

GIVING BACK
AER receives more than \$122,000



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USAARL hosts area youth in summer program



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Plug Uglies take down Dustoff, 15-4



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ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

JUNE 19, 2014

UNITS WELCOME NEW COMMAND TEAMS

1-13th Avn. Regt.

By Sara E. Martin
Army Flier Staff Writer

A centuries-old tradition was carried out on Howze Field in a change of command and responsibility ceremony for the Swift and Deadly unit Friday.

Lt. Col. Romeo Macalintal Jr. assumed command from Lt. Col. Steven Pierce, and Command Sgt. Maj. Ronald Graves assumed responsibility from Command Sgt. Maj. Jason Palfreeman by the ceremonial passing of the unit colors and NCO Sword respectfully, during a change of command and responsibility ceremony for the 1st Battalion, 13th Aviation Regiment.

In his remarks, Col. Shawn Prickett, 1st Aviation Brigade commander, lauded Pierce and Palfreeman for their dedication to duty and mission during their time as the senior leaders for the unit.

“They have led a cohesive team with multiple, diverse missions over 1,000 men and women, Soldiers and civilians, U.S. and international Soldiers, permanent party and students, directorates, cadre, military police and firemen,” he said. “They shaped this organization into a team and into a Family.”

Prickett then spoke about the numerous accomplishments the two leaders had achieved, which included enabling a disciplined initiative from their team, developing the leaders in their battalion and being successful while constantly being scrutinized by their units.



PHOTO BY SARA E. MARTIN

Lt. Col. Romeo Macalintal Jr. assumed command from Lt. Col. Steven Pierce during a change of command ceremony for the 1-13th Aviation Regiment Friday as Col. Shawn Prickett, 1st Avn. Bde. commander, officiated.

“As advanced individual training commanders they were under the microscope 24/7 with hundreds of enlisted Soldiers looking at them, watching their every move – emulating them,” he said. “Much of what they do on a daily basis is a thankless responsibility with little glory and few accolades, but this battalion and these leaders bear it as a badge of honor, and they take pride knowing they have made a difference.”

And the colonel welcomed Macalintal and Graves to the Fort Rucker team.

“We are glad to have both of these great leaders and Families. The unit will often consume you, but it will be some of the best times of your lives. Enjoy serving this unit together,” he concluded.

The newcomer commander said he appreciated all the help he’s received in making his transition from Yongsan, Republic of Korea, to Fort Rucker.

SEE 1-13TH, PAGE A5

AF 23rd FTS

By Sara E. Martin
Army Flier Staff Writer

Friends, Family and coworkers showed up in droves Friday to welcome the new commander of the Air Force 23rd Flying Training Squadron.

Lt. Col. Jerry Crigger Jr. assumed command from Lt. Col. William Denehan Jr. during a change of command ceremony at the U.S. Army Aviation Museum.

Col. Arthur Davis, 58th Special Operations Wing commander, congratulated Crigger on his promotion to commander.

“The FTS is lucky to have (Crigger) taking the reins,” he said. “He has been the operations officer the last few years and he knows the people, the mission and, more importantly, my expectations. He is uniquely suited for this squadron with the temperament and experience to continue the proud tradition of the Nite Nailers. I have every confidence in you.”

Crigger is a senior pilot with over 2,600 hours in the UH-1H/N, MI-17 and TH-1H.

“(Denehan) has left the squadron in a great place, so it is easy for me to kick my feet up, but that’s not my personality,” he said. “I will continue to push myself into new dimensions and I will continue to learn new things about myself. And that is what I expect out of the squadron. We need to see what new limits we can reach and what we can leave out on the field. Continue to finish hard.”

He then thanked Denehan for many



PHOTO BY SARA E. MARTIN

Col. Arthur Davis, 58th Special Operations Wing commander, hands the squadron colors to Lt. Col. Jerry Crigger Jr. as he assumed command of the 23rd FTS during a change of command ceremony at the U.S. Army Aviation Museum Friday.

years of mentorship and friendship.

“(Denehan), over the last 10 years it has been great knowing you. I appreciate everything you have taught me. A lot has changed over the years, but I still appreciate all of your guidance,” he said.

He added it is awesome to be taking command of the training squadron because all helicopter pilots in the Air Force come through “Mother Rucker.”

“To have an opportunity to lead the squadron beside the Army is a great thing. It is essential for the different military branches to work together to achieve the mission,” he said. “We can no longer operate by ourselves, and it is so important that, from their first steps in military service, Soldiers be exposed to working with other branches so everyone can operate better when it comes down to

SEE 23RD FTS, PAGE A5

GARRISON FORUM BUILDS RESILIENCY

Author, expert, survivor shares experience with workforce

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker is always looking to improve its efficiency, whether it’s the best way to train Aviators or use resources wisely, and the recent Garrison Planning Forum served as a valuable tool to help the installation improve its workforce.

The forum, held June 11-12 at The Landing, was part of a strategic planning process by which the installation can continually access how the workforce is doing and improve where needed, and attendees included garrison headquarters leaders, directors and division chiefs, said Cynthia Ranchino, Fort Rucker Plans, Analysis and Integration Office lead plans specialist.

“Based on our Army Communities of Excellence feedback report, this forum was designed to take the garrison leadership through an assessment and focus on the areas that needed improvement,” she said. “We took them through an explanation on how the garrison operates as an integrated management system, and then demonstrated where we had weaknesses and how we needed to improve on those.”

This was achieved through a series of engaging exercises that the attendees participated in to address opportunities for improvement based on the last ACOE feedback report, said Ranchino.

Some of those areas included leadership and team resiliency, leading a diverse workforce, encouraging health and wellbeing,

sustaining performance excellence and developing a workforce engagement system.

One of the main points of the forum was to focus on workforce resiliency, which was achieved through presentations by Jim Davidson, co-author of the book “The Ledge” and a resiliency expert.

“The area of resiliency is a huge focus in the Army right now, and it’s a very important area because we’ve all be operating at a very high operational tempo without ever taking a look at the impacts of that,” said Ranchino. “What Jim Davidson brought was not just his message of resilience, but how we can take what he has learned and apply it back, not just from a personal standpoint, but from a business operations standpoint.”

Davidson is no stranger to resiliency, having survived a near-death experience, during which



PHOTO BY NATHAN PFAU

Jim Davidson, co-author of the book “The Ledge” and a resiliency expert, discusses resiliency and how to work better as a team during a presentation at the Garrison Planning Forum at The Landing June 11.

he and a fellow climber had fallen into an 80-foot deep glacial crevasse.

Despite having all odds against him and no one to help him, he managed to pull together and rescue himself by climbing out of the crevasse to save his own life.

Davidson’s presentations echoed a message of teamwork, leadership and perseverance.

“You have to look inside yourself for the reason to keep trying,” he said during his presentations. “If what you used to do doesn’t work anymore, you have to try something different to make some progress.”

It’s because of his experiences as a climber that he was chosen to talk at the forum on the topic of resiliency, said Ranchino.

“Mr. Davidson has the unique ability to translate his hard-won insights and experience to provide practical tips and compelling lessons on perseverance, engaged teamwork, leadership, tenacity, and resilience to a diverse audience,” she said. “These skills are imperative to our workforce in order to thrive during times of increasingly constrained resources and high operational tempo.”

Along with lessons on resiliency, panel discussions on topics such as encouraging health and wellbeing, and sustaining perfor-

mance excellence were held with garrison leadership, including Col. Stuart J. McRae, Fort Rucker garrison commander, Justin O. Mitchell, Fort Rucker deputy commander, Command Sgt. Maj. William Lohmeyer, garrison command sergeant major, Col. Jeffrey Dill, U.S. Army Combat Readiness/Safety Center deputy commander, and Command Sgt. Maj. Leeford Cain, CRC/SC command sergeant major.

One of the primary focuses of the forum was developing a workforce engagement system, which was handled by Duane Soumis, workforce development program manager for Fort Campbell, Ky.

“Soumis guided the leaders in starting the development of action plans to address some human resource concerns that the installation is facing,” said Ranchino.

The feedback from the forum has been positive, and Deena Jones, PAIO director, said events like the Garrison Planning Forum are necessary to sustain excellence.

“We had the commitment of the garrison leadership, and a lot of that commitment falls into play on whether we can sustain the efforts that we have going on and provides focus for the organization so that we know the path that we’re headed down.”



HAPPY BIRTHDAY

PHOTO BY SARA E. MARTIN

Brig. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, (center), cuts the Army's 239th birthday cake Friday at The Landing with Command Sgt. Maj. Eric C. Thom, Aviation Branch command sergeant major, and CW5 Allen R. Godfrey, chief warrant officer of the Aviation Branch. For more photos, see Page A4.

PERSPECTIVE

Teamwork, collaboration lead to success

By Sean M. Sparks
Directorate of Plans,
Training, Mobilization
and Security
Chief, Training Division

Many installations struggle towards a successful relationship between those who want to sustain or enhance natural resources and those who consume or have a direct impact on the training lands.

This has not been the case at Fort Rucker based on an excellent working relationship between the environmental, natural resources and training communities. In today's resource-constrained environment, organizations must be willing to partner with each other for the sake of efficiency, pooling of resources and program success.

One such project proved to be a good example while working towards correcting a degrading maneuver trail within one of Fort Rucker's many training areas. Upon assessing the situation, we identified a severely compromised trail at a culvert location that could no longer support the varying requirements of the multiple organizations who routinely utilize it. Our assessment



COURTESY PHOTO

Tim Pridden, DPTMS land rehabilitation and maintenance coordinator; Kenneth Ward, DPW forestry technician; Sean Sparks, DPTMS training division chief, Command Sgt. Maj. William Lohmeyer, garrison command sergeant major; Doug Watkins, DPW chief of the natural resources branch; and Al Townsend, DPW chief of the environmental division.

depicted heavy rains and moderately erodible soil, were the major contributing factors.

