to function effectively.

“Now, we are shifting our lens to functions – critical func-

tions,” he said.

Logistics and intelligence are two of these critical functions. Training now strives to connect kandaks through the chain of command to the Afghan Defense Ministry.

“A lot of the Afghan units are functioning just fine,” Townsend said, but they do need things from outside the unit to perform best.

Spare parts, replacements and intelligence sharing are examples of functions outside a unit that are critical to the unit’s success, he explained.

“We’re trying to get the Afghans to push their intelligence down through channels to the unit that needs it,” he said. “We’re trying to make that pipe work.”

SEE PROUD, PAGE B4



PHOTO BY STAFF SGT. TODD L. POULIOT

From left, Pfc. Matthew M. Phillips, Pvt. Trenton M. Brown and Spc. Christopher D. Grant revisit the boat launch from where they rescued a woman.

3 Soldiers credited with rescue on BLACK RIVER

By Staff Sgt. Todd L. Pouliot
10th Combat Aviation Brigade
Public Affairs

FORT DRUM, N.Y. — What had been planned as an evening of fishing for three 10th Mountain Division (Light Infantry) Soldiers, turned into a courageous, yet bittersweet, rescue on a local river.

Spc. Christopher D. Grant and Pvt. Trenton M. Brown were fishing together on the Black River in Watertown with their Families, April 21, the last day of a four-day weekend. Grant, a paralegal specialist with Headquarters and Headquarters Company, 10th Combat Aviation Brigade, and Brown, a helicopter hydraulics repairer with B Company, 277th Aviation Support Battalion, 10th CAB, had had their fishing lines in the water no more than 10 minutes when they heard cries for help coming from their left.

A canoe had overturned, and a young couple was in the water struggling to hang on as a current carried them about 60 meters from the shore.

“Once they saw us, they both pushed off of the boat and started trying to swim to us,” Grant said. “I noticed right off that the male appeared to be a strong swimmer by the way he started swimming from the boat. The current was fighting him hard, and I think when he noticed the female was having trouble swimming, he chose to stay with her.”

The current was pushing the couple toward the dock, so Grant and Brown ran to Grant’s truck to get a 100-foot rope.

They unraveled the rope, tied a heavy stick to the end for weight and made several attempts to throw it out to the couple, but came up short each time, the last attempt coming about 15 feet from them.

By this time, Grant estimated the couple had been in the frigid water nearly 15 minutes.

“As I attempted to throw the rope again, the back current caught them and started dragging them back toward the (boat) launch,” Grant said. “It was at this point that the male began trying to hold the female up, causing him to go under and take on water. We ran back from the dock to the launch, and I noticed the male go under.”

It was around this time when a third Fort Drum

SEE RIVER, PAGE B4



Army UH-60 Black Hawk helicopters carrying Marines with B Company, 1st Reconnaissance Battalion take off from a landing zone during a Marine Corps Combat Readiness Evaluation at Joint Base Lewis-McChord, Wash., in April 14. MCCRE is an exercise designed to test the proficiency of the Marines and Sailors as they prepare for upcoming deployments.

PHOTO BY LANCE CPL. AKEEL AUSTIN

Moving Marines

Former MP continues ‘To Protect and Serve’

By Staff Sgt. Todd L. Pouliot
10th Combat Aviation Brigade
Public Affairs

FORT DRUM, N.Y. — “To Protect and Serve” is a motto those in law enforcement live by as they strive to keep others safe.

Having lived that credo for 2 1/2 years as an Army military police officer, Capt. Megan S. Reading continues to serve and protect, but now she does it from above as an AH-64 Apache pilot with 10th Combat Aviation Brigade.

From fall 2009 to spring 2010, Reading’s MP platoon trained the Iraqi Police in enhanced law enforcement techniques. Part of the joint training involved members of her platoon patrolling with their Iraqi counterparts.

After seeing the effectiveness of the OH-58 Kiowa helicopters providing security for her patrols, she began considering how rewarding it would be to be an Aviator. The fact that her father was a helicopter pilot (flying a CH-47 Chinook with the Texas National Guard and later the Bell 206 helicopter with the Dallas Police



PHOTO BY CAPT. PETE SMEDBERG

Capt. Megan S. Reading, an AH-64 Apache pilot and assistant operations officer with 1-10 (Attack), 10th Combat Aviation Brigade, returns from an eight-hour mission Sept. 6 at Forward Operating Base Fenty in Nangarhar Province, Afghanistan.

Helicopter Section) cemented her decision to apply to flight school. “I remember looking at the 58s – the Kiowas – in Iraq, and thinking how much fun that would be,” Reading said.

A native of Canton, Texas, Reading graduated in May 2008 from the U.S. Military Academy at West Point, N.Y., with a bach-

elor of science degree in human regional geography, which she had initially intended to use as a foreign area officer.

Just before graduation, Reading was selected to be a military police officer. After graduating from the Officer Basic Course, she reported to her first duty assignment at Fort Campbell, Ky.,

in the fall of 2008. Less than a year later, her platoon deployed to Hawijah, Iraq.

Insurgent activity made travel around Hawijah precarious, but the mission required Reading and her platoon members to travel outside their base nearly every day of their deployment. As she and members of her platoon returned from a bimonthly meeting at the District Police Headquarters Aug. 18, 2009, her vehicle was attacked.

“There were a lot of (RKG-3 antitank grenades) that they liked to throw at our patrols,” Reading said of the local insurgents. “One of (the RKGs) went through my vehicle.”

She, along with her gunner and interpreter, suffered injuries. Reading was driven back to their base and was medically evacuated to a higher care facility at Kirkuk Air Base. She returned to her platoon 22 days later.

Reading and her unit returned to Fort Campbell in April 2010. That summer, she submitted a flight packet, and in 2011, she began flight training at Fort Rucker. Reading said she got to fly the Ki-

owa in flight school, but chose to specialize in the AH-64 Apache.

“I really like the mission of the Apache – the security the Apaches provide,” she said. “Part of it is probably from being on the ground in Iraq. (Providing security) is a way to give back – to support the guys on the ground.”

After completing flight school, Reading arrived at Fort Drum in November 2012, and deployed with 1st Battalion (Attack), 10th Aviation Regiment, 10th CAB, as a flight platoon leader in May 2013.

Her battalion would begin the deployment at Forward Operating Base Salerno in Khowst Province, Afghanistan, and would later move to Forward Operating Base Fenty in Nangarhar Province. The Apache crews were tasked with providing overhead security for ground forces, reconnaissance, and escorting passenger and cargo movement missions, which included escorting Afghan Air Force Mi-17 helicopters.

“In Aviation, our job is to support the ground forces and

SEE SERVE, PAGE B4

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Proud: Soldiers continue ‘doing the nation’s mission’

Continued from Page B1

With logistics, the Afghans have no historical data to forecast what spares will be needed. As a result, they are still buying bulk parts. This is inefficient, the general said, because “you end up buying too many of one widget and too few of another.”

