

REUNION
Event successful thanks to 1-13th volunteers

Story on Page A4



LAKE FEST
More than 2,500 visit Tholocco to celebrate summer

Story on Page C1



SOFTBALL
1-13th smokes 6th MP Detachment, 17-6

Story on Page D1



ARMY FLYER

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

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U.S. Navy CWO4 Carl Smith, USS Abraham Lincoln information professional, listens to class instruction May 7 at the WOCC.

PHOTO BY SARA E. MARTIN

WOCC senior staff training opens doors IN THE NAVY

By Sara E. Martin
Army Flier Staff Writer

There are several joint forces training centers around the U.S., and even though Fort Rucker is not one of them, a fair share of Airmen, Sailors and Marines can be seen on the installation from time to time.

And even though there are programs currently set up that welcome warriors from other services, a new joint operations initiative is beginning to take root at

the Warrant Officer Career College.

U.S. Navy CWO4 Carl Smith, USS Abraham Lincoln information professional, graduates Friday from the Warrant Officer Senior Staff Course, where he learned about strategic-level studies and joint operations.

“We had to go clear up to the Pentagon to get the approval. We had to make provisions to make sure no one was taking a seat away from an Army Soldier,”

SEE NAVY, PAGE A7



Students of Fort Rucker Elementary School's Sixth Grade Drama Club put on a performance of “The Wizard of Oz” in the FRES Gym May 9.

PHOTO BY NATHAN PFALU

Youth represents post at competition

Experience leaves lasting impression

By Nathan Pfau
Army Flier Staff Writer

There is no age limit when it comes to going above the best, and one Fort Rucker youth proved that through her volunteer efforts.

Kylah Robinson, a 15-year old Army Family member, was nominated to represent Fort Rucker for the Military State Youth of the Year Award held in Birmingham April 25.

Robinson made the trek up to Birmingham accompanied by Felisa Matthews, parental assistant at the Fort Rucker Youth Center, and although she didn't take home the title, she said it was a fun experience she won't soon forget.

“I really enjoyed meeting new people,” she said. “I learned that I could be better prepared when going into a competition like this and I need to be more confident in myself in these situations.”

The morning of the

competition started off with interviews, something that Robinson said she was nervous about because it wasn't something she was used to. It was a new experience for her, and although she said she's not normally nervous when it comes to talking to people, in a competitive setting things change.

“I'm not normally a nervous person, but when you're put on the spot like that it makes it a lot harder, so I did what I could and answered the questions as best I could,” she said. “I don't do well when I speak in front of people, but this helped me get stronger in that regard.”

There were two parts to the competition: State Youth of the Year and Military Youth of the Year, and Robinson went up against one other youth in her category. Although she knew she was in a competitive setting, that didn't stop her from becoming friends with the competition.

“I had an inkling that

(the other girl) would win because I could see how she had everything prepared and planned out, and I had prepared, too, but after seeing how the competition was, I knew I would have put way more into it, so it was a good learning experience for me,” said Robinson.

One of the most lasting impressions that Robinson said she had from the experience was getting to meet the other youth who took part in the competition. She said that it felt less like they were competing against each other, and more like they were learning from one another.

“I really enjoy meeting people and becoming friends with them because that's something I like to do – build friendships,” she said. “I became friends with some of the people I met, and it's a learning experience because I'm able to learn how that person made it, what they did and how they prepared.”

Although being nominated to represent the installation was an honor for Robinson, she said it's not something that she was actively seeking. She was nominated for her volunteering efforts around the installation, and mostly at the youth center.

“I like being a part of the youth center because I just love all the kids here and I love helping out the center,” she said. “Being

an only child, volunteering here makes me feel like I'm an older sister to the younger children and a younger sister to the older ones.”

During her time at the youth center, Robinson watches over children and provides help to the parental assistants, and described the dynamic at the youth center like that of a Family.

“When you come here, people here grow friendships and relationships that are very close,” she said. “All of these people are my Family. We have so many memorable moments here and those are the things that make us bond together.”

In addition to volunteering at the youth center, Robinson has also helped out during many events across the installation, including Oktoberfest, where she worked as a parking attendant; Easter, where she helped with the egg hunt; and Christmas, where she was one of Santa's elves.

Robinson said volunteering is something that she has found she loves to do, and admits that working, staying busy and helping to make a difference brings her happiness.

“Volunteering gives me something to do and I just like helping out,” she said. “Knowing that I've helped somebody really just gives me joy. When I was younger, I would even

SEE YOUTH, PAGE A7

Needs assessment survey gives people A VOICE

By Nathan Pfau
Army Flier Staff Writer

It's not often that people get a chance to take their issues directly to senior leadership, but Fort Rucker's Community Health Promotion Council is giving its community a voice to do just that.

The installation's CHPC is conducting the first of its installation-wide community strengths and themes assessment survey to collect population data to assess the needs of the community to improve the health and resiliency of Fort Rucker, said Rebekah George, Fort Rucker health promotion officer.

“This survey focuses exclusively on how the community feels on health, safety, quality of life and overall satisfaction with the installation,” said the health promotion officer. “That's something that we really want to get out because it's a unique opportunity for the community to tell the leaders of Fort Rucker exactly how they feel, what they want and need, and what they would like to see changed.”

George said that this survey differs from others in that it goes more into detail about certain issues and deals more with how people feel about an issue rather than what they think about a specific program.

“This is not a program assessment, which we do a lot of here on the installation,” she said. “It's all based off on what individuals feel about the installation and what they would like to see changed.”

The results of the survey will show what the population has identified as the top priorities and concerns, and those top issues will be addressed by Brig. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, as well as the CHPC and workgroups within the CHPC.

“We're hoping that this survey will have a great impact and that people will be heard very strongly,” said George. “The results go directly to (the commanding general) and he'll decide what needs to be addressed based on the results. If a large part of the community feels a certain aspect needs to be addressed, then it will definitely be a priority for the CHPC to address it.”

Some of the questions people can expect to see on the survey are things like what people think are the top five health problems in the community, including obesity, diabetes, domestic violence, alcohol abuse and things like that, said the health promotions officer.

“In regards to a question like that, if people were to overwhelmingly answer that the population feels that obesity is a problem on the installation, then Fort Rucker could take steps to help fight that particular issue,” she said.

Another question is what people might think are the

SEE VOICE, PAGE A7



Kylah Robinson, Fort Rucker's Military State Youth of the Year nominee, sits with a group of children that she helps watch while she volunteers at the youth center May 15.

PHOTO BY NATHAN PFALU



Rebekah George, Fort Rucker health promotion officer, Lt. Col. Demetrios J. Nicholson, Fort Rucker Ready and Resilient coordinator, and Alexandra Rogers, CHPC program assistant, go over the CHPC survey at the Headquarters Building Friday.

PHOTO BY NATHAN PFALU

PERSPECTIVE

Military life paves road to success for Army ‘brat’

By Carrie McElroy
Soldiers Magazine

“... You hate your mom for leaving you alone and you hate yourself for hating her. So you blame the Army that has pulled you around like a marionette since before you were born. Your path was chosen for you, and you are helpless to change it. You can either adapt to this life, or end it.”

Although Michaela Coplen was 16 when she wrote those words, taken from her award-winning memoir “Fourteen Months on the Home Front,” she was a 10-year-old girl in an Army Family — her mom deployed a world away — when she felt them.

For 18 years, Michaela, a senior at Carlisle High School in Carlisle, Penn., has lived the Army life, not as a Soldier, but as a military child. Her parents met at West Point. She was born at Fort Leavenworth, Kan.

Her dad, Rick, is a retired lieutenant colonel and professor at the U.S. Army War College. Her mom, Col. Lorelei Coplen, is the USAWC’s operations officer. And her sister, Jacqueline, is a member of Alleghany College’s Army ROTC, with aspirations to enter the Judge Advocate General Corps. It doesn’t get much greener than that.

By the time Michaela started high school, the Coplen Family had moved 11 or 12 times. To a civilian Family, that’s unfathomable — to a military Family, it’s the norm.

“The hardest part about being a military kid is the moving,” Michaela said, and the separation from Family when they’re deployed. “We don’t get to establish roots. We have to compensate for that by finding a different way to promote our own



COURTESY OF THE ALLIANCE FOR YOUNG ARTISTS & WRITERS

Michaela Coplen has been an Army brat for every one of her 18 years. She’s found that being involved with school and extracurricular activities has helped her deal with the transience associated with a military lifestyle.

personal stability.”

As a military kid, “You have to develop mental toughness at an early age — self discipline and focus. You don’t want to be another thing your parents have to deal with,” she added.

She experienced the transience and felt the solitude it could bring. To combat the toughest parts of being in an Army Family, Michaela got involved in everything she could, from school to sports and other extracurricular activities. Today, she’s a standout high school soccer player, active in theater, a member of the National Honor Society, the Spanish National Honor Society and the Model UN, and editor in chief of her school’s literary anthology, “The Barbaric YAWP (Young Adult Writers and Poets).”

In typical Army speak, she explained: “I determine my own COA.” One “course of action” she discovered to help her sort through her feelings and experiences was writing. Her memoir and poetry have earned her national acclaim. Michaela is one of five poetry ambassadors for the

National Student Poets Program.

When asked if her life as an “Army brat” has contributed to her success as a poet, Michaela answered simply, “My poetry comes from me, and a lot of me comes from that.” The pieces she writes keep her connected to the people and places she’s had to leave behind over the years, becoming “something I could hold on to — a physical manifestation of those experiences.”

So what tips does a gifted, talented, successful teen like Michaela have for her fellow military kids? Here are her Top 10.

- **Find your passion.** Search for something you love doing and working for, whether it’s science, soccer, sketching or anything in between. Try anything and everything you can until you find it.
- **Pursue your passion.** No matter where you move, join teams, take classes and work to improve yourself in your chosen areas. Not only will you keep busy and keep your mind off of other things, you’ll gain some valuable skills and experiences along the way.
- **Use the resources available to you.** There are all kinds of organizations and websites designed to provide programming and a community of support for military children. All you have to do is spend a minute or two searching online and you will find them.
- **Be open to new experiences and people.** You’ll never know whether you like a certain activity until you try it. Don’t deny a new opportunity just because you’ve never done it before, or a new person just because you don’t know them yet.

- **Furthermore, be the one to make connections with people.** Introduce yourself to those you don’t know in your school and your community — strike up a conversation. It’s likely that they want to do the same, and they’ll be grateful that you had the courage to reach out first.
- **Participate in community service.** You make great friends with those you are working with and you’ll feel immediately connected with the community you serve by actively making a difference in it.
- **Talk to your teachers and ask them for help if you need it.** Sometimes the courses you take at one school might be different from the ones at your new school — you could be ahead of or behind your new peers (or both). Don’t be afraid to voice your concerns and get assistance to get on track at your new school. Your teachers will be happy to help.
- **Hold on to the memories of where you’ve been, even after you’ve left.** Take pictures, write poems and keep in contact with the friends you’ve left behind. It might be hard at first, but it’s absolutely worth it.
- **Be proud of yourself.** You are a military child — you’ve experienced more ups and downs already than most people will in their entire lives. You’ve moved, met new people, said goodbye, said hello, experienced the separation of deployments and survived it all. You have a distinct voice and a unique story to share — so share it.
- **Hug your parents and relatives in the military.** Let them know how much they mean to you and how much you appreciate their sacrifice.

Rotor Wash

“Memorial Day is Monday and many Families will gather for cookouts to kick off the summer. What things should be kept in mind to remain safe when firing off the grill?”



Spc. Jacob Ross,
C Co., 1st Bn.,
11th Avn. Regt.

“People need to make sure they are not drinking while grilling. The grill needs to be a safe distance away from any structures, and you need to use metal utensils so they don’t melt.”



WO1 Chase Carney,
B Co., 1st Bn.,
145th Avn. Regt.

“If you have children or pets make sure they don’t get too close to the grill or coals so they won’t burn themselves or if it falls over they won’t be in harm’s way. It’s also best to make sure there are no tripping hazards around the grill or fire pit.”



Sgt. 1st Class Mark Coleman,
1st Bn. 305th Infantry
Regt., Camp Shelby, Miss.

“Know what you are doing. Follow the directions of the grill and if you need help ask for it. Stay hydrated when out in the heat.”



Moses Fryer,
Army veteran

“Keep your mind on what you are doing. Keep distractions at a distance because you need to keep your whole attention on the fire.”



Staff Sgt. Teddy Ray,
B Co., 1st Bn.,
13th Avn. Regt.

“Grill in an open space, don’t be under any type of shelter or tree. Have a fire extinguisher nearby, too, just in case an accident happens.”

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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.

Familiar faces

Reunion success thanks to 1-13th volunteers

By Sara E. Martin
Army Flier Staff Writer

Fort Rucker has seen many units come and go with the time and changing Army mission, but one such unit, the 13th Combat Aviation Battalion, was able to reunite Friday through Sunday thanks to the altruism of Soldiers from 1st Battalion, 13th Aviation Regiment.

The men and women reunited were mainly Vietnam veterans. And although the 1-13th hosts a reunion every two years, new faces can always be seen, according to event organizers.

“We set up tours, with various groups on the installation, where they can see how Army Aviation is changing every year with equipment and training,” said Staff Sgt. Jennifer Ballard, D Company, 1st Battalion, 13th Aviation Regiment. “It’s fun to watch them learn about some of the large advancements that the helicopters have made since they were in the service. They want to be able to see what the future of our Army is and what future generations get to tinker with.”

The weekend activities included an Aviation military occupational specially tour, Helicopter Overwater Survival Training tours, night vision device tours, Seneff Simulator Complex tours, socials, dinners, picnics, a memorial service and more.

Around 20 Soldiers helped make the reunion possible by organizing the weekend over the last few months; setting up venues and breaking them down; escorting veterans around the installation; and helping plan, facilitate and make possible a memorial service at Veteran’s Park on Sunday.

“This unit is our legacy unit so we want to make sure that they are taken care of in any way we can,” said Ballard. “We are trying to keep the traditions of our units alive.”

Ballard volunteered for the last reunion and wanted to do so again because it is a “great way to give back to those who where forgotten during their time.”