Like many organizations today, restrictions on what types of funding can be utilized to execute particular type projects, reductions in manpower and increasing requirements have the potential to create the perfect storm. Considering this particular location proved to be an even greater challenge as maneuver trails are not considered real property

infrastructure, therefore, they do not generate sustainment, maintenance or rehabilitation funding.

Also of concern was the issue in regards to protecting our waterways within the installation boundaries. As all were aware, these trails are actually a critical support element of the installation's entire mission. This particular location supports light-wheeled maneuver training, land navigation and survival training for many Fort Rucker Soldiers. Ad-

ditionally, the trails are routinely used by timber management, natural resources and even ground medical evacuation personnel.

Attempting to execute this type of project has the potential to require a significant amount of funding and time to correct. During this year of execution, the Integrated Training Area Management program in particular has struggled significantly due to heavy cuts in both personnel and capability.

Knowing that design costs alone could reach into the tens of thousands of dollars, while adding the additional burdens of labor, heavy equipment, materials and the amount time associated with execution of outside projects, and the cost continues to grow while the site actually degrades even further.

During our assessment, the team decided that executing an in-house project while leveraging the different organizations' capabilities and resources could both reduce repair time and provide significant cost avoidance to the installation. Having the environmental expert, Al Townsend, on the team was an added bonus. His knowledge in regards to best management practices towards sustaining the environment proved to be instrumental during both the planning and execution phases.

The team decided this would also be a great opportunity to introduce the new garrison command sergeant major, Command Sgt. Maj. William Lohmeyer, to the Installation Management Command environment. He hit the ground running and immediately saw value in our

business practices.

Understanding how critical sustaining and protecting both the environment and our training land capacity is as it relates to meeting our military training mission, he even offered a few thought processes for greater efficiency. He applauded the team for taking such an innovative approach towards this complex problem even though it was located in the woods, and most of the installation was unaware of the issue or the impacts.

The overall project timeline is estimated at two weeks for completion, and leverages materials, equipment, capability and manpower from both DPTMS and the Directorate of Public Works.

The team is proud of this project and the thought processes that were utilized for something that may sound as simple as repairing a gravel road, when in fact there was much more required behind the scene.

Partnering with military leadership, Army civilians and some of our contracted workforce is always a dynamic environment that can benefit from the skills of a diverse team of experts.

Rotor Wash

“Afternoon temperatures continue to rise as we edge closer to the first official day of summer. What are some things to keep in mind when being active in hot and humid conditions?”



Staff Sgt. Raymond Huff, NCOA

“If you plan on spending a bit of time outside, begin hydrating days before. Then bring water to whatever event you're planning to enjoy outside. Always have an emergency plan.”



Staff Sgt. Gregory Sampson, NCOA

“Watch out for wildlife that thrives in the hot weather, like snakes. Also, have the appropriate protection for your body such as sunscreen, a hat, umbrella and sunglasses. If you plan to have the kids cool off in the water, make sure they have the appropriate water safety gear, like water wings.”



Lillian Noel, Army spouse

“Adequate hydration in all forms and lots of sunscreen.”



Kaylynn Cain, Army Family member

“Make sure you keep reapplying sunscreen. You can't just put it on once and think you will be protected. You are going to sweat it off, or the ocean or pool water will slowly wash away your protection. So make sure to apply often.”



1st Sgt. Gloria Cain, NCOA

“People shouldn't just hydrate with water. We need to have the proper nutrients in our bodies, too, to stay healthy in the sun. So, make sure to eat oatmeal and other nutrient-rich foods to stay healthy all summer long. Its also important to properly warm up and cool down when working out in the sun.”

COMMAND

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FORT RUCKER COMMANDING GENERAL

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FORT RUCKER GARRISON COMMANDER

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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.

Giving back

Army Emergency Relief raises more than \$122,000

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker once again proved it knows how to give to those in need as the local 2014 Army Emergency Relief Campaign closed after raising more than \$122,000.

A ceremony was held at Bldg. 101 to close the 2014 AER season. Col. Stuart J. McRae, Fort Rucker garrison commander and AER chairman, presented a check to Beth Gunter, AER campaign manager, in the amount of \$122,582.66 to go to helping Soldiers and Families in need.

Maj. Anthony Whittaker, AER campaign coordinator, said none of the campaign's success could have been realized without the support of Soldiers, units and AER assistant coordinators for the campaign.

"Their efforts were critical to the day-to-day efforts and overall success of this year's campaign," said Whittaker.

Among the contributors was the Army Aviation Center Federal Credit Union, which donated \$15,000 to AER's efforts through its annual golf tournament.

"The Army Aviation Center Federal Credit Union has historically been one of our biggest

supporters, and this year was no different," said the campaign coordinator. "Their efforts reflect unwavering support for Fort Rucker and our Soldiers, and theirs is a special partnership that we sincerely appreciate."

The money raised for AER is done through different units throughout the installation by educating people about AER and inspiring them to donate.

In addition to that, different events, such as the golf tournament, are held throughout the campaign to benefit AER.

Of the more than \$120,000 raised by AER, retirees were responsible for raising more than \$55,000, the greatest amount raised from the entire Fort Rucker population.

"We cannot do what we do as Soldiers without the assistance of our retirees," said the garrison commander. "They are the most generous folks we have. These guys always come up to the mark and always give a huge amount."

McRae also stressed that not all assistance was in the form of money, mentioning the efforts of Gunter and Mimi Brooks, the former campaign manager.

"These two ladies go out of their way to help Soldiers," he said. "They're both mothers, and



PHOTO BY NATHAN PFAU

Col. Stuart J. McRae, Fort Rucker garrison commander and AER campaign chairman, presents a check to Beth Gunter, AER campaign manager, in the amount of \$122,582.66 during the AER closing ceremony at Bldg. 101 Friday.

I think when a Soldier comes in needing their help, they put on their mom hat and think of these Soldiers in terms of what a mom would think for their own child. They go the full measure to make sure that every Soldier is taken care of, and responsibly so."

He also thanked Whittaker for his efforts in making the cam-

paign a success during his time as campaign coordinator.

Whittaker has helped the campaign raise more than \$275,000 during his two years as campaign coordinator, said McRae, but added that it wasn't a single effort that led to the campaign's success.

"When we went into this, I challenged a lot of folks out

there to really go out there and inspire people with information, and I believe that our folks really did that," said McRae. "They went out there and gave it their all and we had a great campaign this year. It inspires me to watch people do great things, so I want to thank everyone for really stepping it up."

Officials give community a voice through survey

By Sara E. Martin
Army Flier Staff Writer

Fort Rucker's Community Health Promotion Council is giving the community a voice by hosting a needs assessment survey, and there is still time for people to submit their opinions.

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 on how the community feels on health, safety, quality of life and overall satisfaction with the installation," she said. "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."

The survey has been available for more than a month, and participation so far has been average, but George and other officials want to hear from as many on the installation as possible before the survey closes



PHOTO BY SARA E. MARTIN

Fort Rucker's Community Health Promotion Council is giving the community a voice by hosting a needs assessment survey. People can access the survey by visiting <https://usaphcapps.amedd.army.mil/Survey/se.ashx?s=251137456E6E1EA5>.

June 30.

"We want to hear your concerns and priorities – everyone's opinion matters," she said. "Even if one person is the only one to bring a topic to light, that might be a topic that can positively affect the entire com-

munity. There is a good chance that a lot of other people feel the same way but have not said anything."

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, this is a population assessment," she said. "We want to hear what the population has to say about this community, and then what we can do to make it better. It's all based off on what individuals feel about the installation and what they would like to see changed."

Some of the questions tackled in the survey ask about what makes a healthy community, what the individual feels is the most risky behavior conducted in the community, what health problems do they feel need to be addressed in the community, what barriers do they experience when accessing healthcare and what programs they feel are missing on the installation.

The survey also asks about Family readiness groups and the individual's spiritual, emotional and Family needs.

"We need to hear what the community wants and needs in order to address the issues and change them," said the health

promotion officer. "We cannot make any changes if we don't know what is going on. That is what this survey is trying to accomplish."

The top priorities and concerns will be directly 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.

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.

"It doesn't matter if you're a Family member, retiree, spouse or Soldier – your voice will be heard the same," she said. "And if there was not something addressed in the survey that you feel is important, feel free to e-mail us (at usarmy.rucker.avncoe.list.chpc@mail.mil) to bring the issue to light."

George said it generally takes 5-10 minutes to fill out the 42 question survey, depending on how much optional information and comment sections the individual fills out.

The survey can be accessed by <https://usaphcapps.amedd.army.mil/Survey/se.ashx?s=251137456E6E1EA5>.

News Briefs

Nutritional cooking

Lyster Army Health Clinic's nutrition care experts will put on a cooking class Friday from noon to 2 p.m. at the clinic. The nutrition care experts will show people how to prepare delicious, easy meals for the whole Family. There will also be samples of each meal, along with the recipe at the end of the class.

For more information or to reserve a seat at the table, call 255-7986.

Free 'Transformers' screening

The post theater offers a free advance screening of "Transformers: Age of Extinction" Saturday at 2 p.m. Tickets can be picked up at the Fort Rucker Main Exchange Food Court for the not-rated film.