“They don’t have enough money to be inefficient and

wasteful,” he added. “They have to be very efficient. We’re trying to help them maximize their bang for the buck.”

When Townsend speaks with U.S. and coalition troops, he said, they ask him about the status of the bilateral security agreement that would allow a continued U.S. presence in Afghanistan beyond this year. They also ask if the United States will leave a residual force in Afghanistan, and what it will do.

“They may operate at the foxhole-and-rifle squad level, but they think at a national level,” he said.

The general said he believes Americans should know about the work his troopers are doing here.

“We lost a Soldier ... and I read a post on the Internet from an American that said, ‘I thought we were out of there,’” Townsend said. “The American people need to know we are still here and doing the nation’s mission.”

River: Soldiers selflessly provide aid to drowning civilians

Continued from Page B1

Soldier came on scene.

Pfc. Matthew Phillips, a cavalry scout with A Troop, 3rd Squadron, 71st Cavalry Regiment, 3rd Brigade Combat Team, pulled up. Before he could grab his fishing pole, he recognized that something wasn’t right.

“Right when I pulled up, I saw everybody running, screaming ‘they’re drowning!’” said Phillips, a former lifeguard. “Of all who were there, I was the best equipped to get into the water, but (the couple) was not close enough (for me) to swim out and back.”

Phillips, wearing shorts, T-shirt and flip-flops, grabbed the stick-end of the rope and rushed into the water as Grant and Brown tied a second rope to the end of the first.

All three Soldiers were now in the water, which was reported to be about 36 degrees Fahrenheit. The clamor of sirens from emergency response vehicles could now be heard and were getting increasingly louder.

“I ran from the launch up to the road and saw them stop on the bridge,” said Brown, of the emergency response vehicles. “I flagged them down and guided them to the scene.”

Meanwhile, as Phillips swam with the stick-

end of the rope toward the woman, Grant waded out into the water up to his chest while holding the other end of the rope. Phillips took hold of the woman, securing her under the armpits and yelled “pull!” Grant pulled them in as quickly as he could. As Phillips brought her to shore, Grant ran to them and carried the woman onto the beach. Brown brought whatever he could find to warm her, such as blankets and sweatshirts.

“She was freezing cold, shivering and turning blue,” said Phillips, who was showing signs of hypothermia himself. “It was the coldest water I’ve ever been in in my life. Nothing would’ve

prepared me for how cold that was.”

For the three young Soldiers, the rescue was bittersweet, as the search continues for the man who appeared to have swum back to help the woman.

“If I could have gotten to the man, I would have, but I just couldn’t get to him,” Phillips said.

Brown said it appeared the couple was holding each other as they went down the river and that the man was pushing the woman up until he ultimately disappeared below the water.

“He gave his life to save her,” he said. “That’s the hardest part.”

Serve: Aviator flew more than 100 missions during deployment

Continued from Page B1

(Reading) understood that,” said Lt. Col. Chad E. Ward, commander of 1st Battalion, 10th

Aviation Regiment, 10th CAB. “She understood our role, our mission and she did exceptionally well during some tough missions. Her maturity, skill, and ability to

fly and fight the aircraft are the reasons she achieved pilot-in-command.”

Reading flew more than 100 missions and amassed just more

than 650 combat flight hours during her nine-month deployment to Afghanistan. She emphasized that a pilot’s success is directly linked to the success of those

fighting on the ground. The No. 1 priority for Reading and her colleagues was performing the best they could in order to better support the ground forces.

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MAY 8, 2014

DEVELOPING HEALTHY HABITS

Youth health fair promotes healthy living

By Nathan Pfau
Army Flier Staff Writer

Childhood obesity is an epidemic sweeping the nation, but Fort Rucker is taking the fight to the front by teaching its youth healthy habits early on.

The Fort Rucker Child, Youth and School Services held its Youth Health and Nutrition Fair at the School Age Center April 30 as a way to help children learn how to get a head start on a healthy lifestyle through education, said Gina Vaughan, CYSS nurse.

“We’re here because we want to raise awareness and show the children what they can do to improve their health,” she said. “We want to teach them healthy habits now and start incorporating them in their lives so it’s not something that they have to deal with when they’re 30 years old and possibly overweight with high blood pressure.”

During the health fair, children were able have their blood pressure, height, weight, hearing and sight checked, and there were tables set up for children to visit where they could learn about dental health, fitness programs, nutrition and more.

Nutrition is one of the main factors when it comes to living a healthy lifestyle, and Deborah Reyes, CYSS nutritionist, was on hand to make sure children understood the fundamentals of nutrition.

“We always try to provide healthy menus for the children, but it’s very important to teach them how to eat healthy on their own, so we’re here providing the tools for them to do so,” said Reyes. “It’s all about exposure. There are so many things out there that children are exposed to and if we don’t teach them about it, how will they learn?”

To give the children an idea of what healthy eating consists of, Reyes prepared healthy fruit smoothies for them to try, as



PHOTO BY NATHAN PFAU

Pvt. Markele Wiggins, Fort Rucker Dental Activity, teaches children about the importance of dental care during the CYSS Youth Health and Nutrition Fair at the School Age Center April 30.

well as showed them how she prepared them.

“I know children like smoothies and there’s always a healthier way to make them, so I prepared a healthy, dairy-free, allergy-free recipe for them,” she said.

The banana-mango smoothie contained lactose-free milk and apple juice as a natural sweetener instead of added sugar, and it proved a big hit during the event.

“It’s important to add real ingredients and, so far, the children have liked it a lot,” said the nutritionist. “It’s all about putting the right stuff into their bodies.”

Reyes hopes that the children will take what they learned about nutrition and bring home the healthy habits to their Family and friends.

“Healthy eating starts at a very young age, so as long as you teach them good habits while they’re young, they’ll develop and teach others,” she said. “I’ve done a lot of nutrition education in the community, and when you engage kids in preparing their own foods and teach them about new ingredients, they’re more (inclined) to try new things.”

Trying new things is what the health fair was all about, and Shanna Davis, military spouse

and mother of two, said new is something she wanted to expose her children to.

“I just wanted to come out here with my children because I want them to see the importance of living a healthy lifestyle, even when they’re young,” she said. “When children are young, they really think they’re invincible, and they might even seem that way to a point. But when you grow up, you obviously see that’s not the case, so I want my children to be ready when they get older and make good habits when it comes to health and exercise.”

Davis said she tries to live as healthy a lifestyle as possible

by making sure she exercises by running daily, but admits that nutrition and healthy eating habits are hard for her to maintain at times.

“That’s why I want my children to get started in those habits early, and I can tell them every day to eat their greens or eat less junk food, but when they hear things like this from professionals, it’s more likely to stick with them,” she said. “I’m just glad that Fort Rucker does something like this for our youth because you see this for adults all the time, so why not for the youth? It just shows that they really care about the Families here on post, and for that I’m grateful.”



Event features sun, surf, sand castles

By Sara E. Martin
Army Flier Staff Writer

At the beginning of each summer, Fort Rucker hosts a variety of events to kick off the warm weather, and this year’s signature event is Lake Fest.