“They share their stories so we don’t forget what happened in the past, so we can apply what they learned in the years to come,” she said. “I have Family that was also in the Vietnam War so I get a sense of what they accomplished through these veteran’s eyes.”

The event not only helps reunite Soldiers from a decommissioned unit, but it also supports veterans and ensures that legacies go on, said 1st Sgt. John Yalch, 1st Battalion, 13th Aviation Regiment.

“It helps ensure that they can see the future of the military and provides a means of story sharing,” he said.

There would have been a reunion if 1-13th didn’t plan one for them, but it would have taken



PHOTOS BY SARA E. MARTIN

Maj. James Attaway III (right), 1st Battalion, 13th Aviation Regiment, speaks with 13th Combat Aviation Battalion veteran Richard Burns before they take a ride on a Bell UH-1 Iroquois Saturday during a brigade reunion.

place in a civilian setting without the military traditions, said Yalch.

“A reunion of this nature takes them back to when they were operators or Aviators and they can reminisce and see how the military is changing,” said Yalch. “A reunion like this has a lot more value for them because we can tie

their service back into what service members are doing today.”

Yalch said if Soldiers don’t keep tied into their history then they lose touch with it and they forget where they came from. And if they don’t know their history, then they can’t see the future.

“It’s nice to be able to give these guys the ability to tie back into the

military atmosphere for the weekend. When you sit down and talk to these guys, what they have to say is amazing,” he said. “Many of their stories closely mirror things I have done in my own 21 years of service. This event keeps me tied down and grounded to where I came from and to where I am going.”

Army Family members awarded scholarships

By Sara E. Martin
Army Flier Staff Writer

With the rising costs of a college education, it’s always a blessing when a student receives help, and this year’s Fort Rucker Community Spouses Club Scholarship Awards Ceremony did just that for 34 Fort Rucker Family members.

In its decades long history, the FRCSC’s scholarship program has helped hundreds of students to achieve their higher education goals, and these scholarships are crucial to supplement what Families can afford to spend on higher education, said Darcy Lynch, FRCSC president.

“Scholarships are only one of the many ways the FRCSC gives back to our community ... but it is our largest contribution financially,” she said. “The FRCSC understands the importance of education and prides itself on being able to offer hard working students assistance to meet their educational goals.”

Those students honored May 13 were Baylee Wynn, Rachel Stidley, Joshua Cox, Aidan Sloan, Katie Myers, Emily Newman, Emily Snyder, Stephanie Williams, Ashley Halverson, Kaylynn Cain, Trevor Shlam, Lindsay Simmons, Marissa Long, Nicolas Forti, Ashli Williams, Sarah McGhee, Franchesca Perez, Taylor Bergeron, Liam Edens, Michael Dreilinger, Anna Clark, Sevde Caliskan, Jonathan Gonzalez, Kaitlyn Hakel, Katherine O’Brion, Elizabeth Wood, Olani Borders, Erika Sullivan, Cassandra Squier, Nicole Leuci, Jena Servold,



PHOTO BY SARA E. MARTIN

Thirty four students were awarded scholarships from the FRCSC May 13 at Divots for their continuing education needs.

Preston Griffin, Branden Torres and Jenna Wilson.

FRCSC scholarships are not awarded to dependents of active-duty military personnel only. The FRCSC also awards scholarships to the sons, daughters and spouses of Soldiers and civilians who have made the Wiregrass their permanent home, including dependents of National Guard, Reservists, retirees, and Department of the Army and Department of Defense personnel.

“A great majority of our scholarship winners go on to attend local and state colleges, boosting the economies in these areas,” said Lynch.

This year’s application pool was very competitive, as the scholarship committee

received more than 70 applications. The committee evaluated each student’s academics, community service, work experience, activities and letters of recommendation to determine winners.

The scholarship application includes a detailed questionnaire, said Col. Stuart J. McRae, garrison commander, while listing some of the questions.

- How do you define a successful career and what path might you take to achieve it?
- What do you believe is man’s most important technical discovery and why?
- Describe a difficult decision you had to make and its impact on you.
- Describe a moment of success or failure

and its impact on you.

“These students are the best of the best. They have top grade point averages, bullet point after bullet point of extracurricular activities and glowing letters of recommendation,” said the FRCSC president. “However, these students are so much more than what they put down on the application. They are active members (of the community), are praised and admired by their peers, and some have one or even two jobs while going to school.”

FRCSC gave away a record number amount in scholarships this year, totaling \$48,500, added McRae.

Besides the spouses club, the Fort Rucker Thrift Shop; The Society of American Military Engineers; First Command Educational Foundation; Enterprise Dental Associates; Edward Jones, Joan Newman’s Office; Raytheon; The Retired Officers Wives Association and Sikorsky contributed to the cause.

Gail Dwyer, guest speaker during the ceremony, spoke to the awardees about being successful in college before congratulating them on their accomplishments.

“Military children did not ask for this life and I have the greatest respect for their struggles. Military children serve every day and they are resilient, strong and brave,” she said. “It’s bravery that has you walk into a high school cafeteria the first day at a new school and not know anyone. You face adversity and stress every day of your life. And how did our scholarship winners face that stress? They accomplished and they achieved. I am so inspired by your courage.”

News Briefs

Memorial Day ceremony

Fort Rucker hosts its Memorial Day ceremony Friday 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.

Heritage month

Fort Rucker continues its Asian American/Pacific Islander Heritage Month celebration with 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.

Marriage 101

Marriage 101, a premarital seminar and training, will be held on the second and fourth Tuesdays and Wednesdays of each month from 1:30-4:30 p.m. at the Spiritual Life Center, Bldg. 8939. Marriage 101 is mandatory for those wishing to get married at Fort Rucker, according to Chaplain (Capt.) Troy D. Allan.

For more information, call 255-3447 or 255-3903.

SOAR briefings

The 160th Special Operations Aviation Regiment (Airborne) Night Stalkers will hold recruiting briefings for officers and warrant officers June 3-4 from 11 a.m. to 2 p.m. in Bldg. 5700, Rm. 371A. The briefings will cover all aspects of the regiment and there will be an open forum for questions afterwards. Family members are welcomed to attend.

For more information, call 270-889-8653 or 270-304-9342, or send an email to recruiters@soar.army.mil.

Siren test

The Installation Operations Center conducts a test of the emergen-

cy mass notification system the first Wednesday of each month at 11 a.m. At that time people will hear the siren over the giant voice. No actions are required.

Retiree council meetings

The Fort Rucker Installation Retiree Council meets the first Thursday of each month in The Landing at 11:30 a.m. The meeting is an open forum and all retirees are invited to attend.

Vacation Bible School

The Fort Rucker Chaplaincy will host its week-long Vacation Bible School for children in preschool (if accompanied by parent or guardian) through sixth grade June 9-13 from 8:30-11:30 a.m. at the Spiritual Life Center, Bldg. 8939. The theme will be “Covenant Adventure - God Calls His People.” The event will feature Bible lessons, crafts, music, recreation, snacks and daily celebrations, according to chapel officials who added that this is an opportunity for children to focus for a week on learning about the Bible, and also developing close friends within the chapel while having a great time. Additionally, chapel officials said VBS is an opportunity for teens and adults to provide service to the chapel through assistance with the program.

To register, volunteer or get more information, call the religious education center at 255-3946 or 255-2989.

Opportunity knocks

The following internal positions are available on Fort Rucker: Training Specialist, GS-1712-13, Vacancy No. SCEG140444031004101, with Army Training and Doctrine Command, with a closing date of Tuesday; Supervisory Librarian, GS-1410-13, Vacancy No. SCEG140497051089036, with the U.S. Army Aviation Center of Excellence, with a closing date of May 29; Air Traffic Control Specialist,

GS-2152-13, Vacancy No. SCEG140611271120465, with U.S. Army Air Traffic Services Command, with a closing date of May 29; Interdisciplinary, GS-0401/0819/1301/1320-11, Vacancy No. SCEG140078811104867, with the Directorate of Public Works, with a closing date of June 2; and Civil Engineer, GS-0810-12, Vacancy No. SCEG149983221102778D, with the DPW, with a closing date of June 5.

For more, check out www.usajobs.gov.

Wall of Gratitude

As Memorial Day draws near, the Army and Air Force Exchange Service will honor Vietnam War veterans by giving shoppers a chance to share memories and stories of sacrifice with a virtual Wall of Gratitude and Remembrance. “The Wall of Gratitude and Remembrance will give exchange shoppers a special opportunity to express sincere thanks to Vietnam veterans for their valor or to share their own stories of service,” said Col. Tom Ockenfels, exchange chief of staff. “The virtual wall will have a worldwide reach, uniting veterans and their loved ones through messages of peace and respect.”

Now through May 30, exchange shoppers are invited to share memories of their service in Vietnam or recognize the sacrifices of friends and Families through the exchange’s Facebook page at www.facebook.com/AAFES.BX.PX or Twitter at twitter.com/exchange_STYS. Current and former military members and their Families and friends can add their stories and remembrances to create the virtual wall.

The Wall of Gratitude and Remembrance is part of the Exchange’s participation in the 50th Anniversary Vietnam War Commemorative Partner Program, designed for federal, state and local agencies to thank and honor Vietnam veterans and their Families.

Additional information and instructions can be found at the Exchange’s Patriot Family Connection site at www.shopmyexchange.com/Community/patriotfamily/.

DAY IN THE LIFE

Counselor guides Soldiers through careers

By Sara E. Martin
Army Flier Staff Writer

Soldiers who make a career of the military receive lots of advice on the way to retirement. One of the voices they hear is an Army career counselor.

Sgt. 1st Class Jason Brown, B Company, 1st Battalion, 13th Aviation Regiment, is a career counselor and said he takes pride in advising Soldiers on their careers, from cradle to grave.

“A career counselor is someone who takes care of Soldiers and their careers. We guide them as far as what steps they need to follow to better their chances of getting promoted, how they can advance their career through schools, what assignments might be beneficial to them, what might benefit them most down the road, what training is available to them and things of that nature,” he said.

Brown also said they counsel Soldiers throughout the year to keep in touch with them and to make sure they are trying to better their careers in one way or another.

“Career counselors are the subject matter experts when it comes to finding out how they can become better Soldiers, and that often includes enlistment possibilities,” he continued. “We are also the eyes and ears for commanders, because a big part of our job is to advise them on what the Army is looking for, so our remaining numbers and strength stay where the Army needs them.”

During the drawdown, Brown said that retention has had to tighten the belt to keep quality



PHOTO BY SARA E. MARTIN

Staff Sgt. Garrett Keyes, A Company, 1st Battalion, 11th Aviation Regiment, speaks with Sgt. 1st Class Jason Brown, a career counselor with B Company, 1st Battalion, 13th Aviation Regiment, May 15 about reenlistment opportunities.

Soldiers.

“We have been a lot busier because Soldiers are worried about the outside job market,” he said. “Many believe that if they don’t take the opportunity to reenlist as soon as they can, then they might not be able to later on in the year.”

Brown said that career counselors not only maintain Army readiness by maintaining quality in-strength numbers, but they

also fill the Army’s occupational specialty shortages, and help every Soldier with educational and career advancement.

“It is a demanding job because it entails so many things besides reenlistment,” he said.

Brown has been a counselor for seven years, and said he wanted the job because he saw the difference in Soldiers’ lives he could make while serving as a retention officer before becoming

a counselor.

“Being able to see Soldiers and their Families get the things that they want, and helping to advance their careers the way they want, is very rewarding for me,” he said. “It is a feeling like no other when a Soldier says, ‘Thank you for helping me.’ I love to help Soldiers, and I love to see the look on their faces when I tell them I can get them what they want.”

Brown and other career coun-

selors have a big influence on many Soldiers’ decisions on what to do with their careers, what is best for them and what is best for the Army.

“By doing what I do, I think I have made the Army stronger,” he said. “Career counselors ensure that Soldier’s careers are taken care of. We want Soldiers to progress through the ranks and succeed in their journey to be better Soldiers for America.”

McHugh focuses on Combined Resolve II

By Christian Marquardt
7th Army Joint Multinational Training Command

HOHENFELS, Germany – Secretary of the Army John M. McHugh focused on the implementation of U.S. Army Europe’s regionally aligned forces concept while observing Soldiers and NATO and European partners at exercise Combined Resolve II Saturday.

“Regionally aligned forces better enable our Soldiers to collaborate with our European partners across the full spectrum of missions,” said McHugh. “It’s important for our Soldiers to have a continual engagement with our allies and partners.”

More than 4,000 participants from 14 NATO and European partner nations are participating in the largest scheduled multinational exercise in Europe this year, and the Secretary spent the day learning about the challenges and benefits of training together as a coalition.

McHugh had a chance to meet and talk with U.S. and European partner Soldiers during a special Capabilities Day event. Vehicles and weapon systems from the 14 participating allied and partner nations were on display as Soldiers interacted, and learned about each other’s equipment and procedures.

“It’s reassuring to see the combined capabilities of allies and partners work together,” said McHugh. “The relationships that are developed between individual Soldiers during multi-national exercises like Combined Resolve II create the foundation of a power-

ful and committed U.S. Army presence in Europe.”

The secretary also met with the exercise staff from the Joint Multinational Training Command and U.S. Army Europe, as well as staff from the 1st Brigade Combat Team, 1st Cavalry Division, the main U.S. training unit participating in Combined Resolve II. The brigade, home stationed in Fort Hood, Texas, is currently serving as the U.S. Army’s regionally aligned brigade combat team to the U.S. European Command, and will participate in training events alongside European allies and partners during its two-month deployment.

“The Soldiers from [the 1st Brigade Combat Team, 1st Cavalry Division], along with many other U.S. Soldiers, know that we have great training capacity at our national training centers,” McHugh said, “but only at the Joint Multinational Training Command at Grafenwoehr and Hohenfels can you find that great training with this many multi-national partners.”

Combined Resolve II runs from May 1 to June 30, and includes participants from Albania, Austria, Belgium, Bulgaria, Croatia, France, Georgia, Hungary, Lithuania, Poland, Romania, Serbia, Slovenia and the U.S. The exercise will include both combat maneuver training at the Hohenfels Training Area and a “blended” live-fire exercise at the Grafenwoehr Training Area that will include a mix of live, virtual and simulated training environments.