AAFES meet the manager

Fort Rucker Army and Air Force Exchange Service will host meet the manager events Monday-June 27 at the main exchange mall area. The event schedule is Monday meet the flower shop manager from 10:30-11:30 a.m. and 12:30-1:30 p.m., meet the Firestone manager; Tuesday meet the Hertz manager from 10:30-11:30 a.m. and 11:30 a.m. to 12:30 p.m. meet the beauty shop manager; Wednesday meet the GNC manager from 10:30-11:30 a.m.; June 26 meet the barber shop manager from 10:30-11:30 a.m. and from 11:30 a.m. to 12:30 p.m. meet the U.S. Patriot manager; and June 27 meet the Pepsi and Buffalo Rock representative, and the Service and Vending attendant.

During the event, people can also register to win prizes, and are encouraged to ask concessionaire manager questions and tell them how they are doing or what they can do better.

164th TAOG change of command

The 164th Theater Airfield Operations Group will host a joint Air Traffic Services Command and 164th

TAOG change of command ceremony Wednesday at 11 a.m. at the U.S. Army Aviation Museum. Col. Douglas C. Van Weelden III will assume command of both units from Col. Michael L. Shenk.

Lyster change of command

Lyster Army Health Clinic and the U.S. Army Aeromedical Center staffs will bid farewell to Col. James A. Laterza and welcome Col. Gary A. Wheeler on June 25 at 2:30 p.m. during a change of command ceremony at the U.S. Army Aviation Museum.

Wheeler comes to USAAMC from the U.S. Army War College and was previously assigned to the U.S. Army Medical Department as its chief information officer. Laterza will travel to Germany for his next assignment as the U.S. Army Europe Regional Medical Command chief of staff.

1-11th Avn. Change of command

The 1st Battalion, 11th Aviation Regiment will host a change of command ceremony at 8:30 a.m. at Howze Field.

Lyster closure

Lyster Army Health Clinic will close for training June 27 at noon.

Salad Wednesdays

Fort Rucker Army and Air Force Exchange Service restaurants are helping Soldiers and their Families eat healthy while saving money with Salad Wednesdays. Every Wednesday, guests can take \$2 off any salad valued at \$4 or more at participating Fort Rucker Exchange direct-operated restaurants. Salad Wednesdays are part of the exchange's Operation Be Fit initiative, designed to promote health and wellness.

"Saving money while eating right is good for the body – and the wallet," said the Don Walter Jr., ex-

change main store manager. "The exchange wants to do its part by ensuring Soldiers have a selection of good food that's good for them and affordable, too."

Besides saving \$2 on salads each Wednesday, customers who pay with their MILITARY STAR® card receive an additional 10 percent off at exchange restaurants. Exchange restaurants are open to anyone – whether military, civil service, contractor or visitor – per Army regulations.

ACLC change of command

The Aviation Center Logistics Command will host a change of command ceremony July 1 at 1 p.m. in the U.S. Army Aviation Museum. Col. Kenneth J. Kliethemes will assume command from Col. Michael C. Aid.

Aid's retirement ceremony will take place July 1 at 3 p.m. in the Regimental Conference Room.

Opportunity knocks

The following internal positions are available on Fort Rucker: Administrative Support Assistant (OA), GS-0303-07, Vacancy No. SCEG140993671133868, with a closing date of Friday; Supervisory Budget Analyst, GS-0560-12, Vacancy No. SCEG141022761140744, with a closing date of Tuesday; and Safety and Occupational Health Manager, GS-0018-11, Vacancy No. SCEG140253131139983, with a closing date of July 1.

For more, check out www.usajobs.gov.

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.

HITTING THE MARK

Gunnery Branch hosts target demonstration

By Nathan Pfau
Army Flier Staff Writer

The U.S. Army Aviation Center of Excellence Gunnery Branch recently updated its gunnery manual to include new requirements regarding maritime and overwater training.

The Program Executive Office for Simulation, Training and Instrumentation, along with Army Training and Doctrine Command Capability Manager-Ranges put on a demonstration using static displays, 3-D moving targets and a seaborne target at Lake Tholocco Monday and Tuesday to illustrate just how the gunnery branch might meet those requirements, said CW3 Frank Capri, Directorate of Training and Doctrine Gunnery Branch master gunner course chief.

"In the manual, we have set the requirements to mean we need certain types of targets, and certain types of conditions in response to certain types of weapon threat systems that are associated with that type of target," said Capri. "The (manual) illustrates the guidelines for a unit to conduct overwater operations, training, qualifications and tactical deployment.

"The gunnery manual continues to develop and support putting a unit in the best possible situation, to be able to go out and train to standard, qualify annually and be able to operate with more proficiency in overwater operations," he continued. "We're Army guys, we've got muddy boots and wear green uniforms. In some cases, going into the overwater condition is really not that foreign, but for most of us it is."

The targets in the demonstration were designed for both live-fire and laser-fire exercises, according to Ron Moring, TCM-Live Range Development Branch chief.



PHOTO BY NATHAN PFAU

A target boat speeds through the water at Lake Tholocco during a demonstration put on by PEO STRI and TCM-Ranges Tuesday.

"With these targets, you can manually control them by remote, or you can program it to follow a certain path," he said. "We've also developed a tow target, so that they can do kinetic engagement on the tow target via laser."

Capri said this type of training is necessary because targeting something over land differs greatly from targeting something over water.

"In my experience, (we as Soldiers) are very acclimated to a ground target – a vehicle, structure or person that is stationary, moving or at range," said the master gun-

ner course chief. "I can see it on the ground with the background of the Earth.

"When you put this target in an overwater environment, now you've got a lot of things going on that a stationary or land target does not have," he continued. "You've now got a boat that is zigging and zagging, moving up and down, so you get a multi-access of that boat that needs to be tracked, and that's difficult to do."

The demonstration showed how Soldiers would be able to train firing at overwater targets, and with sensors in the target, they would get feedback letting them know how

far they missed their mark.

"This (type of training) allows me, as a unit master gunner or commander, to put my unit in a situation where they can crawl, walk and run to the point that they can operate confidently overwater," said Capri. "Then they can start to identify targets, and be able to manage that sight correctly, so they can get a good ballistic solution for the munitions to the target. And that's a process that takes time. At the Gunnery Branch, we focus on what the requirements should be, and how we look forward to meet and exceed the standard."

Army celebrates 239th birthday

Right: CW5 James Rathburn and CW3 Julian Price, the oldest and youngest warrant officers at the Warrant Officer Career College respectfully, cut the Army's 239th birthday cake Friday at the WOCC dining facilities.

Below: Children at the child development center parade down the facility's parking area Friday in celebration of the Army's 239th birthday.



PHOTOS BY SARA E. MARTIN

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Commission seeks compensation preferences

By American Forces Press Service
Press Release

WASHINGTON — The commission tasked by President Barack Obama and Congress to modernize military compensation and benefits programs is seeking input from service members on their preferences.

Alphonso Maldon Jr., chairman of the Military Compensation and Retirement Modernization Commission, said understanding service members' compensation preferences is central to the commission's effort to craft modernization recommendations.

"Our primary goal is to ensure the uniformed services can maintain the most professional all-volunteer force, provide for a high quality of life for the members of the uniformed services and their Families, and ensure that com-



DOD GRAPHIC

pensation and retirement systems are financially sustainable," he said. "Our fundamental objective is to craft an integrated compen-

sation and personnel system that will continue to be valued by service members, provide flexibility for the uniformed services, and be

cost effective."

To obtain these preferences, the commission will survey a number of active-duty, National Guard and Army Reserve service members during the next few months, with plans to survey retired service members as well. The survey will ask participants to value individual elements of their compensation package in relation to each other, Maldon said.

"If you receive this survey, please take it," he added. "However, the survey is not the only way to let us know your preferences."

People can provide input on the commission's public website, <http://www.mcrmc.gov>, and written comments may be mailed to the Military Compensation and Retirement Modernization Commission, Post Office Box 13170, Arlington, VA 22209.

"These tools are powerful ways

to ensure we are aware of your preferences and concerns," Maldon said.

Over the past year, he noted, the commission has benefitted from meetings with service members, veterans, retirees and their Family members.

"Additionally," he said, "representatives of the uniformed services, military and veterans service organizations, and other subject-matter experts have greatly added to our understanding of the breadth of current military compensation and benefit systems. These engagements have reinforced what we've always known: Our people are the strength of our uniformed services."

"We honor your service and ask for your continued input and support as we move forward with this important endeavor," Maldon added.

1-13th: Leaders eager to begin journey

Continued from Page A1

"The challenges of a return from an overseas assignment are significant, no matter what job is next," said Macalintal. "(Pierce), thank you for being a generous host and a trusted friend that has really set the conditions for this battalion as the command team changes over."

Macalintal continued by saying that he and the new

command sergeant major were eager to lead the unit, build relationships and strengthen partnerships with other units and the surrounding local community.

"The Soldiers and leaders standing before you represent an elite group of staff, trainers and support personnel that (Graves) and I are absolutely honored to lead," he said. "It is something that I have always wanted. Its hard to do, but I am glad I have been given the opportunity to

lead Soldiers."

Macalintal has not been stationed at Fort Rucker since he graduated flight school in 1995, but said he was happy to be back at "Mother Rucker."

"Its always good to come back to a place like this because you will constantly bump into friends," he said. "It's one of those bases where you will run into and work with people you know. I am looking forward to that."

23rd FTS: Crigger excited for opportunity to guide squadron

Continued from Page A1

going to war together."

In his remarks, Davis congratulated Denehan on his exceptional time as commander.