The event is slated for May 17 at West Beach on Lake Tholocco from noon to 6 p.m. The event is open to the public.

Lake Fest is a fun-for-everyone event, and a great way to start the summer. It’s also an opportunity for patrons to enjoy free swimming and fun activities at Lake Tholocco, said Brian Jackson, Directorate of Family, Morale, Welfare and Recreation program manager.

“Every year we have a great turnout of folks from on and off post, and people really seem to enjoy it,” he said. “There are a lot of patrons that aren’t aware of the fun, affordable services that (DFMWR) provides, and this event showcases what

outdoor recreation and aquatics have readily accessible for not only the Fort Rucker community, but the surrounding communities, as well.”

The event has several activities to keep everyone entertained, such as inflatables, giant games, a frozen shirt contest, free swimming and access to the water slides, a volleyball tournament, unique food vendors, non-motorized water sports and more.

The event caters to Families, but has always received great interest from teenagers and young Soldiers, said Jackson.

“This event is important for the Family as it is a chance to collectively relieve some stress and attend a free, fun-filled event that is very close to home,” said Jackson.

Officials suggest visiting the outdoor recreation service center, Bldg. 24235, because equipment, such as canopies, tables and folding chairs for checkout



FILE PHOTO

A scene from a previous year’s Lake Fest. This year’s event is May 17 from noon to 6 p.m. at Lake Tholocco’s West Beach.

are on a first-come, first-served basis. Call 255-4305 for more information on equipment. ODR is offering free use of life jackets, canoes and paddle boats to keep the party going all afternoon.

Families are always on the go – busy with everyday activities. But Kristi Fink, DFMWR special events coordinator, said

that Fort Rucker’s Lake Fest helps bring Families together for a fun-filled free day at the beach.

“Two of my favorite activities are the sand castle contest and the frozen T-shirt contest,” said Fink. “Building a sand castle together as a Family creates memories to last a lifetime!”

Military Spouses Day Specials

- The Landing Zone – The Landing Zone will offer half off of an entree — spouses must present their dependent military ID. For more information, call 598-8025.
- Rucker Lanes – Spouses can bring their better half out to Rucker Lanes and enjoy a two-for-one Lunch n' Bowl. Many food options will also be available. The offer includes two games of bowling, shoe rental, fountain drink and food selection. For more information, call 255-9503.
- Divots – Divots at Silver Wings Golf Course offers spouses half off their lunch during normal lunch hours. Spouses are required to present their dependent military ID to claim this offer. For more information, call 598-2449.
- The Coffee Zone (The Landing Zone location only) – Spouses can show their dependent military ID and receive half off the purchase of any specialty beverage, tea or coffee. For more information, call 598-8025.
- Army Community Service (The Commons, Bldg. 8950) – ACS is invites all spouses to The Commons from 10 a.m. to noon to be treated to door prizes, sample massages, a cooking display by 5-Star Catering and more. For more information, call 255-2382.
- Fortenberry-Colton Physical Fitness Center – All fitness classes at the Fortenberry-Colton PFC will be free of charge to all military spouses. For more information, call 255-3794.

Comedy Live at Rucker

For more information,
call 255-9810.

Mother's Day Brunch

A black and white photograph of a water play area. In the foreground, a young girl in a patterned swimsuit is interacting with a water gun mounted on a post. To her right, another child is crouching near a low water spray. In the background, several other children are playing near a large, arched water structure and other water features. The area is paved and surrounded by a fence and trees.

COURTESY PHOTO

SPLASH open

For more information or to make reservations, call 598-2426.

EFMP information, support group

For more information,
call 255-9277.

Children's Book Week

For more information,
call 255-3885.

Employment Readiness Class

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

Newcomer's Welcome

For more, call 255-3161.

DFMWR Spotlight

Fort Rucker Family & MWR

**MOTHER'S DAY
ACTIVITIES & SPECIALS**





Mother's Day
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Sunday, May 11th
10 am – 2 pm at The Landing

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Ages 6 – 12: **\$6.95**
Ages 3 – 5: **\$4.95**
Ages 2 and under: **FREE**
Military Family Special (2 adults & 2 children): **\$45**

Reservations are strongly encouraged. For details or to make reservations call The Landing, (334) 598-2426.

Mother's Day Craft Activity
Tuesday, May 6th, Center Library, 3:30-4:30 pm
Light refreshments will be served. Open to children ages 3-11.
Space is limited to the first 65 children registered.
Center Library, (334) 255-3885

The Coffee Zone Mother's Day Special
Sunday, May 11th, 8:00 am - 2:00 pm
There is no arguing that moms are the best! To show our appreciation, all moms that come by The Landing Zone's Coffee Zone on May 11th can enjoy a complimentary piece of cake with the purchase of a beverage. **The Landing Zone, (334) 598-8025**

Rucker Lanes Mother's Day Special
Sunday, May 11th
Bring your Mom out to Rucker Lanes on Mother's Day where all moms bowl for FREE! Each Mom will receive 3 free games of bowling and shoe rental. Kids (ages 13 and under) that are bowling with their Moms will receive 3 games of bowling and shoe rental for \$4.75 per child. **Rucker Lanes, (334) 255-9503**

For more information visit www.ftruckermwr.com.

FORT RUCKER MOVIE SCHEDULE FOR MAY 8 - 11

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

Rucker recognizes military spouses

By Nathan Pfau
Army Flier Staff Writer

It's no secret that Soldiers sacrifice much for the wellbeing of their country, but oftentimes there are others whose sacrifices are sometimes overlooked – military spouses.

That's why the Fort Rucker Directorate of Family, Morale, Welfare and Recreation recognizes the sacrifices that military spouses make by providing specials that will be available to them all day Friday.

"DFMWR recognizes and appreciates the positive impact military spouses have on our Soldiers and the Army," said Janice Erdlitz, DFMWR marketing director. "We're excited about the opportunity to help celebrate this day with numerous activities and specials from our DFMWR programs."

Spouses can take advantage of specials all across the installation, and they can start their day with a trip to The Coffee Zone located inside The Landing Zone.

The Coffee Zone will be offering half off the purchase of any specialty beverage, tea or coffee with a spouses military ID.

While at The Coffee Zone, military spouses can also take advantage of specials The Landing Zone is offering throughout the day. Military spouses need only show their military ID to enjoy half off of their entrée, and spouses of deployed Soldiers can present their Blue Star Card to receive the discounted meal.

If they're not in the mood for food at The Landing, spouses can head over to Divots Restaurant



PHOTO BY NATHAN PFAU

Participants of a spin class at the Forttenberry-Colton Physical Fitness Center push themselves during one of many fitness classes offered at the gym.

and Grille at the Silver Wings Golf Course where they can also enjoy half off their entrée by showing their spouse's ID or Blue Star Card.

Army Community Service will also hold a recognition event at The Commons from 10 a.m. to noon where military spouses can enjoy door prizes, sample massages, a cooking display by 5 Star Catering and more, said Erdlitz.