To learn more about Combined Resolve II, visit www.eur.army.mil/jmt/CombinedResolve.



PHOTO BY MARKUS RAUCHENBERGER

A Lithuanian soldier and an American Soldier demonstrate combined tactics while Secretary of the Army John McHugh, and senior leaders from U.S. Army Europe and the 7th Army Joint Multinational Training Command, observe from a rooftop during exercise Combined Resolve II at the Hohenfels Training Area, Germany, Saturday.



Secretary of the Army John McHugh visits with French soldiers during a capability demonstration at the U.S. Army’s Hohenfels Training Area, Germany, during exercise Combined Resolve II Saturday. Soldiers from the 14 participating nations shared their unique capabilities with each other to promote interoperability and strengthen multi-national partnerships in Europe.

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Motorcycle safety: not just for May

By Julie Shelley

U.S. Army Combat Readiness/
Safety Center

While Motorcycle Safety Awareness Month kicked off nationally May 1, Army officials are urging leaders across the force to treat rider safety as a year-round imperative in response to rising PMV-2 fatalities.

As of May 4, Soldier motorcycle deaths were up 56 percent from the same date in fiscal 2013, a marked contrast to the decline seen at the end of last year.

"An increase is worrying in its own right, but this year's is exceptionally so considering the long winter we've had," said Brig. Gen. Timothy J. Edens, director

of Army Safety and commanding general, U.S. Army Combat Readiness/Safety Center. "Riding season has been delayed for many Soldiers, yet we're already looking at more fatalities. With spring here and summer just around the corner, we've got to get a handle on things."

Indiscipline remains the single-greatest threat to Army motorcycle riders, according to USACR/Safety Center statistics. Speeding, alcohol, lack of training or personal protective equipment, or a combination thereof have been cited in at least eight of the 15 fatalities reported this fiscal year.

"With the resources the Army provides our motorcycle riders, it's astounding that we're still los-

ing Soldiers to indiscipline," Edens said. "There's no excuse for it; progressive training, mentorship programs and many other tools are available to help our riders stay safe. This is where leaders need to step in and hold their Soldiers accountable to the standard."

Adding to the complexity of the issue, though, is leader involvement in motorcycle accidents. Using May 4 as a baseline, 11 of the 15 Soldiers who have died on motorcycles this fiscal year have been leaders at the rank of sergeant and above.

"It's not just junior Soldiers who need to be held accountable, it's our leaders too," said USACR/Safety Center Command Sgt. Maj. Lee-ford C. Cain. "Curbing indiscipline

starts with leadership. Whether it's passive noncompliance through lax enforcement or active, willful disregard for the standard, the end result is the same. We're failing our Soldiers if we don't correct this problem now."

While indiscipline is the top issue facing Army motorcyclists today, both Edens and Cain agreed riders must assume personal ownership of their safety by taking their training seriously and knowing their limits.

"Even in accidents where another driver is at fault, we have to ask if there was something the rider could've done differently," Edens said. "That's a big question in our training programs, because there are always going to be outliers like

distracted drivers and wildlife. We want our Soldiers to be as prepared for and responsive to those potentialities as possible."

Several tools, including an updated Motorcycle Mentorship Program guidebook, are available at <https://safety.army.mil> and will be highlighted during May. Cain encouraged leaders and safety professionals to keep visiting the site, since new tools and programs are constantly being added to the Army's motorcycle safety arsenal.

"Many, many of our Soldiers can ride year-round thanks to the Army's various locations," he said. "It's time to stop thinking of motorcycles as a spring and summer problem. Like the rest of safety, it's a 24/7 commitment."

Safe habits save lives

By Art Powell

U.S. Army Combat Readiness/Safety Center

Before the director of Army Safety rides his motorcycle, he performs a safety inspection. It's a habit.

"As commander of the U.S. Army Combat Readiness/Safety Center, and as a rider, I see how motorcycle safety is an important part of taking care of our Soldiers," said Brig. Gen. Timothy J. Edens, director of Army Safety and commanding general, USACR/Safety Center at Fort Rucker.

Before a recent group ride around Fort Rucker during National Motorcycle Safety Awareness Month, Edens and 20 other riders rallied to discuss the ride, inspect their machines and address safety issues. They were motorcyclists about to take to the road, rank didn't matter.

Edens, who has been riding only since 2012, paired up with his aide-de-camp, Capt. Bill Heidt, a rider since 2006.

"Age, rank or professional status do not necessarily have anything to do with safe riding," said Edens. "I waited more than 20 years to get my Harley, and of all the riders out here today, I'm likely the least experienced. I stand to learn something today, and it's a good opportunity for Captain Heidt to give me a little mentoring since he's been riding longer than me."

The focus on safety during Motorcycle Safety Awareness Month couldn't come at a more critical time for the Army since the number of Soldiers killed in motorcycle accidents this year is up significantly from last year. Data from the USACR/Safety Center show the majority of deaths this year involve Army leaders above the rank of E-5. As of Monday, 15 of the 19 reported Army motorcycle fatalities involved Soldiers E-5 and above, to include an active-duty colonel.

"The beauty of these bike rallies is that every rider can take away something to make them a better rider, and ultimately, a safer rider," said Heidt. "I shared some of my experiences and thoughts about riding with my boss, and I really think he appreciated me doing so."

The greatest threat to Army motorcycle riders is indiscipline such as speeding, alcohol use, lack of training and failure to adequately use personal protective equipment, according to statistics from the USACR/Safety Center.

"Soldiers receive motorcycle safety training based on their riding skills level and it's critical that leaders hold their Soldiers, and themselves, accountable to the standards no matter how much experience they have," Edens explained. "They need to use what they learn from the required safety training the Army makes available."

Because the Army is spread out around the world and it's always riding season somewhere, it means there is never a time when Army leaders don't need to be concerned with motorcycle safety.

"The Army's safety program covers many areas, and all of them require a 24/7 commitment," Edens said. "In motorcycle safety, the highway is a great equalizer where rank isn't the issue and skills, safe habits and experience lead the way."

To assist riders and Army safety professionals, several tools, including an updated Motorcycle Mentorship Program guidebook, are available at <https://safety.army.mil>.



Brig. Gen. Timothy J. Edens, director of Army Safety and commanding general, USACR/Safety Center at Fort Rucker.



TRiPS upgrade available now

By Chris Frazier

U.S. Army Combat Readiness/
Safety Center

A much-used trip-planning tool has received a facelift that improves user capabilities.

The U.S. Army Combat Readiness/Safety Center released the redesigned Travel Risk Planning System May 8. The change is the first significant redesign of the tool since December 2005, when the program was prepared for joint-service use, said Derek Kovacs, automated risk tools program manager at the USACR/Safety Center.

"Since then, we've collected valuable feedback to be implemented in the upgrade," Kovacs said. "Many of the enhancements will occur behind the scenes as software modernizations. However, we're hopeful that service members and DOD civilians will benefit from the functional improvements they've requested."

Enhancements to TRiPS include:

- Improved user email compatibility;
- Multi-leg, round-trip and one-way travel;
- Mapping upgrade with support service interface;
- Road construction, weather and hazard notification;
- Smartphone apps (coming soon);
- User load capability;
- Re-designate service for joint-service environment; and
- Recreational vehicle and trailer towing planner.

TRiPS was developed in 2004 to help commanders and leaders mitigate risk and reduce accidents involving Soldiers driving private mo-

tor vehicles and motorcycles outside their local area. Soldiers are required to complete TRiPS assessments before traveling on leave, pass, permanent change of station or official travel, according to Army Regulation 385-10, The Army Safety Program. In addition, Department of the Army civilians are also required to complete an assessment prior to official travel or PCS.

Since its inception, Soldiers have completed more than 10 million TRiPS assessments. During fiscal 2012, only 19 percent of fatal PMV-4 and PMV-2 accidents involving Soldiers driving more than 150 miles from their home installation occurred on TRiPS-assessed travel. That effectiveness improved to 8 percent during fiscal 2013.

"Literally millions upon millions of miles have been driven after TRiPS, with minimal fatalities," said Brig. Gen. Timothy J. Edens, direc-

tor of Army Safety and commanding general, U.S. Army Combat Readiness/Safety Center. "But it only works if leaders use it to reach their Soldiers on risk mitigation. Simply completing an assessment won't make a Soldier safer, but using that information to facilitate effective communication between the Soldier and his or her leader will. That's what TRiPS makes possible."

Lt. Col. Joseph Harvey, director, Driving Directorate, USACR/Safety Center, said the upgrade will benefit not only Soldiers, but members of sister services as well.


"I'm excited for the release of the revised TRiPS," he said. "This will be an even better tool for service members and leaders across DOD to use to mitigate risk while traveling."

More information on TRiPS and driving safety is available at <https://safety.army.mil>.

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Navy: Warrant officer paves the way

Continued from Page A1

said CW5 Todd Blake, WOCC staff and senior staff course director. “It is as beneficial for our students as it is for the Navy to have the joint workings here, especially when we do the practical exercises. As much information comes from the students as it does the instructors.”

Blake said the inclusion of other service members is a win-win for everyone, and that there is interest from the Navy and the Marines.

“The more the merrier, because the more we have in each class the more that everyone can benefit on our side and theirs,” he said. “Training like this makes it really become three dimensional.”

Smith said he is very proud to be representing the Navy in the class, and that he is thankful he was able to secure a spot.

“Working jointly is important because we are working to meet one common goal and we

are working at this level in the same areas,” he said. “We have to work together and be focused as one. If we can intermingle and work with one another, we will be more successful.”

The Navy does not have any type of extended education for senior warrant officers, said Smith, adding that he really wishes the Navy had something like WOCC for his fellow war-rants to attend.

“Naval officers would greatly benefit from this joint training. Getting the lingo down was challenging at first, learning all the acronyms and such, but now when I work jointly with other branches, the work will go much smoother,” he said. “I wish I would have gotten this course much sooner. I would have greatly benefited from it before I deployed with a joint staff operations group for communications at Camp Victory, (Iraq).”

Smith said allowing other warrant officers to receive the training is something that the

military needs to look into to see the big picture and think out of the box for policies, procedures and strategies, adding that communication between the services is key.

Smith’s classmate, CW4 David Behm, Operations Company Headquarters, 20th Infantry Division, Pennsylvania National Guard, said that when senior leaders deploy, they are working with other service branches, and that they have to understand how they function and interact within themselves.

“The training environment hasn’t changed at all. He has been able to offer insight that we might not have gotten,” said Behm. “He has brought a different view and perspective to class discussions. We need to have this insight on what the other services are doing and how they operate.”

Students focus on the big picture during the course, where they are taught how to be senior staff officers and advisers to

senior staff officers, and is not military occupational specialty specific, said Blake.

This program on integrating other service members into Army classes is brand new for WOCC, with Smith being only the second individual from another service branch to go through.

Last year, another Naval officer was the initial candidate. That officer, CWO4 David Miller, felt there was a gap in training and education for the Navy CWO since there are no formal plans in place to prepare W2s in the Navy for “additional responsibility, leadership roles or operating in the joint environment.”

Miller began searching for military education opportunities, and after meeting several dead ends discovered the WOCC, which he believed institutionalized the profession of the warrant officer corps, and had a “formalized process for ensuring all warrant officers receive professional military education from the time of their acceptance

as a warrant officer through their promotion to CW5,” he wrote.

After many months of struggling to get approved to attend the Warrant Officer Senior Staff Course, he arrived at Fort Rucker ready to learn and pave the way for future Navy and Marine warrant officers.

“I am a better officer for having attended the course,” said Miller. “I definitely improved my depth of knowledge.”

During Chief of Staff of the Army Gen. Raymond Odierno’s visit to the college last year, he stated that he believes the course “should be joint” and that he hoped to “see more warrants from the other services in the future.”

With support from the chief of staff, the course director, Fort Rucker senior leaders, and WOCC faculty and instructors for the course to be open to all warrant officers, Fort Rucker might be seeing more Navy and Marine khaki around the installation.

Voice: Survey a platform for community’s voice

Continued from Page A1

three most risky behaviors in their community that needs to be targeted, and they’ll be able to choose from a list that includes, alcohol abuse, drug abuse, lack of fitness programs, distracted driving and issues of that nature.

George said this type of survey is needed on the installation because, as far as she knows, a survey like this hasn’t been conducted on Fort Rucker.

“Every other survey that Fort Rucker

puts out is a program assessment, and this is a population assessment,” she said. “We want to hear what the population has to say about this community, and then do what we can to make it better.”

The survey is also completely anonymous, added Alexandra Rogers, CHPC program assistant, so people don’t need to worry and repercussions for saying how they feel, only that their issues are being heard.

“It doesn’t matter if you’re a Family member, Soldier, spouse to a junior en-

listed or spouse to a senior officer – your voice will be heard the same,” she said.

The survey will close June 30, and people can access the survey online at <https://usaphcapps.amedd.army.mil/Survey/se.ashx?s=251137456E6E1EA5>.

It’s the job of the CHPC to direct a comprehensive approach to the health promotion programs on the installation, said George. Chaired by Lundy, it strives to evaluate the needs and concerns of the Fort Rucker community and develops targeted interventions to enhance the overall

quality of life on the installation.

The council also drives the Ready and Resilient Campaign at the installation level to ensure that there is a unity of effort in caring for the community, she added.

“We are fully dedicated to supporting the health and resiliency of our Soldiers, Family members and civilians,” said the health promotions officer. “That’s something really important about the CHPC, we’re trying to reach the entire community, not just the Soldiers – it’s Family members and civilians, too.”

Youth: Nominee credits parents for setting good example

Continued from Page A1

volunteer to do the dishes at home because I thought that was fun, but not anymore.”

Robinson wants to go to college to become a physical

therapist after she completes high school, and she believes that volunteering can give her the leadership skills needed to follow through with her plans in life.

“My parents have always pushed me to be a leader, not a follower ... and one of the biggest lessons they tried

to teach me was to follow through,” she said “Volunteering helps me with that and makes me feel like I’m not only doing things for other people, but doing something for myself. I’m learning how to follow through and that’s something that will help me become a leader.”