"The FTS has been fortunate to have (Denehan) as both its operations officer and commander. He has provided that calm, steady leadership critical to running this flying operation, and more importantly brought his unique special operations perspective," he said.

Davis that that Denehan's mature hand enabled the "small, little Air Force out-

post deep in the heart of Army country" to succeed and continue to provide some of the best trained pilots to fill the unrelenting demand for warriors in five Air Force major commands.

Davis then thanked him for a job well done.

"(Denehan) flawlessly managed contractors, civilians and Airmen; received an excellent rating on our Headquarters Air Education and Training Command combined unit inspection in 2012; he got 28 TH-1Hs on our ramp and has managed the largest rotary wing flying hour program in the Air Force, which is around 9,000 hours

a year."

The squadron has around 300 total workers, with only 100 active-duty Airmen.

The course is around six months long for the Airmen, which follows the same pipeline as Army pilots, said Crigger.

Air Force students have accomplished a little over 100 hours in fixed-wing training when they arrive, he continued, and they will accomplish around 100 more hours in six months of rotary wing training before they are sent to their major weapon systems training in Albuquerque, N.M.

Crigger said the only thing he is worried about is what every commander worries

about, making mistakes.

"Everyone goes through their military career and sees things they wish they could change, so I just hope I don't mess anything up and I can put in as many effective changes as I can."



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100 Sioux ~ \$176,000
Great home with open floor plan, separate dining room & eat-in kitchen, foyer, gas log fireplace, master bath has a Jacuzzi tub & separate shower, hardwood, tile & carpet floors, master bedroom has a large closet. **BOB 369-8534 & AGNES 406-9752 MLS# 20140985**



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108 Mohegan ~ \$133,900
Move-in ready, 3BR/2BA, all tile or wood laminate floors. Split bedroom with master suite behind the garage. Large laundry room. Kitchen with all appliances & pantry as well as the eating area & formal dining room within a few steps. Corner fireplace. **NANCY CAFIERO 385-1758 Hablo Español MLS# 20140980**




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Updated with many good features, vacant & ready for occupancy. **FRAN & DON KALTENBAUGH 790-5973 MLS# 20141019**



NEW LISTING



305 Access ~ \$69,900
Fannie Mae HomePath property. Convenient to downtown, shopping, schools & churches, this 3BR/2BA ranch features a formal living room & den. The large work area kitchen has a bar & opens to dining area which has sliding glass doors to covered patio & private backyard. **EVELYN HITCH 406-3436 MLS# 20141025**



NEW LISTING ~ OPEN HOUSE



302 West Hickory Bend ~ \$169,900
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866 JOE BRUER: Contemporary style, convenient location, comfortable floor plan. Updates include freshly painted interior, carpet & exterior vinyl siding. A 2-story charmer featuring a large living/dining area with fireplace & a spacious bonus room with a wall of built-in shelves make this a great home for family & friends to gather. Priced to sell – definitely worth a look. **DEBBIE SUNBROCK 406-9079**

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341 COUNTY ROAD 559 ~ \$315,000: MUST SEE!!! - A large (2,626 SF) beautiful custom built home. This one is IMMACULATE!!! Spacious open family room with tray ceilings, formal dining room, large breakfast area, great kitchen with stainless appliances & granite countertops, master bedroom that opens to a large office/library or nursery. Master bath has lots of counter space, huge closet, walk-in shower & tub. Large fenced-in backyard that would be great for play or entertaining. **ROBIN FOY 389-4410**

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121 FALCON: Brick home on large lot, very clean, large sunroom with detached carport & garage with office or sewing room. Well maintained. **JIMMY JONES 406-1752**

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105 MADISON: Like new – roof & septic tank/field lines, cabinets, toilets, paint & some light fixtures. Nice yard. On the way to Ft. Rucker. Priced to sell. 3BR/2BA with living & dining rooms. Large den. **ANGIE GOODMAN 464-7869**

3RD GARAGE/WORKSHOP



110 WINDOVER WAY ~ \$239,000: What a charmer! It has a BASEMENT! Entry level includes an inviting family room with beautiful gas log fireplace, a spacious eat-in kitchen, dining room, master suite, office, ½ bath, laundry room, exercise room & 2-car garage. Walk downstairs into a bonus room ideal for kids/teenagers. Also, you find 2BR/1BA & a huge storage closet. Final door leads into the 3rd garage with workshop & another ½ bath. Great moldings upstairs. Relax on your covered deck. Situated on a lot & a half. **JAN SAWYER 406-2393**

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GOLD



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Aviators arrive in Poland



PHOTO BY CAPT. MICHAEL BARRANTI

Soldiers from the 12th Combat Aviation Brigade unload equipment from a CH-47F Chinook helicopter in Miroslawiec, Poland. The Soldiers are in Poland to support U.S. Army Europe's persistent presence land forces assurance exercises through 2014.

By Capt. Michael Barranti
12th Combat Aviation Brigade

MIROSLAWIEC, Poland — More than 60 Aviators and support personnel, and five UH-60L Black Hawk helicopters from the 12th Combat Aviation Brigade deployed here from Katterbach Army Airfield, Germany, June 6 to support U.S. and NATO forces training in Poland, Latvia, Lithuania and Estonia.

The CAB Soldiers arrived by helicopter at the 12th Air Base of the Polish air force, where they were met by Polish ground teams and escorted to the facilities they will use for the duration of their stay here.

In a round trip from Katterbach to Miroslawiec, three CH-47F Chinook helicopters from 5th Battalion, 158th Aviation Regiment (General Support) ferried support personnel and equipment to Poland, then returned to their home base in Germany. Almost immediately

after arriving and unloading the equipment, the Soldiers established maintenance, flight operations and a command post in the facilities provided for them by the Polish air force.

Representing a diverse array of specialties, Soldiers from three battalions and the brigade headquarters prepared to sustain CAB operations here. The 412th Aviation Support Battalion laid the groundwork, with signal specialists providing network connectivity and radio communications. Fuel, ammunition and supply specialists coordinated long-term logistical support from their home base in Germany and from Polish forces. Soldiers of the 3rd Battalion, 58th Aviation Regiment (Airfield Operations) began building relationships with the Polish air traffic controllers they will work alongside in the control tower. Planners from the brigade headquarters and the Soldiers of C

SEE POLAND, PAGE B4

MONEY SAVER

Soldier saves Army \$1.3 million, motivates team

By Spc. Ariel Solomon
International Security Assistance Force
Regional Command South

KANDAHAR AIRFIELD, Afghanistan — During a recent refueling mission at Kandahar Airfield, a 46th Aviation Support Battalion, 16th Combat Aviation Brigade private first class was first on the truck to get fuel out to a pair of Apache helicopters that had just landed.

Pfc. Johnny Dwayne Scott and the rest of the team on the truck knew their jobs and knew where they needed to be, hooking the “bird” up to the fuel truck in a practiced military dance.

During the fueling, a problem prevented fuel going to the Apache. Among the Soldiers troubleshooting the problem was Scott, a native of Midwest City, Okla., who serves with A Company.

The team determined the problem was deeper in the vehicle than they could check or deal with. The vehicle would have to be emptied and another truck would have to complete the job, Scott explained.

This is not the first time Scott has worked with his team on a problem that needed to be fixed. After arriving in Regional Command (South), he helped repair a fuel system saving the Army \$1.3 Million.

He said the civilian pump they had been using was infested with rats that had chewed through the wires and control boards, and that the fuel bags had been leaking. The 25,000 gallon fuel bladder, berm, spill lining and pump were inoperable and had to be replaced.

When his leadership went looking for Soldiers to make the repairs, Scott volunteered to fix it. With the help of his team, he replaced a damaged fuel bag, a broken pump, and made it possible for the fuel truck and helicopters to refuel more efficiently.

Without a map of the lines, they had to use trial and error to discover which pipe went to which fueling point, said Sgt. 1st Class Herman Robinson, Scott's platoon sergeant.

When finished, the revamped pads were able to refill fuel trucks and hot-fuel helicopters more efficiently, allowing Soldiers to accomplish more in less time.

“There are 600 to 700 meters of pipeline that we now use, thanks to Scott,” said Robinson.

Scott is the first to stand up and volunteer when a mission comes down, said Sgt. Carlos Diaz, Scott's supervisor. More than someone who simply wants the glory for himself, he motivates his team and every Soldier he meets with his attitude and determination.

SEE LEADER, PAGE B4



PHOTO BY SPC. ARIEL J. SOLOMON

Pfc. Johnny Scott, a native of Midwest City, Okla., serving with A Co., 46th ASB, 16th CAB, stands next to the pump his team moved into place to replace the civilian pump June 3 that had been destroyed by rats.



PHOTO BY 1ST LT. EMILY MCGUIRE

An AH-64D armament, electrical, avionics systems repairer from D Company, 3rd Battalion, 159th Aviation Regiment loads an Apache with rockets at Camp Buehring, Kuwait, June 4 before the aircraft departs for a live-fire gunnery exercise. The 3-159th AVN is currently deployed to Kuwait in support of Operation Enduring Freedom.



PHOTO BY STAFF SGT. JENNIFER C. JOHNSON

Seventeen VH-60A Black Hawks and seven Lakota helicopters from the U.S. Army Military District of Washington's Army Air Operations Group, 12th Aviation Battalion conduct a one-hour training flight over the skies of the National Capital Region June 4

CAPITAL FLIGHT

Aviators fill Washington's skies

By George Markfelder
U.S. Army Military
District of Washington

WASHINGTON — The skies over the nation's capital were filled with helicopters as the U.S. Army Military District of Washington's Army Air Operations Group, 12th Aviation Battalion flew its entire inventory of aircraft one last time together during a training exercise held June 4.