From there, spouses can catch

the workout bug and get in shape for summer at the Forttenberry-Colton Physical Fitness Center where they will be able to enjoy all fitness classes free of charge for the day.

"Whether spouses want to take advantage of the many dining specials or join ACS for the (event) at The Commons, we've tried to create several opportunities for spouses to take advantage of on their special day," said the mar-

keting director. "We know that taking care of our spouses is just another way of taking care of our Soldiers."

Food and fitness are just a couple ways that DFMWR shows its support, but spouses can take part in both at Rucker Lanes.

Rucker Lanes encourages spouses to "bring their better half" to enjoy a 2-for-1 Lunch n' Bowl special. The offer includes two games of bowling, shoe rental,

fountain drink and a selection of food from the bowling center's many options.

"The strength of our Soldiers come from the strength of their Families," said Erdlitz. "The quality of life of our military Families is a top priority, and ensuring that we recognize (the military spouses) contributions to the Army Family is so important and we're proud to be a part of the day's recognition."



COURTESY PHOTO

Pick-of-the-litter

Meet Bosco, a 4 year old, male hound mix. He is large at 70 lbs. He is housebroken and knows simple commands and fetches a ball well. He gets along with other dogs. Bosco's adoption fee is approximately \$122 and includes a microchip, distemper/lepto and rabies vaccinations. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the stray facility. Visit the Fort Rucker stray facility's Facebook page at [http:// www.facebook.com/fortruckerstrayfacility/](http://www.facebook.com/fortruckerstrayfacility/) for constant updates on the newest animals available for adoption.

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- **Delay** — Don't reach for tobacco right away. The urge to smoke passes in 3 to 5 minutes whether a person smokes or not.

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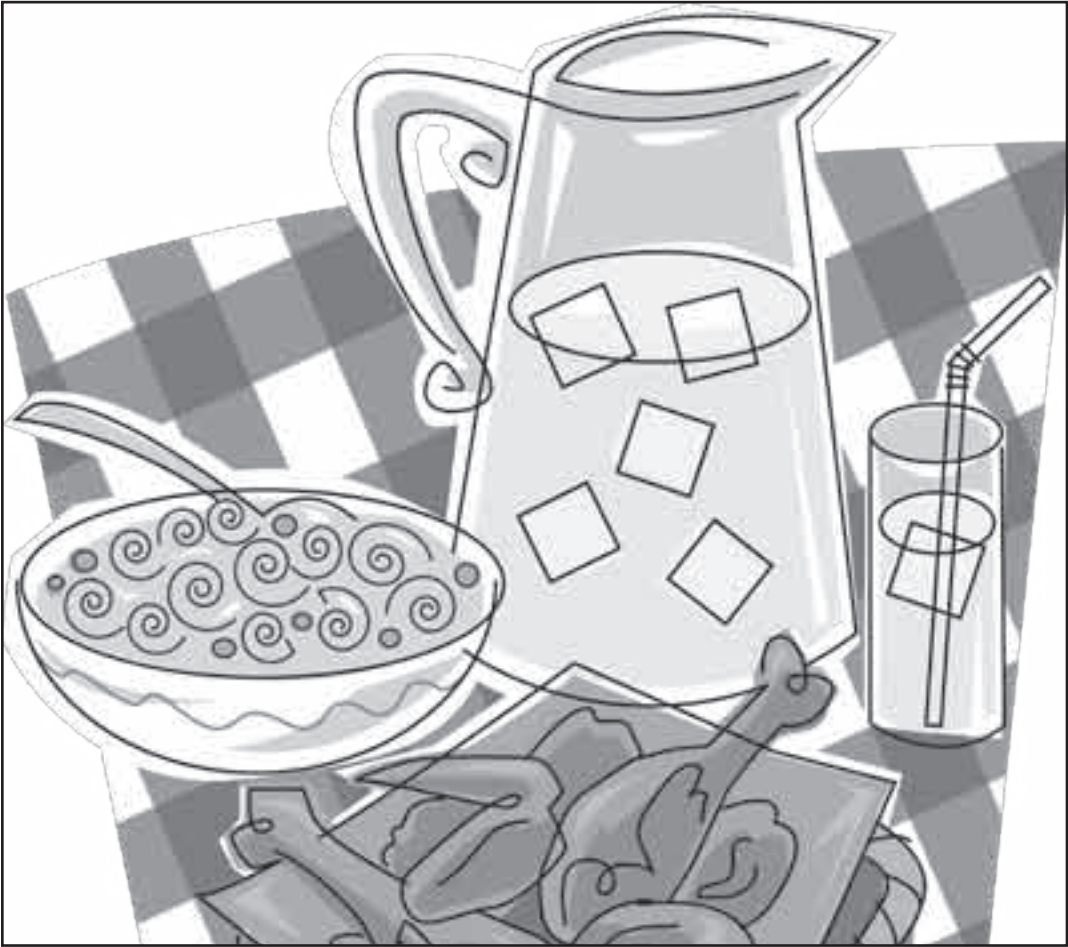
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The fourth annual Butts & Clucks Cook-Off By The Bay cooking competition, live auction, and luncheon is Saturday from 11 a.m. to 4 p.m. at Battery Park in Apalachicola, Fla. All proceeds from the event support the Weems Memorial Healthcare Foundation, a fundraising organiza-

tion for George E. Weems Memorial Hospital.

Lunch is served at 11 a.m. A live auction takes place at 1 p.m. The cook-off competition judging begins at 2 p.m. and awards take place at 4 p.m.

For more information or to submit an application for the cook-off competition, visit <http://www.weemsmemorial.com/p/foundation.aspx>.



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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

MAY 8 — SOAR, a dance show with a special appearance by Ben Vereen, will begin at 7 p.m. at the Wiregrass Church. Tickets are available at the door. A workshop with Vereen begins at 1:30 p.m. with a cost of \$40. For more information, call 877-PRJ-5678.

MAY 16 — The Tri-State Community Orchestra presents “Baroque to Broadway” at the Dothan Cultural Arts Center. Admission is \$12 for adults and \$10 students. For more information, visit www.tristatecommunityorchestra.org.

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

ONGOING — The Tri-States Coin Club meets the third Monday night of each month at 7 p.m. in the back room of Interco Coins located at 2314 Ross Clark Circle.

Described as fun for all ages, event begins with a short meeting followed by a coin auction. For more information, call 393-2376.

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

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

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

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

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

ENTERPRISE

MAY 9 — Enterprise High School will hold a naturalization ceremony at 10 a.m. at the school’s performing arts center. People are asked to be a part of American history and witness approximately 25 people become American citizens. It is the first ever ceremony in the country conducted outside of a courtroom. For more information, visit www.enterprisealabama.com.

MAY 10 — The Enterprise Lions Club hosts the annual Boll Weevil 100 Bike Ride and 10K Run through the hills of Coffee County. The Boll Weevil 100 is broken into four rides; a 7-mile Fun Ride, a 25-mile, a Century (100K), and a challenging

100-mile ride. The running events include a 10K and a 3K that start immediately after the bikers depart. Registration is May 9 from 4-8p.m. at the First United Methodist Church Family Life Center and May 10 from 5-7 a.m. There will be a complimentary breakfast available during registration Saturday. Refreshments will be provided and showers are also available. For more information, visit www.enterpriseliionsclub.com/boll-weevil-100/information.