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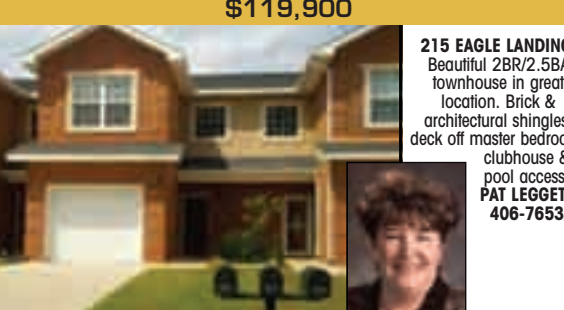
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\$149,500

MAY 22, 2014



PHOTO BY PAK, CHIN-U

One of the 12 newest CH-47F Chinooks sit on display at the Company B, 3rd Battalion, 2nd Aviation Regiment General Support Aviation Battalion, 2nd Combat Aviation Brigade, 2nd Infantry Division, hangar as part of the activation ceremony on Camp Humphreys, South Korea, May 14.

2nd CAB unveils newest CHINOOK

By Staff Sgt. Reshema Sherlock
2nd Combat Aviation Brigade
Public Affairs

CAMP HUMPHREYS, South Korea — As part of an upgrade from the CH47-D, and the completion of unit training and activation of all 12 aircraft, 3rd Battalion, 2nd Aviation Regiment General Support Aviation Battalion, 2nd Combat Aviation Brigade, 2nd Infantry Division, unveiled its newest Chinook, the CH-47F at an activation ceremony at Camp Humphreys May 13.

“Everything about these machines is designed to get our combat forces to their targets in the manner, or the time they want to get there,” said Lt. Col. Reese Hauenstein, product manager for the CH-47F Improved Cargo Helicopter.

The CH-47F helicopters include alterations to the airframe’s structure to reduce the effects of vibration, corrosion protection, digital-source collectors, a more powerful engine, an extended-range fuel system, and modern-missile warning and infrared suppression systems. They are also compatible with joint digital connectivity requirements.

“The CH-47F is a glass cockpit aircraft, which is completely modernized, and the newest Chinook in the conventional Army inventory,” said Capt. Noah McQueen, B Co. commander. “We can actually program the aircraft to fly itself due to the greatly improved situational awareness and the moving maps on the inside.”

The Chinooks are designed to transport artillery, troops, ammunition, fuel and supplies within military theaters of operation. In addition to transporting Soldiers and supplies, the CH-47F provides lifesaving combat support and sustainment functions of casualty evacuations, aircraft recovery, disaster relief, and search and rescue.

“Flying around Korea, there are a lot of very specific procedures to follow, a lot of checkpoints, as well as restricted areas we can’t fly in,” said McQueen. “Having those moving maps on there will keep the pilots a lot safer, and make it easier to follow the procedures and rules.”

This is the first time the CH-47F has been in Korea. The production of the helicopter began in 2006 and was first taken to combat in 2008 to Iraq.

The CH-47F Chinook helicopter will play a vital role throughout the Republic of Korea by increasing combat power and air assault capabilities.

“It’s a special honor for us to be here today,” said Mark Ballew, director, Business Development Cargo Helicopter Programs, and Boeing Military Aircraft. “We greatly appreciate what you do, the difference you’re making, and the sacrifices your Families are making.”

MEDAL OF HONOR

Soldier 6th living recipient from Iraq, Afghanistan ops

By J.D. Leipold
Army News Service

WASHINGTON — Former Sgt. Kyle Jerome White was awarded the Medal of Honor by President Barack Obama at a White House ceremony May 13, making him the sixth living Army recipient, and the 14th service member overall, to earn the medal in either Iraq or Afghanistan.

Obama opened his remarks in the East Room by paying tribute not just to White, but to what he referred to as the “9/11 generation,” all those young citizens who came forth after Sept. 11, 2001, to volunteer their service knowing full well what the cost could be.

“For more than 12 years, with our nation at war, the men and women of our armed forces have known the measure of danger that comes with military service,” he said. “But year after year, tour after tour, they have displayed a selfless willingness to incur it — by stepping forward, by volunteering, by serving and sacrificing greatly to keep us all safe.

“Today, our troops are coming home,” he added, saying that by year’s end, the war in Afghanistan will be over. “And, today, we pay tribute to a Soldier who embodies the courage of his generation — a young man who was a freshman in high school when the Twin Towers fell, and who just five years later became an elite paratrooper with the legendary 173rd Airborne — the Sky Soldiers.”

The president recounted the Nov. 9, 2007, ambush outside the village of Aranas, in which five Soldiers and a Marine would perish, as White’s unit of 13 Americans and a squad of Afghan soldiers descended into what was called “ambush alley.” Suddenly, the chatter of AK-47s and the smoke trails of rocket-propelled grenades, known as RPGs, lit up the valley, sending shattered shards and chunks of red-hot metal and rock flying.

With nowhere to escape the three-pronged onslaught but down a steep decline, White, 1st Lt. Matthew Ferrara,



PHOTO BY J.D. LEIPOLD

Former Army Sgt. Kyle Jerome White received the Medal of Honor from President Barack Obama for his life-saving actions during a Taliban ambush in Afghanistan, Nov. 9, 2007. White was awarded the nation’s highest military award at a White House ceremony May 13.

Spc. Kain Schilling, Marine Sgt. Philip Bocks and an interpreter were left stranded as the rest of the unit slid 160 feet down the mountain.

The 20-year-old then-specialist emptied one 30-round clip from his M-4, but as he went to slide another into place, an RPG screamed in nearby and, “it was just lights out,” as White later described. That wouldn’t be the last time that day he would be rocked by a nearby explosion.

White saw his buddy, Schilling, trying to stay in the shade of what Schilling later recalled “as the smallest tree on earth.” Schilling had been wounded severely in his right upper arm, so White sprinted to Schilling, applied a tourniquet, then saw Bocks.

After four sprints and attempts to pull

Bocks to cover, White was finally successful, and began administering first aid. He applied a tourniquet, but it was too late. Bocks’ wounds had been too severe and he passed away. When White looked up, he saw Schilling take another round, this time, to his left leg. Again, he sprinted to Schilling, but out of tourniquets, he used his belt and was able to once again stop the bleeding.

While the one-way battle continued, White saw his lieutenant lying face down. He ran to Ferrara’s aid, but he was already dead. As White recalled in an earlier interview, he had accepted that he and Schilling weren’t going to make it through this firefight.

“It’s just a matter of time before I’m

SEE HONOR, PAGE B4

Office with a view



PHOTO BY SENIOR AIRMAN JODI MARTINEZ

Soldiers with the 20th Special Forces Group observe the scenery before fast-roping from a UH-60 Black Hawk helicopter during Emerald Warrior 14 in Gulfport, Miss., April 30. Emerald Warrior is a U.S. Special Operations Command-sponsored two-week joint and combined tactical exercise designed to provide realistic military training in an urban setting.

4th CAB activates remaining 4 battalions



PHOTO BY SGT. JONATHAN C. THIBAUT

Col. Robert T. Ault, commander, 4th Combat Aviation Brigade, 4th Infantry Division, gives his remarks during an activation ceremony at Fort Carson, Colo., May 1. The 4th CAB activated its remaining four battalions, making it a fully-activated CAB.

By Sgt. Jonathan Thibault
4th Combat Aviation Brigade
Public Affairs

FORT CARSON, Colo. — Soldiers of the 4th Combat Aviation Brigade gave an enormous cheer as they became the newest fully-activated combat Aviation brigade in the Army, after activating the CAB’s four remaining battalions during a ceremony on Founders Field May 1.

The battalions activated were: 1st Attack Reconnaissance Battalion, 4th Aviation Regiment; 3rd Assault Helicopter Battalion, 4th Aviation Regiment; 4th Attack Reconnaissance Battalion, 4th Aviation Regiment; and 404th Aviation Support Battalion.

“Today marks a significant milestone in the storied lineage of the 4th Infantry Division,” said Col. Robert T. Ault, commander, 4th CAB.

Ault said the CAB is full of professionals, leading formations that can succeed in any environment and bringing exponential value to the fight.

“Our ranks are filled with America’s best from across the globe, all volunteers committed to living the Army values, fighting for our nation and serving our community,” he said. “To our friends and brothers in arms, you will find no greater ally than the 4th CAB.”

SEE 4TH CAB, PAGE B4

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Honor: Soldier remembers fallen comrades during ceremony

Continued from Page B1

dead,” White had said. “I figured if that’s going to happen, I might as well help while I can.”

White next secured a radio, as both his and Schilling’s had been destroyed by small-arms fire. He relayed a situational report and called for mortars, artillery, air strikes and helicopter gun runs. Suddenly, and for the second time that day, an explosion that “scrambled my brains a little bit there,” concussed White. A friendly 120-mm mortar round had fallen a bit short of its intended target.

Though struggling to keep Schilling and himself from

falling asleep, White was eventually able to lay out a landing zone and assist the flight medic in hoisting all the wounded aboard. Only then did he allow himself to be medically evacuated.

Today, nearly seven years later, White and each of the surviving Soldiers of the Battle of Aranas, wears a stainless steel wristband made by one of the unit’s Soldiers. Each is etched with the names of those who didn’t come home: 1st Lt. Matthew C. Ferrara, Sgt. Jeffery S. Mersman, Spc. Sean K.A. Langevin, Spc. Lester G. Roque, Pfc. Joseph M. Lancour and Marine Sgt. Phillip A. Bocks.

“Kyle, members of Chosen Company, you did your

duty, and now it’s time for America to do ours,” said Obama. “You make us proud, and you motivate all of us to be the best we can be as Americans, as a nation.”

Following the ceremony, White offered his thoughts to the media:

“I wear this medal for my team. I also wear a piece of metal around my wrist. It was given to me by another survivor of the 9 November ambush — he wears an identical one,” White said. “This has made it even more precious than the medal of symbol just placed around my neck. On it are the names of six fallen brothers — they are my heroes.”

4th CAB: Aircrews train for versatility, proficiency, sustainability

Continued from Page B1

The commanders of the four battalions said they believe their units are capable of handling any challenges.

“The opportunity to command and lead the 404th ASB is truly tremendous,” said Lt. Col. Lucinda Wilson, commander, 404th ASB. “The Providers diligently propel our unit forward by increasing our Aviation maintenance capability, developing Iron Eagle strong Families and Soldiers, and (providing) selfless, comprehensive and timely customer service. Our unit is a highly effective, standards-based team of professional Soldiers, delivering exceptional sustainment, service and support.”

The 3rd AHB, 4th Aviation Regiment, is the only assault helicopter battalion on Fort Carson, said Lt. Col. Neil Kugler, commander, 3rd AHB.

“The Soldiers of Comanche Assault bring a truly unique capability to our brigade and Joint Task Force Carson,” said Kugler. “We will provide unconstrained mobility to the maneuver commander, allowing him to take the fight to the enemy at the time and location of his choosing. We will establish the reputation of our unit as a well-trained, high spirited, supremely disciplined and cohesive warfighting organization, on time and on target in everything we do.”



PHOTO BY SGT. JONATHAN C. THIBAUT

Soldiers in the companies of 4th Combat Aviation Brigade, 4th Infantry Division, render salutes during an activation ceremony at Fort Carson, Colo., May 1. The 4th CAB activated its remaining four battalions, making it a fully-activated CAB.

One of the battalions acts as a powerful force multiplier for the division or any unit they deploy with.

“We provide the ground force commander the ability to overwhelm the enemy with direct firepower and win tactical engagements,” said Lt. Col. Mark Weathers, commander, 4th ARB.

“We will train our aircrews, build a proficient sustainment capacity and train our battalion staff to execute any tasks that come their way.”

Lt. Col. Stephen Gilbertson, commander, 1st ARB, 4th Aviation Regiment, said his battalion grows more engaged with execut-

ing the Iron Horse mission of building strong Families and professional Soldiers.

“This battalion has an incredible history of selfless combat performance which

our colors remind us each day,” said Gilbertson. “This activation has afforded us the opportunity to continue this proud lineage into the unknown future ahead,

while safeguarding the most treasured commodity — the selfless sons and daughters of America who volunteered for this formation and the Army.”

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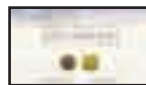
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MAY 22, 2014

Lake Fest



Jake Porter, veteran, takes a shot at a volleyball with teammate, Jeff Dukes, civilian, Saturday during Lake Fest.

PHOTOS BY SARA E. MARTIN

More than 2,500 visit Tholocco to celebrate warmer weather

By Sara E. Martin
Army Flier Staff Writer

Fort Rucker kicked off summer with a splash Saturday when more than 2,500 people attended Lake Fest at West Beach at Lake Tholocco.

"We had a great turnout! There were 19 sand castles in the contest, 10 teams in the volleyball tournament and the frozen T-shirt contest is always a huge hit," said Kristi Fink, Directorate of Family, Morale, Welfare and Recreation special events coordinator. "There were lines all day for the paddle boats, canoes, kayaks and pontoon boat rides. It seemed like people were having a great time."

Fink said the dunking booth was well utilized, saying that patrons liked the fact that they could get in to be dunked.

"Overall it was a great event," she added.

Patrons thought so, too.

"We were so excited when we heard there would be a free festival at the lake. The weather is great and the water is warm. It couldn't be more perfect for fun," said Casie Johnson, Army spouse. "Fort Rucker always makes sure that Families are taken care of. There is always something for everyone at each event, no matter how young or old."

"My daughter really likes the bouncy houses, too. So, that is a nice touch to a day at the lake," she continued. "Events like this, I think, really improve people's quality of life. There is always a lot going on here, and everyone always seems entertained at Fort Rucker."

Chassie Cox, Army spouse, said that her Family donned their bathing suits as soon as they saw the sun come out.

"It is finally hot outside, so we thought it would be fun to come out to the festival and have a Family day and eat as much festival food as possible," she said while her daughter snatched a twisty chip from her.

"Times like today really make me feel like Fort Rucker really prides itself in taking care of us. The festival is awesome and I really like that it is open to the public," she added. "It's a great way for everyone to kick off the summer. Fort Rucker couldn't do better."



Zyon McKenzie, Army Family member, builds a sandcastle.