The exercise was the 12th's final flight with its current aircraft configuration before the UH-72 Lakota, and VH-60A black and gold Black Hawks will be redistributed to Fort Rucker and the Army Museum. The redistributed aircraft will be replaced with UH-60Ls Black Hawks.

“As part of the Army Aviation Restructuring Initiative, the Lakotas will be used as training aircraft, and we are replacing them with the UH-60L Black Hawks,” said Capt.

Brian T. Billingsley, commander of B Company, 12th Aviation Battalion, headquartered at Davison Army Airfield, Fort Belvoir, Va. “Today's flight provides our crews and pilots a great opportunity to gain experience flying a large number of aircraft at once.”

The one-hour training flight, consisting of seven Lakotas and 17 VH-60A Black Hawks, was a test of the 12th Aviation's readiness to plan and execute a multi-ship operation with a mixture of aircraft. The flight began at Davison Army Airfield and followed the FAA approved D.C. helicopter route that includes the Potomac River, Fort Washington, Haines Point, the Tidal Basin, Cabin John, along the I-95 Greenbelt corridor and south of Andrews Air Force Base, Md.

“We usually fly much smaller numbers of aircraft at any one time, so today will give our pilots and planners a great opportunity in carrying out a

mission with so many aircraft flying at the same time,” said Sgt. Joseph A. Giordano, B Co. crew chief and training NCO. “Getting all our aircraft ready for today's flight also tested our maintenance crews as well.”

The 12th Aviation Battalion, Air Operations Group, Joint Force Headquarters-National Capital Region and the U.S. Army Military District of Washington, is comprised of three helicopter companies, a helicopter-maintenance company, a headquarters company, and the 911th U.S. Army Technical Rescue Engineer Company.

“It's not every day that you can have the privilege to fly low over Washington, D.C., in a helicopter,” said Sgt. James A. Brown, 12th Avn. Bn. helicopter crew chief. “I help move rescue teams, military police or infantry in 20 minutes that would

SEE CAPITOL, PAGE B4

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JUNE 19, 2014

USAARL hosts area youth in summer program **FOR SCIENCE**

By Nathan Pfau
Army Flier Staff Writer

There are many ways for children to learn, whether it's in the classroom or at home, but the Gains in the Education of Mathematics and Science program at the U.S. Army Aeromedical Research Laboratory provides a platform for children to learn through interaction and hands-on experience.

GEMS has two separate programs within itself for different age groups: neuroscience GEMS for fifth and sixth graders, during which participants use their five senses to learn about the brain and neurological processes; and biochemistry GEMS for seventh and eighth graders, during which participants learn by challenging themselves with experiments that

focus on chemistry, biology and biochemistry, according to Jessica Cumbee, GEMS assistant program coordinator.

Throughout the ongoing program, participants will do experiments ranging from combining certain combinations of chemicals and materials to study different chemical reactions, to forensic science, like fingerprinting, she said.

For Libby Hvarven, 13-year-old GEMS student, forensics was her favorite part of the program, which she did last year, but said she had so much fun she wanted to return to the program this year for the biochemistry session.

"I really like that kind of stuff, the crime investigation-type stuff," she said. "We did fingerprinting and things like that, and I

I think that the most important thing for these kids to learn is that it's not always easy. You have to work so hard for everything that comes your way, and I think that that's a life lesson."

— JESSICA CUMBEE
GEMS ASSISTANT PROGRAM
COORDINATOR



PHOTO BY NATHAN PFAU

Paola Capo, GEMS mentor, works with students on an experiment where they test the elasticity of rubber bands after being submerged in hot and cold water during the GEMS program June 12.

thought that was a lot of fun. I'd never done anything like that before and they don't teach things like that in school, so coming here and learning about it was a great experience.

"I had a lot of fun last year, so I wanted to come back this year and it's been a lot of fun, so far," Hvarven continued. "We've done a lot more experiments this year."

One of those experiments included making "elephant toothpaste," which is what is made when hydrogen peroxide is combined with yeast to produce a foamy substance that resembles toothpaste fit for the world's largest land mammal.

Currently, the program is in its biochemistry session, which runs until Friday, with the neuroscience session running from July 7 to Aug. 1., and is all meant to challenge students and get them ready for where they want to go in life, said Cumbee.

"The students are led through a variety of Science, Technology, Engineering and Mathematics experiments that are really hands on and engaging," she said. "The overall goal of the program is to bring in someone close to their age as their mentor to guide them through career questions, majors, colleges, and teach them ways of the road that they've experienced. It's a professional enrichment experience."

For many students, like Bryan Whitehurst, the learning experience isn't only about learning about science and mathematics, but learning how to work together as a team.

"We've done some group activities where we combined straws together to see who can make the highest tower using only straws and tape," said Whitehurst, whose team came in second with a 5-foot, 8-inch tower. "That (experiment) taught us not only about how to build a structure as high as we can, but how to work as a team and how to cooperate and work together in a group."

"Working in groups allows us to learn from other people around you," added Hvarven. "Others might have ideas that you don't come

up with, so it's like you're learning by being with other people, as well as the mentors rather than just doing something by yourself."

In addition to the elephant toothpaste and straw towers, the participants learned about polymer chemistry, and performed experiments using different brands of diapers to see how the specific polymers vary.

"All of this is to teach the children about the science behind things – to get them involved and engaged in the science, as well as explore different career pathways," said Cumbee. "That's kind of where the mentor comes in – to tie things together, introduce major concepts and to get them thinking of STEM outside of school."

The program has enjoyed such success that it's had to extend both the biochemistry and neuroscience sessions by an additional week, but it still wasn't enough to avoid a waitlist, on which Cumbee said nearly 80 students are waiting.

"This year we've just had an overwhelming response," she said. "The amount of interest has been so incredible, and we've added weeks to keep up with the groups, but we can only do so much."

With all the added interest and the amount of children and teens going through the program, the No. 1 priority is the safety of all the participants, and steps were taken to make sure that everyone who goes through the program is safe.

That attention to safety allows participants to learn in an environment where they can focus on what they're doing – learning life lessons, said Cumbee.

"Whether these kids pursue a STEM career is not the point, regardless of how much we would really like them to," she said. "As you get older, if something doesn't necessarily come easy, people tend to lose interest. I think that the most important thing for these kids to learn is that it's not always easy. You have to work so hard for everything that comes your way, and I think that that's a life lesson."



Patrick Campbell, GEMS mentor, works with students on an experiment where they test the elasticity of rubber bands after being submerged in hot and cold water.

WRITTEN IN STONE

Museum places bricks to recognize contributions

By Sara E. Martin
Army Flier Staff Writer

Soldiers — past, present and future — who want to immortalize their contribution to Army

Aviation, or others who'd simply like to see their names etched in stone at the U.S. Army Aviation Museum, are invited to purchase commemorative bricks that are featured on a new walkway at the

museum's entrance.

As the museum ends Phase 1 renovations and gears up to begin Phase 2, officials have begun a program to sell brick pavers that people personalize and have placed on the walkway, and more than 500 bricks have already been set.

The ribbon cutting and dedication ceremony to commemorate

the first few batches of bricks was held June 12 outside the museum where the bricks will lay forever.

"Today we have added another service. And that service provides the opportunity for all military members and all visitors who support Army Aviation in any way to immortalized their name in the museum," said Daniel Petrosky, Army Aviation Museum Foundation chairman.

Money raised from the pavers goes into AAMF's fund to further improve museum exhibits and grounds.

Many of the stones featured list Aviators' names that have passed either on duty or with the passage of time.

"There is a lot of science and technology that the Army has put into this museum, so people, especially Aviators, should be proud of it and they should consider placing their name or a battle buddies name on one of the bricks," said Petrosky.

Aviators that flew the many kinds of aircraft that are featured at the museum deserve a lasting legacy for generations to come, he said, adding that this is their chance to celebrate a loved one by purchasing an engraved brick paver that will be displayed and viewable to all that enter the museum.

People don't have to put their name on a brick — call signs, logos, symbols, sayings and anything else "within reason" is allowed to be placed on a paver, said Petrosky.

Brig. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, said that the museum is a special place to Aviators, and that he considers the museum the hope chest for the future.

"When I was a young lieutenant, I brought my Family here and I thought about what my future held. This place linked me to my past — my Aviation legacy," he began. "Now, (more than 25) years later, I can think back on what it meant to me at that time to reflect on the power of this location as a young officer."

The commanding general continued by saying that the brick pavers can now serve as an Aviation hall of fame.

"This is an anchor to our home. This is a fitting way for Soldiers to leave their mark behind for those to come," he said after the ceremony ended. "This is a place to preserve our history and a place of reflection on what it means to be an Army Aviator."

Lundy said that Aviation can be a Family business, and it can mean a lot to a future pilot to see a Family member's name carved in stone in 20 years.

"(These are) more than a lasting legacy — (these are) memories," he said.

Each brick paver costs a donation of \$150, and all brick paver donations are tax deductible.

To learn more, visit www.armyaviationmuseum.org, or stop by the museum during operating hours.



PHOTO BY SARA E. MARTIN

Brig. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, cuts the brick paver dedication ribbon with retired Lt. Gen. Daniel Petrosky, Army Aviation Museum Foundation chairman, June 12 at the Army Aviation Museum.

ON POST

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

Dueling Pianos

The Landing will host Dueling Pianos Friday from 8 p.m. to midnight in its ballroom. The show is described as a high-energy, all-request, sing-along, clap-along, rock-n-roll, comedy-piano show where the entertainers do their best to get everyone in the room involved. The event is for those 16 and older. Cost is \$16 at the door. For more information, call 255-9810.