NOW THROUGH JULY 15 — Sept. 12 and 13 the Wiregrass Decorative Painters Chapter is sponsoring a two-day oil painting seminar taught by Bill Bayer. The seminar will be held at the First United Methodist Church’s Gathering Room. The cost is \$85 per day and covers all oil paints, brushes and prepped canvases. The seminar is open to the public. Pre-registration is required and the deadline is July 15. For information, call 393-2191 or 406-0593.

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

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

PINCKARD

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

SAMSON

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

TROY

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

MAY 10 — Yatta Abba Day will be held in downtown Abbeville, which celebrates the beginning of spring and the blooming of the dogwoods. The festival features live entertainment, garden items, art, crafts, children’s activities, an antique car show and food vendors. A sock hop the night before at the community center kicks off the event. Trivia contests during the day offer prizes to participants. For more information, visit www.cityofabbeville.org/community/yatta-abba-day.

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.

Hog Wild BBQ

The Hog Wild Backyard BBQ will take place May 17 in downtown Mobile. There will be free barbeque samples, child activities, live music and more. For more information, visit www.facebook.com/HogWildBackyardBBQ.

Fiesta Celebration

From May 18 to June 7 Families can enjoy treasure hunts,

sand sculpting contests, boat and street parades, and more in Pensacola. For more information, visit fiestaoffiveflags.org.

Gate-to-Gate Run

Eglin Air Force Base’s 29th annual Memorial Run/Walk will be held May 24, taking off from the start/finish line at Unity Park at 7:30 a.m. Race is open to the public. Runners, walkers and teams are invited to register at www.active.com. Cost for pre-registration is \$25 through May 10 and \$30 until May 16. There will be no registration available race day. Following the race, participants are invited to enjoy free food and beverages and live entertainment. For more information, visit www.wksm.com.

Music Fest

The Hangout is described as a one-of-a-kind music festival that takes place on the beaches of Gulf Shores. The

event features more than 70 bands May 16-18. Admission is charged. The festival includes beach events and activities such as inflated waterslides, vendors and contests. For more information, visit www.hangoutmusicfest.com.

Blue Star Salute

May 17, Armed Forces Day, The 10th annual Blue Star Salute will be held at USS Alabama Battleship Memorial Park in Mobile. The public is invited and join in honoring those who are serving, those who have served and those who have fallen in military service.

The day’s events will begin with the Alabama’s Fallen Heroes Memorial 5K Run at 7:30 a.m. The opening ceremony will begin at 10 a.m. Live entertainment will be provided throughout the day along with veteran service organizations with informational booths set up as well as activities for children and several food vendors. For more information, visit www.gulfcoastnewstoday.com.

‘Soldier for Life’

Website serves as new online home for retirees

By C. Todd Lopez
Army News Service

WASHINGTON — The Army’s “Soldier for Life” website, launched May 1, is designed to be a new online home for retired Soldiers.

The Army’s web portal, Army Knowledge Online, has been available to retirees and Family members for many years. However, the Army is transitioning to a more secure enterprise network for business users – Soldiers, Army civilians and contractors.

Retirees will continue to be able to access important information about the Army, and information pertaining to health, retirement, employment and education benefits online at www.soldierforlife.army.mil.

Mark E. Overberg, who serves as deputy chief of Army Retirement Services, said the new website will allow “ongoing communications with the retired community.”

In February, the Army Retirement Services office was moved under the newly created Soldier for Life program, Overberg said, because retired Soldiers are “a part of the whole Soldier lifecycle – the last part of the Soldier lifecycle.”

Right now on the website, retirees can also opt-in to receive a newsletter that lets them know what’s going on in the Army “with a primary focus on news that retired Soldiers care about,” Overberg said.

Email changes

On AKO, retirees and Family members had access to Web-based email services that gave them a .mil email address. Currently retirees and Family members are no longer able to send email from their AKO accounts or read emails within the site. What they are still able to do, however, is instruct AKO to forward any emails they might receive there to a commercial account. The AKO website



Retirees will continue to be able to access important information about the Army, and information pertaining to health, retirement, employment and education benefits online at www.soldierforlife.army.mil.

will continue forwarding emails to commercial accounts until Dec. 31.

Overberg suggests retirees and Family members set up a free commercial email account to replace what AKO used to provide for them. He said after setting up such an account, they should notify Family, friends and professional contacts about the new email address.

Additionally, he said, retirees and Family members should contact any businesses or other websites where the AKO email address is a part of their contact information and update it to reflect the new email address.

One such site in particular to update, he said, is the Defense Finance and Accounting Service’s MyPay website, where retirees and Soldiers alike can look at their leave and earnings statements, and other important documents.

To ensure that DFAS can contact them, retired Soldiers should

visit the MyPay site and ensure that a new or non-AKO email address is listed. Overberg said that some 500,000 Army retirees have MyPay accounts. Of those, he said, about 350,000 are still registered there with their AKO-provided email address. By not signing up for a commercial email service and updating business account information, former AKO users risk not receiving important notifications.

Future site

Right now, the Soldier for Life website is extremely new. Overberg said the site is only in “Stage 1” of its development. But, he said, there are several ideas about what will be brought aboard as the site’s development progresses into “Phase 2.”

Future upgrades to the Soldier for Life website might include a white pages feature similar to what was once available on AKO, Overberg said. The difference will be that the white pages-style direc-

tory will include only those retirees who opted in to the listing.

Also under consideration for inclusion in the next-generation of the site is a Retired Soldiers Blog, Overberg said. “The intent of this blog will be to provide a three-way communication: the Army to retired Soldiers, retired Soldiers to the Army and retired Soldiers to other retired Soldiers.”

Overberg said that commenters to blog posts will be limited to those who have retired from the Army. “When somebody posts a comment, we’ll want to make sure they are a retired Soldier.”

Part of making that happen, he said, is ironing out the technical details of how to authenticate retired Soldiers on the site. That might include integration of services from Department of Defense Self-Service Logon.

Overberg also said that the Soldier for Life website has been designed to be easier to use than AKO. He said he has heard com-

plaints from retirees that AKO was too complex – and so they stayed away from the site.

More than retirees

The Soldier for Life program, and its website, is about more than just retirees. In fact, the retiree program was just recently folded into the SFL program.

Soldier for Life is, in fact, about the entire lifecycle of being a Soldier: from the moment a Soldier shows up at basic training: “Start Strong;” to the day they arrive at their first command and begin their Army career: “Serve Strong;” to the moment they make the decision to transition from a uniform-wearing Soldier back into a productive member of civilian society: “Reintegrate Strong;” to the final separation or retirement from Army service and transition into an example in their community about what it means to be a Soldier: “Remain Strong.”