Kaeleigh and Reagan Mascolo, Army Family members, eat snow cones

Marriage 101: Constant communication a key component to a healthy relationship

By Nathan Pfau
Army Flier Staff Writer

Marriage is a huge step in anyone's life, and the Fort Rucker Religious Support Office wants to make sure that people on the installation are ready before making that commitment.

That's why it's offering Marriage 101, a premarital coaching and marriage enrichment seminar designed to teach people what to expect before taking their vows, said Chaplain (Capt.) Troy Allan, Fort Rucker Family Life Chaplain.

"Marriage 101 really gives people a good overview of what marriage is all about," said Allan. "It's not just for people who are going to get married, but for those who may already be married and want to tune up their marriage. It gives couples a broad view of marriage and it's actually pretty fun."

The seminars are held in eight sessions, during which people will learn about different subjects from what to expect in a marriage, how money affects marriage, sexual intimacy and everything in between, said the chaplain.

"We'll talk about communication, personality differences, conflict resolution, spiritual intimacy, and the big one – money," he said, adding that money can be such a big issue in marriages that there are two sessions on the subject.

Allan said it's a good idea's for couples to take the Marriage 101 workshop to not only learn about what to expect in a marriage, but to also learn more about each other and what to expect from one another.

"From what I've seen, couples who are engaged or who are preparing for marriage quite often put their best foot forward," he said. "When we get into marriage, many times things can change, and if you're not prepared

for that, then that can be a real shock.

"When couples come to me and we do this course, we really get down to the nuts and bolts of what a relationship looks like, and prepare them for lifelong happiness in their marriage," he added.

Additionally, to use any of the chapels on post for a marriage ceremony, a couple is required to go through the Marriage 101 workshop.

"We require that because we're trying to take care of people and we're trying to do a little preventative maintenance, and the Army is all about that," said Allan.

One thing that Allan doesn't want people to confuse the Marriage 101 workshop with is typical marriage counseling, which can have some negative connotations.

"If you're already in a relationship, you don't have to be struggling in that relationship to go through this seminar," he said. "You don't wait to change the oil in your car until it breaks. You do these tune-ups all the time to prevent things from breaking down."

Allan said people should look at the sessions less as counseling and more like training to help prepare for what's to come in their relationship.

"Whenever people hear the word counseling, they get scared," he said. "They think that means that their marriage or relationship is falling apart, but that's not the case with Marriage 101."

The added benefit of the workshop is people will be learning from someone who has years of experience in a marriage, and although all marriages are different, Allan said that learning from someone with those experiences is helpful.

"I've been married more than 19 years now, and I've found a lot of joy in my marriage and my relationship, but it doesn't come without its struggles, and it doesn't



PHOTO BY SARA E. MARTIN

Chaplain (Capt.) Troy Allan, Fort Rucker Family Life chaplain, heads the Marriage 101 workshops held the second and fourth Tuesdays and Wednesdays of each month as a way for couples to learn what to expect from marriage before making the commitment.

come without learning and growing together," said the chaplain. "I think if I would have had something like this seminar before I was married, our marriage could have skipped some of the growing pains that you learn as you go along in a marriage."

Allan said it's important to look and see what people bring into their relationships.

"What do we bring into our relationships?" he asked. "We bring our past relationships into them and we bring our parents' relationships and we bring what we learned as kids on TV and what we saw in our friends' parents' relationships. We bring all of that into our own relationships, so in order to understand those expectations, we need to learn about them."

There are eight sessions throughout the workshop and each session runs about 30-

45 minutes. The sessions are held over the course of two days from 1:30-4:30 p.m., and are held the second and fourth Tuesdays and Wednesdays of each month.

"I do care, and the reason that I do care is because I love people," he said. "When you love people, you want to share how happiness can affect them. Happiness is really found in good relationships – if your relationship is strong at home with your Family, your children or your spouse, you bring that with you where ever you go – that positive energy."

"It's a real thing, and with strong Families and strong relationships we do have better communities. We have better places where children can grow and thrive," Allan said.

For more information or to sign up, call 255-3447 or 255-2989.

ON POST

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

International spouses get together

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

For more information, call 255-3735.

Summer reading program registration

Registration for the Center Library’s summer reading program, “Paws to Read,” will take place Tuesday through June 20. To take part, children must be completing grades kindergarten through ninth, and parents or children must have a Center Library membership.

For more information, stop by the Center Library or call 255-3885.

Youth employment workshop

Army Community Services and Fort Rucker Child, Youth and School Services will host a two-day youth employment workshop Wednesday and May 29 from 5-6:30 p.m. at the youth center, Bldg. 2800 at the corner of 7th Avenue and Division Street. The workshop will target youth summer employment and employment readiness. People should make reservations for the workshop by Tuesday.

For more information, call 255-2594.

Atlanta Motor Speedway tickets

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

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

Right Arm Night

The Landing Zone will host Right Arm Night May 29 from 4-6 p.m. Right Arm Night is an Army tradition, promoting a night of camaraderie and esprit de corps as leaders come together and treat those who help them accomplish the mission. Complimentary appetizers will be served while supplies last. Right Arm Night is held every month, and both military and civilians are welcome. For more information, call 598-8025.

Get REAL

Army Family Team Building will host its free workshop, Get REAL – Rucker Experience Army Learning – May 30 from 8:30 a.m. to 2:30 p.m. at The Commons



PHOTO BY NATHAN PFAU

Mobile Dairy Classroom

Amanda Griffin talks to a cow during a demonstration of modern-milking procedures during last year’s Mobile Dairy Classroom visit. This year, the Center Library will host the Mobile Dairy Classroom June 6 at 10 a.m. The free educational event will teach children about where milk comes from, how it is processed and its health benefits. There will also be a live cow milking demonstration. For more information, stop by the library or call 255-3885.

in Bldg. 8950. The workshop, designed to help clear up confusion about Army life, includes information on topics that include: acronyms, Army customs and courtesies, military ranks, community resources and more. Advanced registration is required and it is open to active-duty and retired military, Department of Defense employees and their Family members.

For registration, childcare and more information, call 255-9637.

Today’s Mom Nutrition Workshop

The Fort Rucker Family Advocacy New Parent Support Program is partnering with the Expanded Food and Nutrition Education Program - Alabama Cooperative Extension System to host Today’s Mom, a four-class nutrition workshop Thursdays in June from 9-10 a.m. at The Commons, Bldg. 8950. The event is designed for people who are pregnant or expecting to have a baby in the future. Topics covered will include food safety, healthy eating, dealing with pregnancy discomforts and feeding baby, and the event will also feature free take home items at each class, games and recipe tastings. The workshop is open to active duty and retired military, Department of Defense civilian employees and their Family members. People must pre-register by June 2, and space is limited to the first 15 participants to register.

For registration and childcare information, call 255-9647 or 255-3359.

Financial readiness training

Army Community Service will host financial readiness training June 6 from 7:20 a.m. to 4:15 p.m. at the Soldier Service Center, Bldg. 5700, in Rm. 284. Personal financial readiness training provides a practical approach to help Soldiers manage their money more effectively. The training is required for all first-term junior enlisted Soldiers

(E-1 through E-4). Spouses are welcome to attend.

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

Mobile Dairy Classroom

The Center Library will host the Mobile Dairy Classroom June 6 at 10 a.m. The free educational event will teach children about where milk comes from, how it is processed and its health benefits. There will also be a live cow milking demonstration.

For more information, stop by the library or call 255-3885.

Father’s Day Craft Activity

The Center Library will host a Father’s Day craft activity, June 10 from 3:30-4:30 p.m. Light refreshments will be served. The event is open to children, ages 3-11. Space is limited to the first 65 children registered.

For more information and to register, stop by the library or call 255-3885.

Small Business Counseling

Existing and potential small business owners will get the chance for free one-on-one counseling June 12 between 9:30 a.m. and noon in the Soldier Service Center, Bldg. 5700, Rm. 350. Areas of counseling may include, but are not limited to: advertising, organizational structures, financial planning, inventory, controls, management, marketing, personnel planning, pre-business planning and sales techniques. The event is sponsored by the Army Community Service Employment Readiness Program and the Troy University Small Business Development Center.

Appointments are scheduled every 30 minutes, beginning at 9:30 a.m., and people can schedule appointments by calling 255-2594. The counseling is open to active-duty military, members of the Guard and Reserve, retired military, Department of Defense civilians and Family members.

DFMWR Spotlight

VISIT THE COFFEE ZONE AND ASK ABOUT OUR
Beach Stay Giveaway!
May 1-31

The Coffee Zone is excited to announce that one lucky customer will win a two nights stay at The Holiday Inn Resort in Panama City Beach, Florida. Each card that receives 10 stamps in the month of May will be able to enter their name in the drawing for the beach giveaway. There is no limit to how many times you can fill a card and enter your name! The drop box will be at The Landing Zone. The deadline for submission is Saturday, May 31st at The LZ Coffee Zone. The lucky winner will be drawn Monday, June 2nd!

Vacation package is the value of \$300 and cannot be redeemed for cash. Any expense over the \$300 will be the responsibility of the winner. Standard stamp cards will still be available and stamped during the time of promotion. However, only beach themed stamp cards are eligible for vacation package giveaway.

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FORT RUCKER MOVIE SCHEDULE FOR MAY 22 - 25

Thursday, May 22

Oculus (R)7 p.m.

Friday, May 23

Divergent (PG-13)7 p.m.

Saturday, May 24

Sabotage (R)7 p.m.

Sunday, May 25

Need for Speed (PG-13)2 p.m.

GOLD STAR

Army unveils 2nd PSA Memorial Day weekend

By William P. Bradner
Installation Management
Command

JOINT BASE SAN ANTONIO – The Army announced plans May 7 to release the second of three public service announcements developed to increase awareness of Department of Defense-issued gold star and next-of-kin lapel pins.

Fox Sports plans to air the PSA Memorial Day weekend as part of a recognition ceremony hosted by the Anaheim Angels and honoring L.A.-area Gold Star Families.

The pins are designed to signify the loss of a loved one in support of our nation. Although the gold star pins have been in existence for decades, many Americans are unfamiliar with their meaning. The PSAs were developed to help educate and inform the public of the significance of the pins.

“It’s heartbreaking to think that a mom wearing a gold star might have someone ask her, ‘What a beautiful pin, where do I get one?’,” said Donna Engeman, a gold star wife who manages the Survivor Outreach Services program for the Army.

“We decided we had to do something to ensure the nation – the world – recognizes what that pin really signifies,” Engeman said.

The first Gold Star Pin PSA was broadcast by Fox Sports in the half-hour prior to the Super Bowl in February. Since then, the video has been aired on a variety of networks more than 4,000 times, according to Army officials, with an estimated potential audience of more than 800 million viewers.

During Phase II of the awareness campaign, which launches the week of Memorial Day, Engeman will literally take her message cross-country. She and three other representatives from the Installation Management Command, headquarters over the Survivor Outreach Services Program, will travel by motorcycle to the District of Columbia as



PHOTO BY ROB MCILVAINE

Donna Engeman, Survivor Outreach Services manager at the Installation Management Command, rode her Harley Davidson from San Antonio to Washington, D.C., to ride in Rolling Thunder Memorial Day, 2012. She rides again this year to help raise awareness about the significance and meaning behind the Gold Star Pins.

part of the annual Run for the Wall motorcycle rally.

The Run for the Wall is an American Motorcycle Association-sanctioned event in which thousands of bikers ride from California to the Pentagon to raise awareness about prisoners of war and service members missing in action. Engeman will represent Survivors at each stop in the event, and will host a booth in the Pentagon parking lot prior to the annual Rolling Thunder motorcycle event, which travels from the Pentagon to the Vietnam Memorial.

“We’ll share the PSA wherever possible, at the stops along the way,” Engeman said. “I’ll also have flags on my bike promoting the pins. Again, this is all about awareness. The more people know the pins exist, the better.”

The PSAs consist

of documentary-style interviews and narrative stories from real survivors who volunteered to be a part of the project. The voice-overs were provided by Academy-award-nominated actor Gary Sinise.

“We tried to ensure the PSAs reflected the diversity of surviving Families as well as honoring their service and sacrifice,” said Hal Snyder, chief of IMCOM’s Wounded and Fallen Support Services office. “The PSAs include moms and dads, brothers and sisters, children, husbands, wives....”

“The point is you might see a Gold Star pin on just about anyone,” Snyder continued, “and we wanted to make sure everyone knows what that pin represents.”

The PSAs also serve to gently remind the

American public that the freedom they enjoy comes at a cost, Snyder said.

“The call to action is to honor and learn,” he explained. “Honor those who have fallen, and learn about a small, but meaningful symbol presented to Families who have lost a service member.”

Phase II of the outreach plan includes an outreach effort through social media, where members of the Army Family will be encouraged to share pictures of their fallen loved ones – or pictures of their favorite memorial honoring the fallen – on www.facebook.

com/FamilyMWR today through Memorial Day.

During that same time period, survivors of the fallen will take part in a number of events in the D.C.-area, including the wreath-laying at Arlington National Cemetery, the concert on the Mall, and the Washington National’s game, where the PSA will be aired both on the jumbotron during the game and on Fox Sports during their broadcast of the game.

Gold Star Family members will also take part in the Canadian Memorial Dedication Ceremony, events at Mount Vernon and the Vietnam Memorial, the

Memorial Day Parade, and the concert on the lawn.

Program managers and survivors across America are also calling on their elected officials to include mention of the stars, and their meaning, in any Memorial Day events they might be taking part in at their home towns, districts or states.

“The more people who see these, the greater the opportunity to recognize and honor Families of the fallen,” Snyder said.

The Army’s Survivor Outreach Services program currently supports more than 55,900 surviving military Family members.



COURTESY PHOTO

Pick-of-the-litter

Meet Stinky Poo, a 6-7 year old, playful Pomeranian gal up for adoption. She gets along with other dogs and is housebroken. She is described as being a social butterfly and is a love bug who loves to give kisses. She also does a great begging dance. Adoption fees vary per species and needs of animal, but include all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying or neutering. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the stray facility. Visit the Fort Rucker stray facility’s Facebook page at www.facebook.com/fortruckerstrayfacility/ for constant updates on the newest animals available for adoption.