Newcomers welcome

Army Community Service hosts the newcomers welcome Friday from 8:30–11 a.m. at The Landing. Active-duty military, spouses, foreign students, Army civilians and Family members are welcome to attend. A free light breakfast and Starbucks coffee will be served. For free childcare, people can register their children at the child development center by calling 255-3564. Reservations must be made 24 hours in advance.

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

Guide, therapy dog demo

Center Library will host a guide and therapy dog demonstration Wednesday from 2-3 p.m. People are welcome to attend and learn the many talents that four-legged friends have and how they are used to help people with many different needs. Seating is limited to the first 65 people to register and is only open to Summer Reading Program-registered participants. For more information and to register, visit the library or call 255-3885.

Summer reading program registration

Registration for the Center Library’s summer reading program, “Paws to Read,” continues through Friday. 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.

Employment Readiness Class

Army Community Service is giving people the chance to build and enhance their careers at one of the Fort Rucker’s Employment Readiness Program Orientation Sessions, held monthly in the Soldier Service Center, Bldg. 5700, Rm. 371A. The next session is June 26, with July sessions taking place July 10 and 24. People will first meet in Rm. 350 for paperwork and attendance prior to going to Rm. 371A. People can sign up to learn essentials about the program and receive helpful job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program. For more information, including times, or to register, call 255-2594.

Soccer and lunch

Mother Rucker’s is open for lunch and soccer June 26, when patrons are invited to have lunch and USA



COURTESY GRAPHIC

Free ‘Transformers’ screening

The post theater offers a free advance screening of “Transformers: Age of Extinction” Saturday at 2 p.m. Tickets can be picked up at the Fort Rucker Main Exchange Food Court for the PG-13 film.

vs. Germany at 11 a.m. People younger than 18 are permitted to attend Mother Rucker’s for this event until normal business hours, which begin at 4 p.m. For more information, call 503-0396.

Right Arm Night

The Landing Zone will host Right Arm Night June 26 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.

LZ Dog Days of Summer

The Landing Zone offers a Hot Dog of the Day special throughout July, Mondays-Fridays, during lunch hours – 11 a.m. to 2 p.m. For more information, call 598-8025.

Fourth of July Craft Activity

The Center Library will host a 4th of July Craft Activity July 1 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 to register. For more information and to register, stop by the library or call 255-3885.

Wiregrass Freedom Fest

The Wiregrass Freedom Fest is scheduled for July 3 from 4-10 p.m. at the festival fields. The 98th Army Band will headline the free event that will also feature the area’s largest fireworks show, a variety of displays, children’s inflatable fun zone, rides and a variety of local and regional vendors. The event is open to the public. People are not allowed to bring glass, coolers, backpacks or pets. For more information, call 255-9810.

ScreamFree Parenting Workshop

Fort Rucker Army Community Service will host its free ScreamFree Parenting Workshop July 10, 17, 24 and 31. The workshop will be held from 9-11 a.m. at The Commons, Bldg. 8950, on Seventh Avenue. The four-session course is not just about parents lowering their voices, it’s about them learning to calm their emotional reactions and learning to focus on their own behavior more than their children’s behavior for their benefit. With these techniques, parents can create and enjoy more calm, mutually respectful and loving relationships with their children, according to organizers. The workshop is open to active duty and retired military, Department of Defense employees and their Family members. For more information and to register, call 255-9647.

National Blueberry Muffin Day

The Landing Zone’s Coffee Zone will celebrate National Blueberry Muffin Day July 11. When patrons purchase a coffee drink, they will receive a free mini blueberry muffin. The offer cannot be combined with other promotions or discounts. For more information, call 598-8025.

Financial readiness training

Army Community Service will host financial readiness training July 11 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.

DFMWR Spotlight



LZ Weekly Specials

TUESDAYS
Taco Tuesday Night
Every Tuesday night during dinner hours, The Landing Zone will host Taco Tuesday featuring specialty tacos!

WEDNESDAYS
Whiskey Wing Night
Whiskey Wing Night is waiting for you starting at 4 pm every Wednesday at The LZ! Enjoy 6 wings for \$3, 10 wings for \$4.75 or 15 wings for \$7 (with the purchase of a beverage). A variety of sauces are available including: whiskey, hot, BBQ, teriyaki and lemon pepper.

THURSDAYS
Burger and Fries Night
Calling all burger lovers! Join The Landing Zone on Thursdays during dinner hours for \$5 Burger and Fries night!

FRIDAYS
Dinner and a Movie Night
Join The LZ for dinner (4 pm to 9 pm) Friday nights. With every entrée purchase you can purchase a \$2 movie pass to be used at the Fort Rucker Post Theater! Movie passes are valid for any showing at the Post Theater and do not expire. Limit one movie pass purchase per dinner entrée purchase.

For more details visit
www.ftruckermwr.com.

ADMIT ONE

The Landing Zone

FORT RUCKER MOVIE SCHEDULE FOR JUNE 19-22			
Thursday, June 19	Friday, June 20	Saturday, June 21	Sunday, June 22
Bears (G)7 p.m.	Transcendence (PG-13)7 p.m.	Transformers: Age of Extinction (PG-13 Free Admission)7 p.m.	Rio 2 (G)2 p.m.
TICKETS ARE \$6 FOR ADULTS AND \$5 FOR CHILDREN, 12 AND UNDER. MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME. FOR MORE INFORMATION, CALL 255-2408.			

A good night's rest

Old drug brings new promise for PTSD-related nightmares

By Christine Creenan-Jones
Uniformed Services University
of the Health Sciences

BETHESDA, Md. — Every day, thousands of American service members relive the trauma of war in their sleep. They hear explosions, see the carnage of battle erupt around them and feel the crushing weight of a painful combat memory resurface in their dreams.

Unfortunately, frequent nightmares are common among service members with post-traumatic stress disorder. Moreover, they disrupt sleep, which can magnify the daytime symptoms of PTSD and stymie the recovery process significantly.

“Although psychotherapy is the best treatment for PTSD, it’s less impactful when a patient is tired, irritable, anxious or unable

to concentrate because recurring nightmares continuously disrupt their sleep,” said Lt. Col. Jess Calohan, program director for the Psychiatric Mental Health Nurse Practitioner Program at the Daniel K. Inouye Graduate School of Nursing, part of the Uniformed Services University of the Health Sciences in Bethesda.

In 2005, Calohan began working with Dr. Murray Raskind, who discovered that a largely obsolete blood pressure medication called prazosin appeared to be effective for treating PTSD-related nightmares. In his own practice, Raskind, director of the Northwest Network Mental Illness Research Education and Clinical Center at Veterans Affairs, used prazosin to treat Vietnam War veterans with PTSD.

Theoretically, the drug blocks the effects of adrenaline in areas

of the brain thought to be responsible for causing nightmares during sleep. Raskind found that prazosin was tremendously successful at improving sleep quality and other PTSD-related symptoms.

Still, Raskind wondered if prazosin also would work on active-duty service members. Their combat experiences were different and they weren’t as far removed from the fight as the Vietnam War-era patients in his study.

Raskind, Calohan and colleagues partnered to investigate prazosin’s crossover efficacy. In two separate studies funded by the Veterans Affairs Department, active-duty Soldiers with PTSD reported experiencing better, more restful sleep while taking prazosin. Furthermore, in many cases, the combat-related night-

mares that amplified other PTSD symptoms were eliminated altogether. This led to vast improvements in overall PTSD treatment for the Soldiers Calohan treated at Joint Base Lewis-McChord, Wash., and at frontline clinics in Iraq and Afghanistan.

“Before our research, prazosin was a level C on the strength of recommendation scale on the [VA and Defense Department] clinical practice guidelines, a system that measures the quality and consistency of evidence for using a medical intervention,” Calohan said. “Now, it’s a level B, but we fully expect prazosin will move up to a Level A soon.”

Level A is the highest rating on the strength of recommendation scale. It’s reserved for interventions validated by high-quality, evidence-based studies. The team’s work is reaching for the

top of the scale through research results and professional accolades. In fact, the study was the most-read article in last year’s September issue of the “American Journal of Psychiatry.” It also was lauded as the No. 1 innovation in psychiatry for 2013 by the “New England Journal of Medicine.”

In an effort to continue improving patient care, Calohan is using his expertise to shape the way rising military health care providers deliver care to service members with PTSD.

“Now that I’m here at USU, I’m able to review the prazosin literature and its application in clinical practice with my students,” he said. “It is definitely a good thing, because I’m educating providers about an effective method for treating sleep disturbances related to PTSD.”



COURTESY PHOTO

Pick-of-the-litter

Meet Sweetie, a 7-month old, female naturally half-tailed kitten. She is a gray and white tabby. Adoption fees vary per species and needs of animal, but include all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying or neutering. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the stray facility. Visit the Fort Rucker stray facility's Facebook page at <http://www.facebook.com/fortruckerstrayfacility/> for constant updates on the newest animals available for adoption.

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Fort Benning hosts annual Independence Celebration

By Bridgett Siter
DFMWR Marketing Publicity

Fort Benning's annual Independence Celebration starts at 3 p.m. June 28 on Fort Benning's York Field. Fireworks begin at 10 p.m.

The event is free and open to the public. Guests will not have to exit their vehicles for access to post. Please ensure everyone in the car age 16 and older has a photo ID when driving through the gate. Follow the signs to York Field.

The event features music, a variety of games, a chance to jump from the 34-foot airborne training tower and a great variety of food options - including funnel cakes, barbecue, hotdogs and more.