Lt. Col. Wenceslao G. Angulo, who serves as the communications and outreach director of the Army’s Soldier for Life program, said the SFL program and its website aims to serve those in all four phases of being a Soldier.

“We want to attract talented young men and women to join the Army,” he said.

“The new site provides current information and links to resources for all Soldiers, which include active duty, Army National Guard and Army Reserve,” Angulo added. “We also provide access to information and links to resources for those preparing to transition to civilian life. Now, with retirement services joining the Soldier for Life program, we can now provide services and information for those who have retired from the Army, but remain Soldiers for life.”

For more information about the AKO transition, visit:

<http://ciog6.army.mil/AKOTransition/tabid/215/Default.aspx>.

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Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday

Headquarters Chapel, Building 109
8:00 a.m. Multi-Cultural Worship Service

Main Post Chapel, Building 8940
9:00 a.m. Catholic Mass Sunday
11:00 a.m. Traditional 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
08:00 a.m. Latter-Day Saints Worship Service
9:30 a.m. Protestant Sunday School
10:45 a.m. Wings Contemporary Worship Protestant Service
1:00 p.m. Eckankar Worship Service (4th Sunday)

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

BIBLE STUDIES

Tuesday-
9:00 a.m. Protestant Women of the Chapel, Wings Chapel
5:30 p.m. Youth Group Bible Study, Spiritual Life Center
6:00 p.m. Protestant Women of the Chapel, Wings Chapel
7:00 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 TAG Bible Study, Bldg 30501
12:00 p.m. Adult Bible Study, Soldier Service Center
6:00 p.m. Adult Bible Study, Spiritual Life Center

Thursday-
9:00 a.m. Adult Bible Study, Spiritual Life Center
6:30 p.m. Latter-Day Saints Bible Study, Wings Chapel
6:30 p.m. Wings Bible Study (Meal/Bible Study), Wings Chapel

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MAY 8, 2014



PHOTO BY SARA E. MARTIN

Runners of every fitness level and age compete in the Fort Rucker 10-Mile Race and Relay Saturday morning.

Conquer the bill

Runners race across difficult course

By Sara E. Martin
Army Flier Staff Writer

Runners were challenged Saturday as they ascended and descended hill after rolling hill during Fort Rucker's 10-Mile Race and Relay.

Five registered relay teams with five members each, along with 50 individual runners brought the tally of participants to 75. All of whom seemed to have a good time, once the race was complete.

"The route for this race is really difficult – no one has their best or fastest performance on this route. But, it is a good challenge and people get to see who has a lot of heart to get up and complete the course on a Saturday morning," said David Seymour, Fort Rucker 10-Mile Team co-captain. "At mile seven, there is a 100-foot elevation climb, which really challenges every runner, from beginner to expert."

Although the course makes runners dig deep, many thought it was still a great chance to get out with the Family.

"It is a good Family activity, so my

wife is running with a stroller with our son," said Sgt. 1st Class John Mursch, A Company, 1st Battalion, 223rd Aviation Regiment. "I think it's important for Families to stay fit, and it can be fun if you do it together."

Mursch said he likes running because it is a cheap sport and is cathartic for him.

"You get into a zone, especially over long distances," he said. "I am glad the installation has longer races than a typical 5k. I know everyone here will have a good time."

The overall winners of the race were: male overall, David Seymour; male master, John Mursch; male grandmaster, Romy Requijo; female overall, Aleashia Liddle; female master, Geri Wiesler; and female grandmaster, Nina Korges.

"Ten miles is a lot to cover, but (running

I think it is important
for Families to stay
fit, and it can be fun
if you do it together."

— SGT. 1ST CLASS JOHN
MURSCH
A CO., 1ST BN., 223RD AVN.
REGT.

long distances) can benefit people's hearts, bones, and a person's overall endurance and strength," said Lynn Avila, Fort Rucker fitness programs coordinator. "The people who sign up for this race have a lot of dedication to the

sport and typically really enjoy running."

Running in the relay, she added, is also a great way to strengthen friendships and build camaraderie.

The race is the kickoff for the 10-Mile Team's season – many new team members are recruited through the race and it gives old members a way to test out their bodies for the new year.

"This race is the first real distance race on post all year long, and allows enough time for people to begin to train for the

Army-10 Miler in the fall," said Seymour. "The race also attracts a large span of people who might not be aware that Fort Rucker sends a team to the race each year and would like to participate."

The practices are open to all abilities and all ages of runners, Soldier and civilian, but the final team is made up of active-duty male and female Soldiers. The team will compete in the Army 10-Miler Oct. 12 in the nation's capital.

"The practices are designed so all levels of fitness will reap benefits, but actual team selection will be the best performers," he said. "Running is good for all body types. The cardio can help people who want to lose weight and for those who are already in great shape to reach the next higher fitness level."

The team will practice four to six times a week at different times and locations throughout the week.

For more information on joining the Fort Rucker 10-Mile Team, call 334-400-5582 or 817-919-9221, or email dseymourjr@gmail.com or av8rsteph23@msn.com.

Fort Rucker fitness trainer conditions mind, soul, body

By Sara E. Martin
Army Flier Staff Writer

Shaun McElderry is a man who some might find intimidating – muscular, tall, knowledgeable and a veteran. But the former air traffic controller just wants to complete his life's calling – helping others any way he can.

A certified personal trainer, spin instructor and group fitness instructor, McElderry knows his way around a gym, from free weights to a treadmill, but the Army retiree of 21 years said that his passion for fitness began when he joined the military.

"Fitness is important for me because I am a strong advocate that a healthy body makes for a happy life. If you live a healthy life the benefits are great," he said. "I plan on living a long life, and to not just live, but live well."

McElderry is currently in graduate school for clinical mental health. His ultimate goal is to be a spiritual life coach. He believes it is great for a fitness trainer to have some type of background in psychology.

"You find yourself counseling your clients. With this type of established relationship, stuff just comes out, and many trainers wind up helping the client work through Family and life issues through fitness," he said. "You can't ignore your client's issues because it affects their body in so



PHOTO BY SARA E. MARTIN

Shaun McElderry, Fort Rucker personal trainer, helps Stacey Chachere, Army spouse, on an exercise machine at the Fortenberry-Colton Physical Fitness Center April 28.

many ways."

McElderry's love is helping people make the changes they want to see in their lives. Counseling people in all aspects of life, from at the gym to at church, fulfills him.

"My fitness background, along with my counseling and psychology knowledge, folds together like a cord," he said. "I think I can help a person holistically

when they come to me. I can help them with their fitness goals while at the same time help them to love their body, detach from their love of food, and find out what might be emotionally holding them back or what might be a positive motivator to keep them going."

Personal trainers often turn into coaches, but McElderry said that's all part of a day's hard

work.

"We have to encourage our clients to keep going, to keep it up at home, to push them harder and further, to encourage them to change their eating habits, to tell them to give it more time to see a significant change and benefit," he said.

People need to care about themselves because they only have one life to live, and McElderry believes that even though some people have the motivation to keep themselves healthy, they don't know how to get started or what to do.