Church Directory

First United Methodist Church
Traditional Worship Service
8:30AM & 11:00AM
Contemporary Worship - New Connection
8:45AM & 11:00AM
The Gathering - Youth
5:45PM
Sunday School
10:00 M
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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 TAOG Bible Study, Bldg 30501
12:00 p.m. Adult Bible Study, Soldier Service Center
6:00 p.m. Adult Bible Study, Spiritual Life Center

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Fort Payne: The view from Lookout Mountain

By Brian S. Jones
Alabama Tourism Department

The largest city along the Alabama portion of Lookout Mountain Parkway is Fort Payne.

For more information, call (887) 805-4740.

It is located on what was originally an important village in the Cherokee Nation and was home to Sequoyah, who created the Cherokee alphabet that made reading and writing in that language possible. History tells us that Sequoyah is the only person ever to conceive an alphabet in its entirety.

A canvas of scenic beauty year-round is the best way to describe the Lookout Mountain area of northeastern Alabama, especially in DeKalb County, near Fort Payne. Native poplars, dogwoods, maples and hickories explode throughout the area in the fall and provide a panoramic showcase of vibrant yellow, gold and orange. Chock-full of natural splendor, the area is also known for its protected forestlands, which are rich with greenery in the spring. Little River Canyon, considered a marvel of nature and a recreational wonder, boasts a river that begins and ends entirely on top of a mountain and attracts visitors throughout the year.

History of Fort Payne

Fort Payne derived its name from the fort commanded by Maj. John Payne that was built in the 1830s by the U.S. Army and used to house American Indians, whose Cherokee ancestors had lived in the area for thousands of years, before removal to the West.

As a stop on the railroad line between Birmingham and Chattanooga, Fort Payne flourished and became a boomtown during the late 1880s. Unlike the gold rush out West, this area experienced a coal and iron rush when an influx of workers came here from New England with the lure of instant riches. Many of the town's historic buildings date from this period, including the Fort Payne Opera House, the W.B. Davis Mill Building and the Fort Payne Depot Museum.

Sadly, the boom that brought attention to the town in the latter 1800s was soon a bust. The area fell into decline before coming back in the early 1900s as the center of hosiery manufacturing — an industry that earned Fort Payne the nickname of “Sock Capital of the World.”

Fort Payne is credited with developing athletic socks.

Fort Payne Depot Museum

When visiting the area, there are a number of attractions you'll want to be sure to see. Among them is the Fort Payne Depot located at 105 Fifth St. N.E. For more information, call (256) 845-5714. Constructed in 1891 out of pink sandstone in the Richardson Romanesque style of architecture, the depot was a main stop on the railroad line with two express mail trains and six passenger trains passing through daily. With its central location, the depot also became the town's unofficial community center. Locals used it as a gathering place to catch up with friends and family who would come into town from their farms.

Fort Payne Opera House

The Fort Payne Opera House located at 510 Gault Ave. North. For more information, call (256) 845-3137. It was built in 1889 and is still in use today. It began life as a venue for live performances and was used for public forums before being converted to use as a theater during the silent movie era. The Fort Payne Opera House has been completely restored and is today used as a cultural center for the community. It is on the National Register of Historic Places and the National Register of 19th Century Theaters in America.

Mountain Music

“My home's in Alabama,” so sing the members of the legendary music group who grew up in Fort Payne and took the state's name for their band. When visiting their hometown, you'll find life-sized bronze statues of group members on display on the corner of Union Park facing the intersection of Gault Avenue and Fourth Street North downtown.

A must-see for any fan or country music lover is the Alabama Fan Club and Museum located at 101 Glenn Blvd. S.W. For more information, call (256) 845-1646. It is located at the intersection of Alabama Highway 35 and U.S. Highway 11 less than a mile off I-59 at Exit 218. This museum houses the group's many awards, collections from their touring days and a great gift shop.

Little River Canyon National Preserve

Little River Canyon was carved

out by the river after thousands of years and is one of the deepest canyons in this part of the United States. To get there via AL Highway 35, take the I-59 exit and go east about 10 miles.

There are three major waterfalls in Little River Canyon. Little River Falls marks the beginning of the canyon and is located off Highway 35 next to the bridge separating the town of Gaylesville from Fort Payne. This is your first stop on a scenic tour entering from the north. An expanded boardwalk project completed in 2012 leads you directly to the 45-foot waterfall. Next is DeSoto Falls, which is located on the West Fork of the river and is 104 feet high. Grace's High Falls is the last of the major three and is Alabama's highest waterfall at 133 feet. The falls are seasonal. The best time to view them is in the fall, winter or spring. Lack of rain often diminishes the falls in the summer.

DeSoto State Park

DeSoto State Park, located at 7104 DeSoto Parkway N.E., is eight miles northeast of Fort Payne. For more information, call (256) 845-0051. One visit and it's easy to see why DeSoto was voted as one of America's Top 10 State Parks by Camping Life magazine. The park spreads over 3,500 acres along the outer ridge of Lookout Mountain and embraces some of the state's most dazzling natural wonders.

The best way to enjoy this wonderful state park is to get out and experience it.

DeSoto State Park has 12 miles of hiking trails. The Azalea Cas-

cade Boardwalk Trail offers a 360-yard walk designed for hikers of all experience levels. There is a 20-foot octagon deck at the end of the trail that overlooks a natural pool created by the Azalea Cascade. The area was named for the beautiful wild azaleas that bloom here in mid-April. During the summer and fall seasons, weekend interpretive programs and guided hikes are offered.

The Lodge at DeSoto State Park, located at 1299 Blalock Drive N.E., was built during the 1930s. At the time, it was used as a group lodge and a dance hall. During the late 1970s, additions were made around the main part of the lodge and a motel constructed next to it. Inside the lobby you can still see the front center stone with the word “Lodge” carved into it. The original part of the structure was turned into the Mountain Inn Restaurant, which is in operation today. Right outside the restaurant is a large deck that's great for relaxing and enjoying the mountainous view. Lodging options available at the state park include chalets, log cabins, motel rooms and plenty of campsites. There is also a picnic area with a playground, an Olympic-size swimming pool and a nature center. For more information, call (800) 568-8840.

Where to eat

Make sure you try the JoJo potatoes at the Bar-B-Q Place, located at 1502 Gault Ave. South. This is one of those hole-in-the-wall places that serve up good authentic Southern barbecue and plenty of it. For more information, (256) 845-6155.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

DALEVILLE

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

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

DOTHAN

NOW THROUGH JUNE 16 — The Wiregrass Museum of Art hosts a variety of summer art activity. Pre-registration is required for all camps. Space is limited, and early registration is suggested.

All supplies are included in the camps and classes are divided by ages, junior camps for 6-9 year olds and senior camps for 10-13 year olds. Camps begin as early as June 16.

Art Attack! is a Visual Arts Camp that is all about creativity and fun. Campers will explore folk art, sculptures, mosaics, murals, paper-making, printmaking and more. Play in the Clay! is a pottery camp where students will learn a variety of ceramic techniques including pinch, surface decoration, glazing and more. Art Around the World! will have campers exploring the world through different art forums.

For more information, call 794-3871 ext. 25.

NOW THROUGH JUNE 2 — The Flagship Theatre will host a summer theater camp featuring Swan Swamp and Sleeping Beauty for 4-18 year olds. Camp begins as early as June 2. Tuition is \$120 for the first child and \$100 for each additional child for Swan Swamp and \$170 for each child for Sleeping Beauty. For more information, call 699-3524.

NOW THROUGH JUNE 9 — Landmark Park's summer camps are starting June 9. The camps, for ages 4-11, are: Earth Art, Adventure Days, Earth Explorers, Pioneer Farm, Ecology Camp, Discovery Days, Farm and Forest Fun. For more information, call 794-3452 or visit www.landmarkpark.com.

MAY 26 — Wiregrass Area eighth annual Memorial Day Ceremony will take place at 10 a.m. at Sunset Memorial Park. All are invited to attend. For more information, call 983-6604.

JUNE 8 — Landmark Park will host a free ice cream social from 5-8 p.m. to celebrate National Dairy Month. Families are invited to learn about cow milking and will have the opportunity to churn butter, make ice cream and participate in a cake walk. For more information, call 794-3452 or visit www.landmarkpark.com.

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 — 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

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 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.

Beyond Briefs

Barbecue Challenge

The first ever BBQ “Bragging Rights” Festival in Olde Town Conyers will take place May 31 from 11 a.m. to 6 p.m. Event features food, music and vendors. Prizes awarded for Best in: chicken, beef brisket, pork ribs and overall crowd favorite. The cook-off is open to the public, \$1 per ticket for food samples. For vendor or contestant information call 770-679-9950 or email: theblackcatcurioco@gmail.com.

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.

Fiesta Celebration

Now through June 7 Families can enjoy treasure hunts, sand sculpting contests, boat and street parades, and more

in Pensacola.

For more information, visit fiestaoffiveflags.org.

Obstacle Run

The Battle Frog Obstacle Race Series June 1st in Conyers offers three distances — 15K, 5K and 1K — more than 25 obstacles, Navy Seal demonstrations, a children's obstacle course and more at the Georgia International Horse Park.

For more information, visit www.battlefrogseries.com.

‘Soldiers’ take on Godzilla

By David Vergun
Army News Service

WASHINGTON — Several dozen Soldiers with the 3rd U.S. Infantry Regiment, the Old Guard, got a treat May 15 when they watched a preview of “Godzilla,” a film the Army helped support with technical advice.

Spc. Chinyere Wells-Byrd was one of the Old Guard Soldiers who attended the premiere at the AMC Uptown Theater in the area. She said she enjoyed the movie, which had some Soldiers in several scenes – or rather, extras playing Soldiers.

She said they did a terrific job, but suspected they were not real Soldiers because “some of their patches were just a little off. It’s something only a Soldier would notice.”

Other than that, she said they did a really good job “the way they moved and conducted battle drills. They were pretty correct.”

She then described the role the Soldiers played in “Godzilla.” When Godzilla first came out of the ocean, some Soldiers happened to be in the area on patrol, she said. Some of them started shooting at him and one or two got trampled.

“Initially, the Soldiers didn’t realize Godzilla was trying to help them by killing the two bird things at the beginning who were giving off radioactive energy that obviously could kill people,” she said.

Wells-Byrd admitted that she falls for happy endings and fell for Godzilla too.

Cpl. Cameron Southhall said he too thought the movie was great, even though there was more Navy involvement than Army.

And being a Soldier, it was easy to root for the Soldiers, but unfortunately, “some of them, kind of like, got stepped on.”

Also, the Soldiers’ “bullets didn’t affect it. The creature was pretty huge and looked kind of weird.”

Behind the scenes

Tucked away in a small office in west Los Angeles are three Army technical advisers, who provided some assistance to Legendary Pictures and Warner Bros. Pictures in making “Godzilla.”

“We provide support to the film and television industry for pictures that educate and inform Americans about their Army,” said Lt. Col. Steven R. Cole, who credited Sgt. 1st Class Dwayne Brown with coordinating Army support for the film.

So how does “Godzilla” educate and inform Americans?

In a subtle way, Cole said.

“Some of the people who will be watching ‘Godzilla’ aren’t watching the evening news or keeping up with news about our troops in Afghanistan, but they may learn about the Army from watching this or any other movie or TV show that we supported or provided guidance for,” he said.

Some other very recent films his office supported were the “Transformer” movies, “Lone Survivor,” “Man of Steel” and “42.”

In “Godzilla,” as is the case in other films, the first thing the Soldiers do is review the script, he said.

If the script does not accurately portray the Army or Soldiers, Cole said he pencils in changes and recommendations. If the director agrees, the Army can then provide support, depending on what assets are needed. For example, if tanks are needed, but the unit with the tanks is about to deploy, then obviously that type of support cannot be given.

But in other cases when the unit is available, the commander can agree to participate and it can be used as a “training” experience. After all, who wouldn’t want to be in Hollywood, Cole added.

But the studios do have to fork out money to the Army if the action goes outside the strict boundary of what is and isn’t considered training. For example, if helicopters are flying by and the director asks for a second take that’s not in the unit training plan, then the studio would need to pay for the fuel, man hours and so on.

But both the Army and the studios win in this arrangement, he added. The Army gets to tell its story accurately and the studio gets cool Army gear and real heroes to play a role.

Cole described the process of reviewing the “Godzilla” script:

“We kind of went around and around with the script” at first, he said. “There were some things unrealistic that we suggested changing.”

In making the changes, Cole would often ask himself, “if there were giant lizards and monsters out there, how would the United States Army support and defend the Constitution of the United States against all enemies, foreign and domestic? If this could really happen, how would we do that?”

“Godzilla” actually got fairly minimal support, not because the Army wouldn’t give it, but rather that the studio thought



PHOTO BY KIMBERLEY FRENCH, WITH PERMISSION OF LEGENDARY PICTURES

A scene from Godzilla with Soldiers.

it more practical to use computer animation for a lot of the scenes instead of Army equipment.

Cole said the studio scanned in some 7th Infantry Division equipment located at Joint Base Lewis-McChord, Wash., which they later digitized. “So vehicles being destroyed were just in digits, and not real life,” he said.

Also, some battle sounds and noises of war were recorded at the Army’s National Training Center, Fort Irwin, Calif.

“Godzilla” portrays the Army in a good light, Cole said.

“So we’re standing next to these people helping protect the country (from monsters) because in real life, we’re the ones standing next to Americans in case of emergency,” he said.

It’s a win-win for the Army, the studio and the viewers, he said.

One of the main reasons film makers solicit Army support is because they want to get it right, Cole said. “The director doesn’t want to get a lot of emails saying the uniforms were wrong.”

And, “our advice is free,” he added. “You can get to us by just picking up the phone. We take calls from student film makers and we take calls from feature film makers.”

The bulk of the work the technical advisers do is television, especially cable, Cole said. While they may work on a half dozen or more movies each year, typically only several actually make it into production and are released.

While the Army jumps at the chance to support films that portray Soldiers and the service in a good light, there are times when support is given to films that are not flattering, he said.

One of the latter was “Invisible War,” a documentary about sexual assault in the military. “The Army and DOD are dedicated to fixing the problem. So when we supported it, we knew what we were getting into,” he said.

Not all of what they do can be considered glamorous Hollywood work.