The airborne training tower on Eubanks Field will be manned by Airborne School cadre, who will determine who is eligible to jump. Eligibility is based on age, weight and physical impairment. If the heat index soars, this event will be cancelled, as the metal towers are dangerous when temperatures exceed 98 degrees.

Kids may enjoy unlimited access to more than 25 inflatable bounce houses and the WOW! Kids' Zone. The Zone includes crafts, art, face painting, temporary tattoos and more - all free. Entertainment includes performances by Natalie Stovall and



the MCoE Band on the Ranger Joe's Stage, a SPIES & FRIES exhibition, and the Silver Wings Parachute Exhibition Team.

The celebration culminates with the largest fireworks show in the Chattahoochee Valley. The fireworks show is choreographed

to the 1812 Overture, performed by the MCoE Band, and includes a 50-gun salute.

Kia Autosport of Columbus will give away a free Kia Soul to an active-duty Soldier or the spouse of an active-duty Soldier. Register at benningmwr.com until June 26.

Food vendors only accept tokens at the Independence Celebration. Tokens are available weekdays from 8 a.m. until 4 p.m. on the second floor of the Benning Club's East Wing. Tokens will also be available on site for \$1 each at the Token Trailer located at center field. Unused tokens will be refunded for full value on site. An ATM will also be located on York Field.

Free rides home will be available from 9 p.m. until midnight. Those in need of transportation home after the event, call 706-464-5915.

This event is physically accessible to individuals with disabilities. Requests for sign language interpretation or other accommodations should be directed to 706-545-4499.

Pets, other than service dogs, are not permitted on York Field. Weapons of any kind are prohibited. Coolers, bags and backpacks are permitted, but they may be subject to search at the discretion of the MPs or DES agents.

Patrons are encouraged to bring their own lawn chairs and

blankets. Shade structures and tents over 4 feet must be erected in the designated area center field so as not to obstruct others' view of the stage.

If the event is canceled due to inclement weather, the fireworks show will take place June 29 at 10 p.m. on York Field.

York Field is located on Eckel Avenue in front of McGinnis-Wickam Hall, Bldg. 4. From the 185 gate, travel south onto Main Post via Lindsay Creek/Dixie Road, turn right onto Edwards and Eckel Avenue will be on the left. Follow signs for parking instructions.

From the Benning Road gate, travel south on Fort Benning Boulevard onto Main post, where it becomes Sigerfoos Road. Cross Vibbert and Wold, then turn right onto Lumpkin. Lumpkin ends at Dixie Road. Turn right on Dixie, then right onto Edwards and follow the signs for parking instructions.

From the Alabama/Eddy Bridge gate, follow Sunshine Road to Sightseeing Road, then turn right onto Dixie and left onto Edwards. Follow the signs for parking instructions.

For more information, go to benningmwr.com or follow us on Facebook at www.facebook.com/BenningFMWRfans. Please share your photos of the Independence Celebration and hashtag them #BenningCelebrates.

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

JUNE 19, 25, 26 AND JULY 1 – A beginner genealogy basics course will be held at Troy University Continuing Education Center in Adams Hall. This course explains the fundamentals of researching one's ancestry. People will be guided through the process of collecting Family records and information, then working backward. Both printed and online sources will be explored. People will learn to document the sources consulted, record the information and organize the research in an orderly manner. Classes will meet from 6-8 p.m. Cost is \$55 per person. To register, call 983-0005.

JUNE 20 AND 27 — Landmark Park offers Animal Adventures, an opportunity to learn about the natural world at 10 a.m. Children are invited to see the wonder of many native animals. Programs include: Great Gators, Alabama Birds and Homing Pigeons. Registration is required. For more information, call 794-3452 or visit

www.landmarkpark.com.

JUNE 24 — Landmark Park offers Animal Tales at 10 a.m. where Susan Broland will tell stories of traditional animals from all over the world. This event is for pre-schoolers and requires pre-registration. For more information, call 794-3452 or visit www.landmarkpark.com.

JUNE 26 — Landmark Park will host Music By Moonlight at 7:30 p.m. at the gazebo. People can pack a picnic and bring Family and friends. 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.

JUNE 26 — The Enterprise Country Club will host a red carpet affair at 7 p.m. Ticket cost is \$40 per person and \$70 for couples. Hors d'oeuvres will be served and there will be dancing and a photo booth. Dress is semi-formal and formal attire. RSVP is required. For more information

and tickets, call 347-0581.

JUNE 29 — The Enterprise Marauder Run at Bamajam Farms is a 4-mile obstacle course run with 25 obstacles. The course is difficult involving running, climbing, jumping, crawling and swimming, all of which include mud. Live music follows event. Registration is \$90 prior to the run and \$100 the day of the run. For more information, visit www.marauderrun.com.

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—Disable American Veterans Chapter 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. The chapter will sponsor a DAV Mobile Service Officers visit July 21-22 9 a.m. to 5 p.m. each day. They will operate from the conference room in the police station at 202 South John Street. For more information, call 718-5707.

OZARK

JUNE 20 — St. Michael's Episcopal Church will have vacation Bible school

for ages age 3 to 12. It is free and children do not have to be members of St. Michael's to attend. Class begins at 9 a.m. and will last until noon each day. There will be a swim party and hot dog lunch on June 20. Children should bring a swimsuit and towel each day. For more information, call 379-784.

JUNE 21 — The first annual Milky Moo's Mootorcycle Cruise-In and Show will begin at 5 p.m. Attendees are asked to bring a lawn chair for a chance to enjoy music, a 50/50 drawing, a cake walk, door prizes, and watch bikers be awarded prizes for best cruiser, best sport bike, best paint, best chrome and best rat bike. For more information, email milkymoosinozark@yahoo.com.

PINCKARD

ONGOING — The public is invited to the Cross Country Workshop every Sunday at 6 p.m. at the Pinckard United Methodist Church.

For more information, call 983-3064.

SAMSON

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

TROY

ONGOING — Troy Bank and Trust Company sponsors senior dance nights every Saturday night from 7-10 p.m. at the J.O. Colley Senior Complex.

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

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

WIREGRASS AREA

JUNE 20-21— The Slocomb Tomato Festival will be held at Recreation Park on East Cox Street at 10 a.m. Families are invited to enjoy live entertainment, parades, music, recipe contests, a Ms. Tomato Pageant and more. For more information, call 886-2334.

Beyond Briefs

Watermelon Festival

The 65th annual Watermelon Days Festival in Albany, Ga. will be held today through July 4. Different events at different locations in the city will be held, including: photography exhibitions, a Watermelon 5K Run and Fun Run, a Watermelon Queen Pageant, puppet shows, watermelon taste testing, watermelon decorating contests, a health fair, a fishing rodeo, horseshoe tournaments, train rides, dog shows, live entertainment, parades, antique car and tractor shows, arts and crafts, a watermelon eating contest, and chunking contest, a seed spitting contest and more. For

more information, visit <http://albanygacalendar.com>.

Fishing Tournament

The 12th annual Emerald Coast Blue Marlin Classic begins June 18 at 4 p.m. in Destin. Family-fun includes live entertainment and activities for children all weekend long. This event takes place at the Baytowne Marina and The Village of Baytowne Wharf. Admission is free and it is open to the public. For more information, call 850-267-6168

Military Appreciation Day at the Montgomery Zoo

All military personnel and their Families receive free admission to the Montgomery Zoo and Mann Wildlife

Learning Museum June 19. Refreshments are also provided. Service members must provide valid military identification for entry. For more information, visit www.montgomeryzoo.com.

Gump Games

The third annual Gump Games benefitting the Arts Council of Montgomery will be held June 21-22 from 9 a.m. to noon. This event consists of a 5k run, three Cross-Fit workouts, and a Jiu Jitsu tournament. Spectators are welcome. The event hopes to bring the community together to help raise funds for the development of future leaders. To register, or for more information, visit www.thegumpgames.com.

TRIBUTE: *Army secretary honors fallen at Arlington commemoration*

By Amaani Lyle
American Forces Press Service

WASHINGTON – Army Secretary John M. McHugh praised the fallen from the nation's wars Sunday during a commemoration of Arlington National Cemetery's 150th anniversary in the cemetery's amphitheater in Arlington, Va.

McHugh conveyed gratitude and historical context during the event, Arlington at 150, which featured a musical performance by The President's Own U.S. Marine Band, as well as participation from the 3rd U.S. Infantry Regiment (The Old Guard) and historical vignettes depicting how conflicts have molded the nation.

"It is clearly fitting that these hallowed grounds look out over our nation's capital city, a symbol of all that America has achieved," McHugh said. "Each headstone, every neatly aligned row, [is] a reminder of the men and women who served and sacrificed ... who turned the ideas of the Washingtons, the Jeffersons and the Lincolns into a reality, into a birthright for generations for those to follow."

However, with such birthright, McHugh explained, comes great sacrifice.

"To stroll these grounds is truly to walk through pages of American history," McHugh said, noting that the locale reminds visitors of the horrors of America's bloodiest conflict, the Civil War.

He recounted that the cemetery was born of necessity, that the Arlington National Cemetery property was acquired as a spoil of war when Brig. Gen. Montgomery Meigs pressed Secretary of War Edwin Stanton on the need for a national cemetery as the war dead mounted.

June 15, 1864, he said, Stanton authorized the conversion of the property, which had been the home of Confederate Gen. Robert E. Lee, into America's first national cemetery.

"Throughout the Civil War, the burials averaged 40 a day here, with some 19,000 honored war dead laid to rest by century's end," the Army secretary said.