"Having people like myself on the staff helps people who want to work out, work out properly. Being in a gym is a good thing, but doing the right exercise the wrong way can hurt a person," he said. "Fitness staff help to reduce fitness-related injuries, which slow down the Army's mission."

Helping out the Army's overall mission by keeping Soldiers and their Families safely in shape is McElderry's mission.

"The more fit a Soldier is, the better they are suited for their job, but we also help out the entire Army Family," he said. "When Family members are fit, they feel better at home and the dynamics are healthier. Fitness is one of the greatest stress relievers; it helps regulate the mind and the entire body system."

"It enhances everyone's quality

of life in many ways," he added.

"Proper fitness can save careers and marriages, and we are happy to help out with that."

The personal trainers at both gyms give their clients advice on what to do between the sessions, so clients see maximum benefits.

"We don't just care about our clients when they see us for that hour," said the certified instructor. "Our goal is not just to train a person, our goal is to teach them how to train themselves or work themselves out."

He is a firm believer that it doesn't matter how old or how young, how out of shape or what injuries a person might be dealing with – there is no excuse and there is no condition that he cannot navigate to get a person into a healthier body.

"I would love to help enhance the quality of life of anyone that comes through those doors," he said. "Myself and the other trainers have the knowledge and the skills to help clients get over the issues that are holding them back, whether it be personal motivation or an addiction to food."

McElderry wants to encourage everyone to take that first step towards a healthier life by setting up an appointment with a personal trainer today.

For more information on scheduling an appointment, call 255-3794 or 255-2296.



TRIVIA

1. TELEVISION: What television sitcom family lived at 1313 Mockingbird Lane?
2. MATH: What is the square root of 169?
3. HISTORY: During the Great Depression of the 1930s, what were the makeshift camps of homeless people called?
4. LITERATURE: What was the name of the dog in the film and book with the subtitle, "Life and Love With the World's Worst Dog"?
5. MOVIES: In what South American country were the bank robbers Butch Cassidy and the Sundance Kid believed to have been killed?
6. FIRST ACHIEVEMENTS: In what year were women officially allowed to run in the Boston Marathon?
7. GENERAL KNOWLEDGE: Where is the headquarters of NATO located?
8. LITERATURE: Which famous artist served as a correspondent for Harpers' Weekly magazine during the Civil War?
9. GEOGRAPHY: What is the largest desert in the world, aside from the polar regions?
10. U.S. PRESIDENTS: Who served as the 16th president of the United States?

_____ **Super** Crossword _____ WHAT THEY SHOULD HAVE STARRED IN

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Weekly SUDOKU

by Linda Thistle

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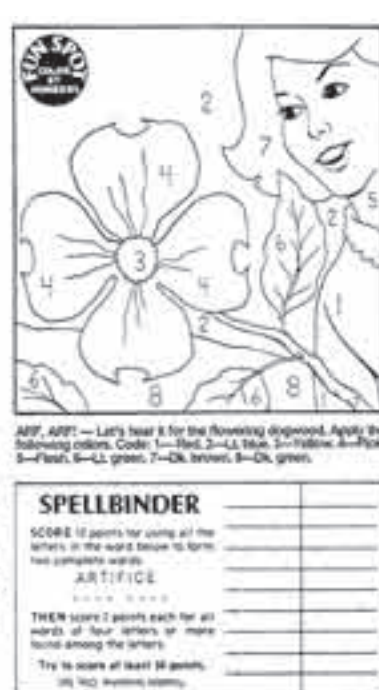
Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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KID'S CORNER



Women's Health

Health screenings, nutrition vital to Soldier readiness

By Maj. Lakisha Flagg
U.S. Army Public Health Command

Every day, Soldiers and leaders are reminded of the importance of Soldier readiness. Readiness is essential to the success of the force and it is one way to ensure that every Soldier is fit-to-fight at all times.

Maintaining technical and tactical proficiency is critical to readiness, but without good health, Soldiers are incapable of functioning at the level necessary to succeed in their profession. Health screening helps service members to prevent illness and to stay in good health.

Sunday-May 17 is National Women's Health Week. While male and female Soldiers share some basic health requirements for readiness, female Soldiers require health screenings that are unique to the health of women. These requirements include cervical cancer screening, also known as the Pap smear or Pap test, and breast cancer screening.

These tests provide women with the opportunity to detect



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diseases, such as cancer, in the early stages, often before symptoms occur. By making sure that routine cervical cancer screenings are completed, women can help increase the likelihood that abnormal findings are detected and treated early.

Breast cancer screening is another way to detect cancer early on and to ensure that breast cancer is detected in the early stages. Like most cancers, breast cancer

is easiest to treat when detected early, and early detection improves the chances that this cancer can be diagnosed at an early stage and treated successfully.

More information about women's health and health screening is available on the U.S. Army Public Health Command's Women's Health Portal at <http://phc.amedd.army.mil/topics/healthyliving/wh/Pages/default.aspx>.

In addition to these health

screenings, female Soldiers should also consider the three critical components of personal health when working to enhance their readiness. These components are sleep management, activity and nutrition.

Although these are basic actions that are sometimes taken for granted, they are essential to readiness. Routine physical activity will not only improve readiness but it can also reduce

stress, strengthen the heart and lungs, increase energy levels, and improve mood.

Quality nutrition and sleep management are equally important, as they promote overall health, help prevent disease and help achieve or maintain a healthy body weight. When these critical components are missing, female Soldiers are at an increased risk for stroke, cardiovascular disease, diabetes and obesity. People think better, feel better and perform better when our bodies are well nourished, well rested and healthy.

The Army surgeon general, a woman, has developed the Performance Triad to educate not just female Soldiers, but all Soldiers and retirees, their Family members, and Army civilians about how quality sleep, activity and improved nutrition can help everyone all reach their full potential.

More information about the Performance Triad and how to improve readiness through it can be found at <http://phc.amedd.army.mil/topics/healthyliving/Pages/PerformanceTriad.aspx>.

Acupuncture helping reduce use of pain killers

By Gary Sheftick
Army News Service

WASHINGTON – Acupuncture and other forms of alternative and complementary medicine are helping reduce the use of opioids to block pain in Army patients, the service's assistant surgeon general said.

Brig. Gen. Norvell V. Coots, deputy commanding general of the Army Medical Command and assistant surgeon general for force projection, testified April 30 at a hearing of the Senate Veterans Affairs Committee about overmedication concerns.

In 2011, 26 percent of all service members were prescribed at least one type of opioid medication, Coots said. That number was brought down to 24 percent last year, partly due to the use of acupuncture, yoga and other alternatives to medication.

"It is a small difference, but I think it still represents a big cultural change and a move ahead," Coots told the committee.

Army Medicine has been working to change its culture since 2010, when the Pain Management Task Force issued recommendations, Coots said. The Army-led task force, which included members of other services and the Veterans Health Administration, examined best practices for pain management at 28 medical centers. One of the task force recommendations was to explore alternative treatments such as acupuncture, meditation and biofeedback.