Sometime a costume house will call asking about a uniform regulation, he said. A lot of calls are fielded from clearance companies asking about names of Soldiers – “they don’t want, for example, to use Steve Cole portraying an Army role if there’s only one Steve Cole in the Army” for obvious legal and ethical reasons.

The Soldiers also answer questions about tactics and procedures.

“What we provide is accuracy,” said Cole, who is a former armor officer. If a studio asks about a medical procedure, “I’ll call medical” to get the accurate scoop “since that’s not my specialty. We’re all about attention to detail.”

Getting that information for free is a great deal for the studio, Cole said. And the Army gets some valuable input as well.

Old hat

Working with Hollywood is not new for the Army.

Army support to film dates to 1911, when it supported the silent film “The Military Air-Scout,” using Army airplanes, Cole said.

Later, in 1927, the Army supported another silent war film, “Wings,” which was about a World War I pilot. “It couldn’t have been made without us,” he said.

The studio used hundreds of Soldiers, as well as pilots and airplanes from the U.S. Army Air Corps.

“Wings” won the first academy award for best picture, mostly because of its technical achievements in depicting speed in an aircraft, he said, meaning that if you just point the camera outside the cockpit at

the blue sky, the viewer has no feel for the actual speed of the aircraft. A frame of reference, the ground or other airplanes are needed to convey rapid movement.

Today, there are not many war movies being made, Cole said, since global box-office sales drive box-office revenues. “They don’t often play well overseas.”

Also, war movies are often expensive to make, he added.

“There’s a sense in the business that military movies don’t do well,” he said. “I think that’s incorrect.”

However, he said movies with military themes that portray the Army or Soldiers in a bad light – like some recent ones about the war in Iraq – tend to do poorly.

“The military enjoys a high level of support among Americans and they don’t want to spend their entertainment dollars watching something they don’t believe to be true,” he said.


“Lone Survivor” made “a ton of money,” he said. It wasn’t a happy story, but depicted Soldiers having a lot of courage. The same goes with “We Were Soldiers Once and Young.”

“We also supported the TV show ‘Army Wives,’ where a lot of bad things happened, but it was balanced overall,” he said.

Other duties

The Army and the Coast Guard offices in L.A. are manned by few service members, Cole said. And, the Army is the only service that also takes on a big additional duty – community relations.

For example, Cole is giving former Army sergeant and Medal of Honor recipient Kyle White a tour of L.A., including the 20th Century Fox studio, a trip to the Torrance Armed Forces Day Parade and a visit to the Long Beach Veterans Affairs hospital.













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648BCCO-REV1



DAY IS DONE, GONE THE SUN
FROM THE LAKE, FROM THE HILLS, FROM THE SKY.

ALL IS WELL, SAFELY REST

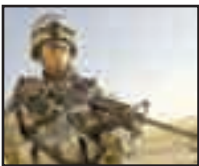
GOD IS NIGH.

(From lyrics written to the military bugle call “Taps”)



Honor. Reflect. Remember.





Swift

and DEADLY



1-13th smokes 6th MP detachment, 17-6

By Nathan Pfau

Army Flier Staff Writer

Fort Rucker’s intramural softball season is in full swing and two teams battled it out on the field, but one showed more promise over the other in the fight for the championship.

The 1st Battalion, 13th Aviation Regiment’s, Swift and Deadly beat the 6th Military Police Detachment’s Smoke and Hoses 17-6 in a game where RBIs were king.

Swift’s superior offense kept them comfortably in the lead for most of the game, despite getting off to a rocky start, while their defense was able to hold back their opponents.

“I think we had a good win tonight,” said Staff Sgt. Robert Ballard, coach for Swift and Deadly. “Our hitting was better, I think, but we both played defense well, but we just played better at the plate tonight.”

Swift and Deadly were first up to bat and started on a good note with a shot to center field to get to third base, followed by a pop-up to center that allowed for their first run.

That early momentum wouldn’t last long as Smoke and Hoses’ defense tightened, and put a stop to their opponent’s advances with a play at second and another pop-up catch.

As the 6th MPs took to the plate, their first batter hit a ground ball to second, but was out with a play at first. Their next batter made up for lost ground as he found the gap in center field for a two-base hit.

Smoke and Hoses kept their momentum going as the next batter followed up with a three-base hit to bring in the team’s first run of the game and tie the score. They continued to put pressure on their opponents, hitting base hit after base hit to bring in run after run



PHOTO BY NATHAN PFAU

Staff Sgt. Brandon Woodson, player for Swift and Deadly, winds up as he gets ready to swing during an intramural softball game at the Fort Rucker softball fields Monday. Swift and Deadly beat Smoke and Hoses 17-6.

before two consecutive pop flies sent them back into the outfield, up 4-1 going into the second inning.

Things were looking up for Smoke and Hoses, but Swift and Deadly had their chance to get back into the game.

The 1-13th started the inning with an out from a pop fly to center field, but a base hit followed by a shot to right field allowed for an RBI to gain on their opponents.

The 6th MP Detachment’s defense tightened up, however, and quickly got two more outs to halt their opponent’s advance and get their time at the plate.

Smoke and Hoses started off with a base hit and things were looking

up, but a double play by Swift and Deadly, followed by a pop-fly catch sent the 6th MP players back into the field, scoreless for the inning.

The 1-13th’s offense managed to pick up steam during the third inning, as they were able to find the gaps in their opponent’s defense, allowing for multiple base hits.

Swift and Deadly kept up their assault with multiple RBIs and were able to overtake their opponents and extend their lead by four runs before their third out, leading 8-4 going into the bottom of the third.

Smoke and Hoses now had a lot of ground to cover if they were going to catch their opponents, but the 1-13th’s defense kept them at

bay and didn’t allow a single run.

Going into the fourth inning, Swift and Deadly had a slow start, racking up two outs with no runs for the inning, but that all changed as the batters were able to keep the ball on the ground and hit base hit after base hit to bring in more runners, extending their lead to 12-4 before heading back into the outfield.

Both teams seemed to tire going into the fifth inning, and neither we able to make any headway, as both teams went scoreless for the inning.

As the sixth inning rolled around, Swift and Deadly found their second wind and continued

to find the gaps in their opponent’s defense to bring in multiple runs before Smoke and Hoses put a stop to their advance.

The 6th MP team mustered up what fight they had left and managed to load the bases during their time at the plate, allowing for multiple RBIs, but not enough to make headway against the 1-13th, ending the game 17-6.

Although it’s early in the season, Ballard said he’s confident in his team’s ability to go all the way.

“Right now, the way that we’re playing and how we’ve played in the past few games, I feel really good about our chances for the season,” he said.

Reducing salt intake can help lower blood pressure

GET THE FACTS:

Sodium Reduction Tips

Higher Sodium Choices

Lower Sodium Choices

Total = 1,522 mg per whole sandwich

Total = 852 mg per whole sandwich

Which of These Sauces Is Lower in Sodium?

The majority of sodium in a diet is from packaged food and is a direct result of food processing. Even foods that may not taste salty can be substantial sources of sodium.

Check the amount of sodium per serving, and don't forget to check the number of servings per container!

Remember, the 2010 Dietary Guidelines for Americans recommend that Americans aged 2 and up restrict sodium intake to less than 2,300 milligrams (mg) per day. People 51 and older and those of any age who are African American or who have high blood pressure, diabetes, or chronic kidney disease—about half the U.S. population and the majority of adults—should reduce sodium intake to 1,500 mg per day. Learn more at www.cdc.gov/salt.

For more information please contact Centers for Disease Control and Prevention:
11600 Clifton Road NE, Atlanta, GA 30333
Telephone: 1-800-CDC-INFO (232-4636) / TTY: 1-800-232-6348
E-mail: cdrinfo@cdc.gov • Web: www.cdc.gov
Publication date: 08/2013

By Hannah M. O'Steen

Lyster Army Health Clinic Dietician

May is High Blood Pressure Education Month and Lyster Army Health Clinic’s nutrition department wants to make sure its patients know how much salt they really consume.

About 67 million people, or one in three adults, in the United States are living with high blood pressure and only about half actually have their blood pressure under control, according to the Centers for Disease Control and Prevention.

High blood pressure is often called the silent killer because many people don’t know they have it and there are often no symptoms. The good news is that with regular checkups and a healthy lifestyle, patients can control and prevent high blood pressure.

High blood pressure, if not controlled, may lead to larger health concerns, such as heart attack and stroke, the two leading causes of death in the United States. High blood pressure is also a major factor in other diseases, such as congestive heart failure and kidney disease.

Reducing sodium intake is a surprisingly easy way to help control high blood pressure. About 2,300 mg or 1 1/8 of a teaspoon per day is all the sodium an adult needs. About 90 percent of Americans, ages 2 and older, eat too much sodium. Without even meaning to, we are already feeding our children too

much sodium.

Reading the Nutrition Facts Label for lower sodium options will allow you to be aware of higher sodium items. Using fresh fruits and vegetables, or frozen fruits and vegetables with no salt added, will also help lower sodium intake.

People who already have high blood pressure, diabetes, chronic kidney disease, who are African American or ages 51 or older, need to be extra watchful of their sodium intake – about 1,500 mg or less a day is recommended for these groups.

Sodium is often used to preserve foods and can be found in large amounts of pre-packaged foods. Using less salt, or no salt at all while cooking can also reduce intake.

There are a lot of great alternatives these days to not using salt, such as spices and herbs and salt-free seasonings. Reducing salt intake is definitely not one of those areas where you have to sacrifice flavor.

When receiving your yearly healthcare check up, be sure to talk to your doctor about your blood pressure and steps you can take to keep it under control. Exercising on a regular basis, along with healthy food choices, are great steps to preventing and controlling high blood pressure.

For more information about decreasing your sodium intake, or to schedule an appointment with your healthcare provider, call 255-7000.

DOWN TIME



Just Like Cats & Dogs

by Dave T. Phipps



Trivia test

by Fifi Rodriguez

TRIVIA

1. GENERAL KNOWLEDGE: What is a sheet of printed stamps called?
2. GEOGRAPHY: What is the capital of Canada's Northwest Territories?
3. ANIMAL KINGDOM: What is a baby bat called?
4. MUSIC: How many holes does the musical instrument called a recorder have?
5. LANGUAGE: What is a lazaretto?
6. ARCHITECTURE: What is adobe made of?
7. MYTHOLOGY: Who was the Greek god of medicine?
8. DISCOVERIES: Who is credited with discovering the air brake?
9. BIRTHSTONES: What is February's traditional birthstone?
10. MATH: What is the Arabic equivalent of the Roman numeral CMXC?

See Page D3 for this week's answers.

Super Crossword

- ACROSS**
- 1 Occasions to use tubs
 - 6 Reality dislike
 - 11 Animal's nail
 - 15 Composer Khachaturian
 - 19 Igloo builder
 - 20 Believer in God, of a sort
 - 21 Mortgage adjustment, for short
 - 22 "Vincent & —" (1990 film)
 - 23 Firm bigwig, in a first language?
 - 26 Not "for here"
 - 27 Misprint list
 - 28 With 100-Down, did an axel or a lutz
 - 29 Hold the title to
 - 30 Coiled about
 - 32 Gave temporarily
 - 33 2002 Bond film, in a first language?
 - 36 Illuminated
 - 38 Pollster's prediction
 - 39 Heinz canful
 - 40 Gust, in a first language?
 - 47 "— see" ("Evidently")
 - 49 Actor Sean
 - 50 Tostada kin
 - 51 Z, to Brits
 - 54 Painter — del Sarto
 - 59 Straighten up
 - 61 Oval circuit specially, in a first language?
 - 64 Pop or rock
 - 66 — lump sum
 - 67 Severeness
 - 68 Right, to left: Abbr.
 - 70 Without uncertainty, in a first language?
 - 75 Thick — brick
 - 76 "I — vacation"
 - 79 Plague
 - 80 Meat dish
 - 83 Bailiff's cry, in a first language?
 - 88 Lay to rest
 - 91 Directs
 - 92 Dot-com address
 - 93 Collect, as benefits
 - 95 Charity recipient
 - 96 Pig product
 - 98 Keying-in skill, in a first language?
 - 100 Win a point
 - 104 Past chunky
 - 108 Form a hole
 - 109 Very jealous, in a first language?
 - 114 Packed down firmly
 - 119 "What a Girl Wants" star
 - 120 Yes, to Luc
 - 121 Archer's need
 - 122 Melodic
 - 123 Teepee
 - 124 1725 Vivaldi work, in a first language?
 - 128 Fringe
 - 129 Falco or McClurg
 - 130 Tree that's a source of chocolate
 - 131 Prefix with 30-Across
 - 132 Like many Easter eggs
 - 133 Animal pouches
 - 134 "Revenge is — best"
 - 135 Obstinate equines
 - DOWN**
 - 1 Deli offering
 - 2 Olds of 1999-2004
 - 3 — cotta
 - 4 Earthling
 - 5 Places for "Welcome to —" signs
 - 6 Big flap
 - 7 Suit
 - 8 Snag
 - 9 Milo of stage and screen
 - 10 I-85, e.g.
 - 11 "Larry —" (2011 Tom Hanks film)
 - 12 Rest against
 - 13 One of the seven conts.
 - 14 Side-to-side extent
 - 15 Raiment
 - 16 Beach Boys title girl
 - 17 Naxos' sea
 - 18 Big name in bond credit ratings
 - 24 Comaneci of gymnastics
 - 25 Wild tusker
 - 31 Live online lecture
 - 34 "— be nice if —"
 - 35 NFL stats
 - 37 Blasting ints.
 - 40 Did a dash
 - 41 Practice
 - 42 Pasture pent
 - 43 In — (as first placed)
 - 44 Infant's cry
 - 45 Here, to Luc
 - 46 Prefix with interference
 - 48 Crew tool
 - 51 Element in brass
 - 52 Sci. of the environment
 - 53 Fyn citizen
 - 55 Roman 601
 - 56 Ribbed pasta
 - 57 Cain's nephew
 - 58 Home of the Taj Mahal
 - 60 Zilch
 - 62 Inflicted on
 - 63 Back
 - 65 Lacks what it takes
 - 68 Burden
 - 69 Impudent
 - 71 Waikiki's island
 - 72 New — (artist like Enya)
 - 73 Table salt, symbolically
 - 74 Mass of eggs
 - 77 Yet to be paid
 - 78 Ditz
 - 81 "The Lost City" director and co-star
 - 82 Arrest
 - 84 Top-secret gp.
 - 85 S. Amer. country
 - 86 On Soc. Sec.
 - 87 Tic — toe
 - 89 Grown boys
 - 90 Solicit alms
 - 94 Prof's deg.
 - 97 Manicure, as a lawn
 - 98 Subpar mark
 - 99 Cronus, e.g.
 - 100 See 28-Across
 - 101 Humor
 - 102 Like carrots
 - 103 Chartered
 - 105 Like the "Six Million Dollar Man"
 - 106 Pianists' dexterity improvers
 - 107 Actor LaBeauf
 - 110 Specifies
 - 111 Greek water nymph
 - 112 "The Da — Code"
 - 113 Some urban rec facilities
 - 115 Bearings
 - 116 PC jacks
 - 117 Socialite Lauder
 - 118 They may be slammed
 - 125 Tooth doctor's org.
 - 126 JVC rival
 - 127 "Lo-o-ovely!"