Biofeedback is the pro-

cess of gaining greater awareness of the body's functions, often using sensors and instruments. The goal is to try to control functions such as brainwaves, muscles, heart rate and pain perception. Biofeedback is sometimes used to treat headaches, especially migraines.

The Army has had a large upswing in the use of alternative medicine in the past few years, Coots said, and its use has been written into the Army's Comprehensive Pain Management Campaign.

"All the statistics are showing now that with a big push for cultural change with integration of these alternative modalities, that we're seeing a downturn in opioid usage across the military, particularly across the Army," Coots told the committee.

Robert Petzel, under secretary for Health, Department of Veterans Affairs, also testified at the hearing. He said VA has added chiropractic care, massages, mindfulness meditation, exercise therapy and relaxation therapies to its treatment plan for pain.

"The burden of pain on veterans is considerable," Petzel said.

A 2011 Institute of Medicine report noted that more than 116 million Americans suffer from chronic pain. The annual cost of that pain in the U.S. was estimated at \$560 billion, including health care expenses, lost income and lost productivity. Coots included that figure in his written statement to the committee. That statement



PHOTO BY PFC. JENNIFER KENNER

Acupuncture treatment is administered to a patient at Fort Bliss, Texas.

was co-authored by Col. Kevin T. Galloway, Army Pain Management program director, who stood by Coots' side at the hearing.

Their statement pointed out that Interdisciplinary Pain Management Centers are being established at each of the Army's eight medical centers. The IPMCs will be staffed by a multidisciplinary team of providers working to rehabilitate patients through a program that includes alternative treatments.

The written statement to the committee also discussed a tele-mentoring initiative involving the IPMC staffs. Called the Army Pain Management Extension for Community Healthcare Outcomes, this initiative is modeled after

a project at the University of New Mexico. In fact, the Army is completing a two-year collaboration with the university to adapt this program. Essentially, ECHO uses weekly video tele-conferencing to link IPMC experts with remote primary care providers.

"Treating pain is one of medicine's oldest and most fundamental responsibilities, yet modern medicine continues to struggle in its efforts to understand pain mechanisms and to relieve

pain and suffering of our patients," Coots said.

The Centers for Disease Control identified prescription medication abuse as an "epidemic" in the United States, Coots said, adding "The military is not immune to these challenges."

The Army is adding clinical pharmacists to its patient care teams as another initiative to stop medication abuse. Clinical pharmacists can identify Soldiers with polypharmacy risk – dangers due to using multiple

medications – and communicate those concerns to health care providers.

Coots reported the addition of clinical pharmacists translates into decreased overall costs, fewer adverse drug-related events, reduced hospital admissions and improved patient outcomes.

"Effective solutions must involve innovative strategies, comprehensive solutions and collaborative efforts," Coots told the senators.

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- Have the courage to ask the question, but stay calm
- Ask the question directly: Are you thinking of killing yourself?

Care for your buddy

- Calmly control the situation; do not use force; be safe
- Actively listen to show understanding and produce relief
- Remove any means that could be used for self-injury

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- Never leave your buddy alone
- Escort to chain of command, Chaplain, behavioral health professional, or primary care provider
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Youth kick ball registration

Youth kick ball registration will run from now through May 31 for coed youth, in these age groups: 6-8, Pee Wee League; 9-10, Mites League; 12-14, Junior League; and 15-18, Senior League. Cost is \$25 per youth. A current child, youth and school services membership and physical is required upon registration. There will be a parent meeting June 5 at the youth teen center gym in Bldg. 2800.

Also, youth coaches are needed. People interested in being a coach should call 255-0950. Youth kick ball season begins June 23 and runs through July 31, with games Mondays-Thursdays.

For more information and to register, call 255-9638 or 255-2257.

Disc golf tournament

The Fort Rucker Physical Fitness Center will host its second annual disc golf tournament Saturday from 10 a.m. to 2 p.m. Registration costs \$15. T-shirts will be available while supplies last. Trophies will be awarded in various categories.

For more information or to register, call 255-2296.

Fiesta Golf Tournament

Silver Wings Golf Course will host a Fiesta Golf Tournament May 18 beginning at 4 p.m. The red ball will rotate among the four players and two low net scores on each hole are used – with one needing to be the red ball. There will be a Mexican-themed dinner after the tournament. Cost is \$29 per person, and includes golf fees, carts, prizes, dinner and a non-alcoholic beverage. For those who would like to purchase only the dinner, the cost is \$14.95. Reservations are required.

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

Basketball tournament

The Fort Rucker Youth Center will host a three-on-three basketball tournament May 24 from 4-8 p.m. The tournament will be open to all child, youth and school services members and there is no charge. To participate, youth should sign up at the youth center by May 24.

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

Enterprise baseball

Enterprise's semi-pro baseball team needs players for its game coming up against Bainbridge, Ga., Sunday at 3 p.m. at Peavy Park in Enterprise.

For information, call 347-4275.

Stars & Strikes Memorial Day Bowling

Rucker Lanes Bowling Center will host its Stars & Strikes Memorial Day Bowling May 26 from 10 a.m. to 10 p.m. The event will feature 25-cent games and 50-cent shoe rentals all day.

For more information, call 255-9503.

Flynn Pool opens, indoor closes

Flynn Pool will open starting May 26 for operation Mondays-Fridays from 5:30 a.m. to 7 p.m., and weekends and holidays from 11 a.m. to 5 p.m. Flynn Pool is for fitness swimming, swim lessons and other instructional classes only. In addition, the indoor pool at the Fort Rucker Physical Fitness Center will close May 26 for the summer season and will reopen Aug. 4.

For more information, call 255-2296.

Zumba Challenge

The Fortenberry-Colton Physical Fitness Center will host a two-hour Zumba Challenge May 29 from 5:30-7:30 p.m. The cost will be \$3.50, or people may

use their Fitness Card. Door prizes will be given and refreshments will be provided. The event is open to all authorized patrons.

For more information, call 255-3794.

Run/Walk Program

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

For more information, call the Fort Rucker PFC at 255-2296 or the Fortenberry-Colton PFC at 255-3794.

Gym Rat workout program

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

event, but time in the gym and fitness classes during Boot Camp can be credited. People will have up to 365 days to complete program.

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

Disc Golf

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

For more information, call 255-2296.

Riding Stables rules

The Fort Rucker Riding Stables staff reminds community members that letting horses out of their stalls can be dangerous to the horses and motorists. Visitors are also reminded to stay on the main roadways, do not approach any of the horses without owners' permission, stay out of the pastures and obey the speed limit of 10 mph at all times. For more information, call 598-3384.

Harrison B., Student
Two tours of duty. Dad. C.J.J.

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WARRIOR
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Answers

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TRIVIA

Answers

1. "The Munsters"
2. EE
3. Hooversville (named after President Hoover)
4. Marley
5. Bolivia
6. 1972
7. Brussels, Belgium
8. Winslow Homer
9. The Sahara Desert
10. Abraham Lincoln

Weekly SUDOKU

Answer

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