See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

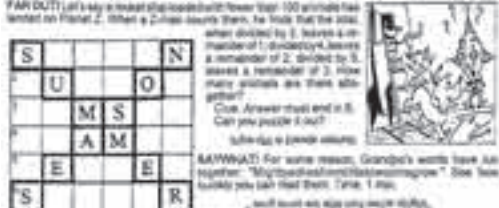
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See Page D3 for this week's answers.

KID's CORNER

Junior Whirl

by Hal Kaufman



Wishing Well



HOCUS-FOCUS

BY HENRY BOLTHER



Natick takes protective eyewear into future

By Jane Benson
U.S. Army Natick Soldier Research, Development and Engineering Center Public Affairs

NATICK, Mass. — When it comes to the very best in vision protection for the warfighter, researchers at the U.S. Army Natick Soldier Research, Development and Engineering Center make sure the eyes have it.

“Eyesight is fundamental to a Soldier’s job, making vision protection of critical importance,” said Brian Kimball, NSRDEC researcher.

A warfighter’s vision can be impacted by dust, sand, fog and changes in lighting. There are also outright threats from blast and ballistic fragmentation and lasers.

NSRDEC researchers are working to find better ways to prevent sight impairment and eye injury, now and in the future. They are also working on cutting-edge technologies for vision enhancement and shared vision applications.

“At NSRDEC, our mission is the Soldier,” Kimball said. “We are honored and humbled by their service, bravery and dedication, which challenge us to pursue science and technology solutions that will enhance their safety, comfort and effectiveness.”

“The number of injuries has come down with the use of protective eyewear. Although you can’t prevent all injuries, the majority can be avoided, or reduced in severity, by wearing the proper protection,” said Michelle Markey, who is involved with the science and technology research at NSRDEC, as well as end-item technical support for both the Army and Marines.

“Improvements are always ongoing,” Kimball said.

NSRDEC officials said the success of ongoing vision protection technologies to the collaborative nature of the Department of Defense vision protection community, which has a long history of working together and sharing resources, capabilities and technology.

“This community consists of scientists, engineers, medical professionals and dedicated program and project managers,” Kimball said. “These combined resources provide capabilities that could not be realized otherwise.”

Ballistic fragmentation protection

“Ballistic fragmentation protection is always the primary consideration,” Kimball said.

Soldiers face a variety of ballistic fragmentation threats, including debris from explosions and weapons firing. They also face increased threats from improvised explosive devices.

Polycarbonate, known for its durability and ease of use in manufacturing, has long been the Army’s staple material for impact resistant eyewear.

However, Army researchers are taking ballistic fragmentation eye protection into the future. NSRDEC is working to incorporate new, lightweight, transparent nylon materials into protective goggles and spectacles.

“The material is a significant improvement,” Markey said. “We are looking at a 15- to 20-percent improvement in impact resistance.”

“And it is lighter weight,” Kimball added.

This new material, the result of research conducted by Dr. John Song, a materials research engineer at NSRDEC, is approaching the manufacturing stage of product development.

Laser danger

Lasers are an increasing threat to Soldiers. Battlefield lasers can cause flash blindness, corneal hemorrhaging, retinal lesions and burns, and possibly permanent blindness.

“Laser light is coherent, collimated and of a single wavelength, so that your eye focuses it to a very fine spot,” Kimball said. “In this way laser light is more intense than regular white light.”

Handheld versions of lasers are readily available to anyone, anywhere. Military system-based lasers are also becoming more prevalent on the battlefield. Laser hazards can come from systems such as target designators and laser-range finders.

Current laser protection lens technologies use dyes or optical films to absorb or reflect laser energy. Natick researchers are aiming to increase the survivability and mobility of warfighters in situations where lasers pose a threat or hazard. They are working to provide protection in low light conditions, especially protection that will work better at night. Their goal is to make laser



ARMY PHOTO

By wearing eye protection, Soldiers greatly reduce the number and the severity of injuries.

protection part of a single, multifunctional lens system.

Challenges

Researchers continuously face the difficult challenge of developing scratch- and fog-resistant coatings that do not interfere with ballistic fragmentation or laser protection. Natick researchers consider solving this problem an important priority, because Soldiers tend to take off their eyewear if it is scratched or remove their eyewear when it fogs — thus, sacrificing protection altogether.

“The most common complaints they have in the field are scratching and fogging,” Markey said. “We are always looking into new technologies.”

Researchers also discovered during desert conflicts that improved scratch resistance coatings are needed to protect lenses against blowing sand abrasion, such as that from sandstorms.

NSRDEC, with support from Program Executive Office Soldier, devised new methods of evaluating abrasion and fog resistance.

“We are perfecting and finalizing these new methods of testing and will be investigating new coatings,” Kimball said.

Prescription for success

Many Soldiers wear prescription eyeglasses. Currently, vision is corrected by installing a prescription

lens carrier with corrective lenses behind the Soldier’s protective eyewear. Technologies currently being investigated by NSRDEC also have application to prescription lenses and will help make vision correction part of the single-lens system envisioned for the future. NSRDEC foresees this as a joint venture with the U.S. Army Public Health Command and program offices.

One of the most important contributors to successful advancements in eyewear protection is early and frequent testing of new materials and coatings to make sure an advance in one area isn’t detrimental to another area. Sometimes new coatings that may protect against scratching or other problems lessen impact protection and have to be abandoned.

“If we have a new capability, one of the first things I do is shoot it (with a ballistic fragment impact simulator),” Markey said.

“The key is to test it as early as you can,” Kimball said.

Looking into the future

Hindsight may be 20/20, but future sight will be even better, according to researchers.

The key to future systems, Kimball said, is to “do it all in a single lens format.”

NSRDEC researchers are developing an active eyewear system that will protect the user from ballistic fragmentation and

lasers, as well as provide vision enhancement in a single lens. The lens will be able to quickly adjust from very clear all the way down to a true sunglass state, allowing the Soldier to more readily adjust to rapidly changing lighting conditions. The system will protect against dangerous forms of light, to include lasers.

In addition to providing protection against numerous threats and adapting to different types of light, a single-lens system would also include vision enhancement.

“The system will have tremendous potential to give the warfighter the edge over opponents and to ultimately lighten their load by providing information and functionality that will one day replace complex stand-alone systems,” Kimball said.

Soldiers will benefit from features such as zoom magnification, variable polarization, multi-spectral enhancement and selective light filtering capabilities. The technology will allow for increased situational awareness and enhanced target recognition. The single-lens system will also feature improved impact protection and hearing protection/augmentation. Energy harvesting technologies are also being investigated to make the system self-powering.

NSRDEC researchers are working to ensure that these new developments

will be environmentally robust — meaning it will function under a wide range of conditions without the performance being adversely affected — and low in bulk and weight. Nanotechnology will allow for the creation of new materials, they said.

Eye protection for the warfighter was first developed in the 1940s, and included goggles to protect from the sun, wind and dust. From the 1980s until the beginning of the new millennium, new advances in impact protection and laser protection became available. Since then, coatings, materials and capabilities have been improved continuously to ensure the warfighter has the very best protection that technology can offer.

Protective eyewear is crucial to preventing permanent or temporary injuries to the eye in conflicts, past and present. Eyewear protection has proven to be extremely important in recent conflicts in Iraq and Afghanistan, where warfighters face ongoing threats from improvised explosive devices. Protective eyewear has saved the eyesight of countless Soldiers exposed to shrapnel and the flying debris common with the use of these devices, Kimball said.

“Fortunately for our Soldiers, warfighter vision system research is a challenging area that has attracted some of the brightest minds in the country,” Kimball said.

APHC moves towards tobacco-free workplace

By Chanel S. Weaver
U.S. Army Public Health Command

A new Army Public Health Command Policy for Tobacco-Free Living was approved Jan. 10, supporting the momentum to transform the Army culture from tobacco-permissive to tobacco-free.

The policy directs USAPHC personnel and visitors to avoid using tobacco products while on USAPHC campuses, with the intent of creating a healthier workplace and workforce.

Although the policy was signed in January, it may take up to one year before it receives full implementation throughout the USAPHC.

“Implementation of this policy over time will give individual workers time to reduce their nicotine dependence, access tobacco cessation classes and services, and become acclimated to living a tobacco-free lifestyle during the duty day,” said Col. Heidi Warrington, chief nurse executive and lead consultant on tobacco-free living in the USAPHC.

In addition to prohibiting the use of tobacco products including cigarettes, cigars, pipes and smokeless tobacco, the policy also prohibits the use of electronic nicotine delivery devices like e-cigarettes, e-pipes and e-cigars while on USAPHC campuses.



USAPHC VISUAL INFORMATION DIVISION

These signs will soon be posted throughout USAPHC campuses to inform employees and visitors of the tobacco-free policy.

PUZZLE ANSWERS

TRIVIA

Answers

- 1. A pane
- 2. Yellowknife
- 3. A pup
- 4. Seven in the front and a thumbhole in the back
- 5. A place to quarantine people with infectious disease, such as leprosy
- 6. The building material is made of dried earth and straw.
- 7. Asclepius
- 8. George Westinghouse
- 9. Amethyst
- 10. 990

Weekly SUDOKU

Answer

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

Super Crossword

Answers

BATHS	ABHOR	CLAW	ARAM
ALEUT	DEIST	REFI	THEO
GERMAN	OF THE	BOARD	TOGO
ERRATA	ICE	OWN	TWINED
LOANED	THAI	ANOTHER	DAY
	LIT	TREND	BEANS
RUSSIAN	WIND		SOI
ASTIN	TACO	ZED	ANDREA
NEATEN	HINDI	CARRACING	
	MUSIC	INONE	RIGOR
OPP	LAO	AND CLEAR	ASA
NEEDA	NAGAT		ROAST
URDU	IN THE	COURT	ENTOMB
STEERS	URL	REAP	DONEE
	HAM	DUTCH	TYPING
SCORE	OBESE		DIG
KOREAN	WITH	ENVY	TAMPED
AMANDA	OUI	AIM	ARIO SO
TENT	MANDARIN	CONCERTO	
EDGE	EDIE	CACAO	INTER
DYED	SACS	ADISH	ASSES

SPORTS BRIEFS

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 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.

Basketball tournament

The Fort Rucker Youth Center will host a three-on-three basketball tournament Saturday 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 Saturday.

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

Stars & Strikes Memorial Day Bowling

Rucker Lanes Bowling Center will host its Stars & Strikes Memorial Day Bowling Monday 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 Monday 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 Monday 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.

Xtreme Army Birthday Bowling

Rucker Lanes will host a month-long Army birthday celebration throughout June. Saturday nights, people can bring their military ID cards for Xtreme bowling, where they will receive a special two-for-\$15 rate.

For more information, call 255-9503.

Daddy and Me 3-Free Bowling

Children can bring their dads to Rucker Lanes June 15 where all dads will be treated with free bowling. Each dad will receive three free games of bowling and show rental. Children ages 13 and younger who bowl with their dads will receive three games of bowling and shoe rental for \$4.75 per child.

For more information, call 255-9503.

Army Strong Triathlon

Fort Rucker will host its annual Army Strong Triathlon June 21 from 7 a.m. to noon at West Beach, Lake Tholocco. Event will include a ¼-mile swim, 10.6 mile bike race and a 3.1 mile run. Cash awards will be given to the top overall finishers and the top relay team. All pre-registered participants will receive T-shirts. T-shirts will be available only while supplies last. Individual cost is \$40 if pre-registered by June 9 or \$50 afterwards. Relay teams, with a maximum of three people, cost \$70 to register by June 9 or \$80 afterwards. The event is open to the public.

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

Run/Walk Program

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

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

CATCH THE WAVE

MEMORIAL DAY CELEBRATION

VENDOR PRICING
ALL MODELS

MILITARY/APPRECIATION
REBATE \$750

2014 FOCUS SE

- Was \$21,975.00
- Power Moonroof
- Sirius Satellite Radio
- Keyless Entry

NOW \$16,267.41
after rebates*

Stock # 141222

2014 FUSION SE

- Was \$28,620.00
- My Ford Touch
- Rear View Camera
- Reverse Sensing System
- Navigation System

NOW \$23,769.24
after rebates*

Stock # 143104

2014 F-150 XLT CREW CAB 4X4

- Was \$48,755.00
- 302A Pkg
- 3.5 Ecoboost V-6 Engine
- 3.31 Elect. Locking Axle
- Hid Head Lamps
- Leather 40 Console 40 Seats
- 20" Chrome Wheels

NOW \$36,462.49
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SAVE up to \$12,000 on F-150

NOW PRICING INCLUDES CUSTOMER CASH REBATES, FORD CREDIT REBATES, MUST USE FORD CREDIT, NOT ALL CUSTOMERS WILL QUALIFY, MILITARY APPRECIATION, ACTIVE DUTY, RETIREES, AND VETERANS. DD214 AS PROOF, TRADE ALLOWANCE INCLUDED ON F150 TRUCKS, MUST BE 1995 OR NEWER, TAX, TITLE AND DOC NOT INCLUDED. OFFER ENDS JUNE 2, 2014.

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