The first repatriated remains arrived in 1898, when the USS Maine exploded in Havana Harbor, Cuba, marking the start of the Spanish-American War.

"Its lost sailors were brought to these grounds to be honored and remembered as were other Americans," McHugh said. "Soon thereafter, a cemetery born of necessity became the military's most pre-eminent military shrine – the resting place of veterans and heroes from all of America's conflicts throughout our nation's now 238-year history."

A century ago, Arlington became a place not only of remembrance, but also one of reconciliation, McHugh said, noting that President Woodrow Wilson dedicated the monument to the Confederate dead here, in 1914, declaring that chapter of U.S. history closed.

Wilson reminded all that "it is our duty and our privilege to be like the country we represent, stand shoulder to shoulder to lift the burdens of mankind in the future and show the paths of freedom to all the world," McHugh said.



PENTAGON CHANNEL

Vocalists from various branches of service perform during a commemoration of Arlington National Cemetery's 150th anniversary in the cemetery's amphitheater, in Arlington, Va., Sunday.



PHOTO BY STAFF SGT. LAURA BUCHTA

Army Secretary John M. McHugh praised the fallen from the nation's wars during the commemoration of Arlington National Cemetery's 150th anniversary.

And Americans accepted the challenge, he added, with many leaving their homes and farms to take to the battlefields of

Europe during World War I.

"To this day, it remains clear watching the visitors who gaze in respectful si-

lence as the ever-present Soldiers of the Old Guard mark the ceremonial 21-paces before the Tomb of the Unknowns, our nation

and its people continue to remember, continue to respect, the service and the sacrifice of our nation's nameless fallen."

But McHugh said the special setting also serves as a painful reminder that much of America's history is still in progress.

"Nowhere is that more evident ... than America's saddest acre, Section 60," he said, explaining that over the last 13 years, while the nation's fallen from Iraq and Afghanistan conflicts have been laid to rest at Arlington, Section 60 stands apart.

"It has come to represent all those lost, all the sacrifice, all the pain, as well, all the pride," he said, noting that the toll of burials marches on.


"While the number of those lost from the current conflict mercifully

recedes," he added, "the number of veterans from World War II, Korea and Vietnam continue to mount at an ever-increasing rate."

McHugh also reminded visitors that not all of the nation's enemies have worn a uniform. He said that among the honored dead lie victims of various terrorist attacks in the United States and overseas.

"The United States Army recognizes the tremendous honor ... we have been given to care for, to honor, each and every one of the fallen – whether having fought our wars or preserved the peace, every Soldier, Sailor, Airman, Marine, Coast Guardsman answered our nation's call to duty, and as such has earned this nation's highest honor and our enduring respect."

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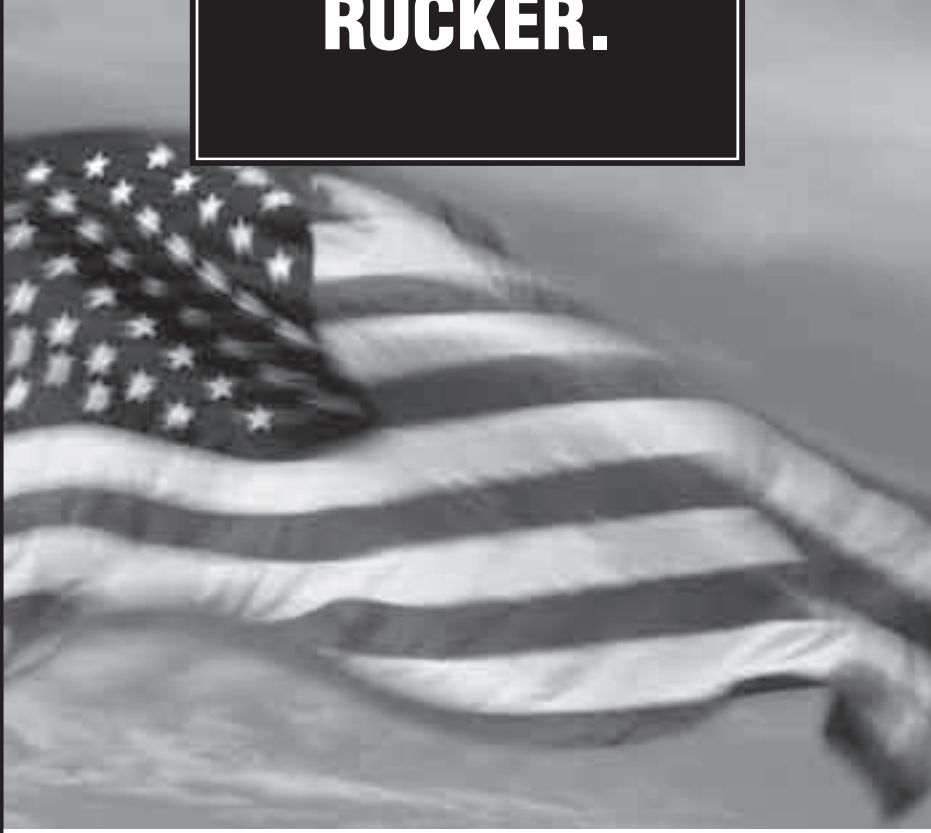


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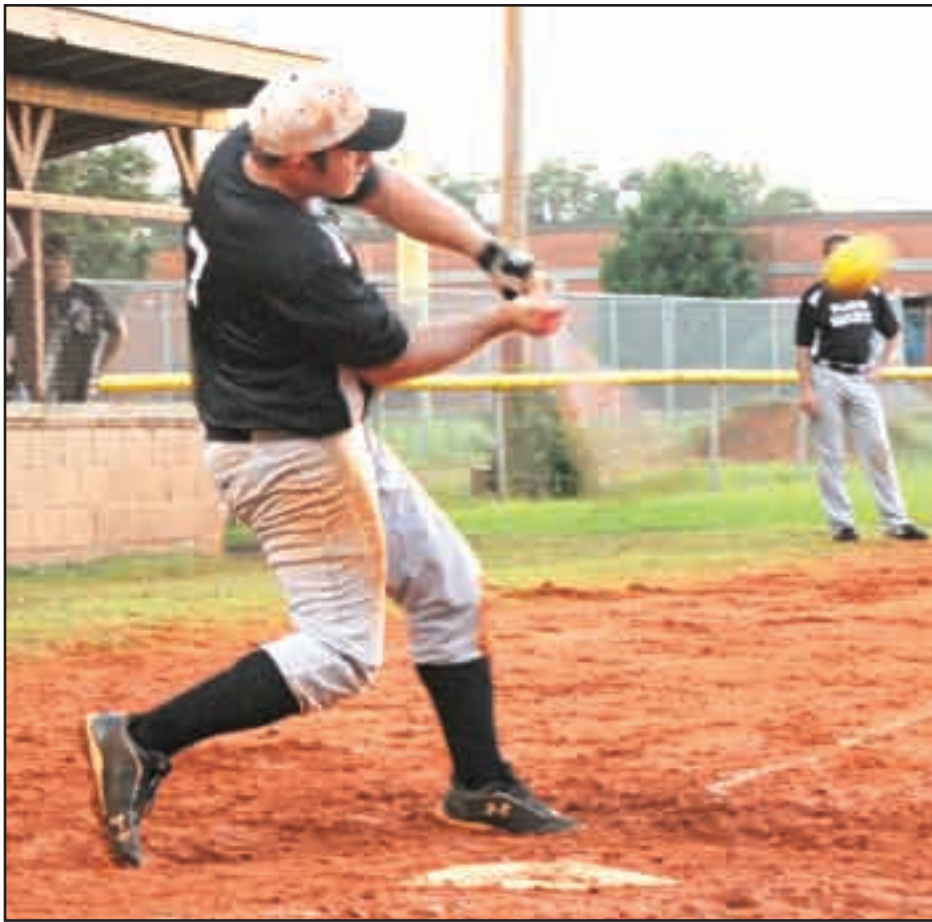
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JUNE 19, 2014

DIAMOND DUEL



Wayne Stell, Plug Uglies player, takes a swing during a Fort Rucker intramural softball game at the Fort Rucker softball fields Monday. Plug Uglies downed Dustoff, 15-4.



Bryan Miles, Dustoff player, scores.

Plug Uglies take down Dustoff, 15-4

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker's intramural softball season is well under way and teams are fighting for a shot at the championship, and the Plug Uglies have the crown in their sights.

The Fort Rucker Fire Department Plug Uglies beat the U.S. Army School of Aviation Medicine's Dustoff 15-4 with a combination of base hits, home runs and double plays.

"Tonight we had a solid win. We played well and didn't have many errors," said Capt. Wayne Stell, Plug Uglies player. "We all came together and I think we did a really good job."

Plug Uglies started off at the plate and got going early with a base hit, followed by a walk to get two runners on the bases. A double to center field allowed for an RBI for the team's first of many runs in the game.

A pop up to second managed to make its way through the hands of a Dustoff player, allowing for another run, and by this time, Plug Uglies had set the pace for the game.

The firefighters would bring in another RBI before pop flies sent them back into the field, leading 3-0.

Dustoff had their work cut out for them as they took to the plate, and started off on the right foot with three consecutive hits, allowing for their first run to get on the scoreboard.

But after that promising start, the Plug Uglies' defense went to work and sent them packing with a double play at second and first to end the inning up 3-1.

The Firefighters were determined to extend their lead, but their opponent's defense started to tighten up to hold them off.

Despite their tight defense, The USASAM team allowed a few balls to slip by, allowing for two of their opponents to get on the bases, a mistake that cost them dearly as Stell hammered a 3-run home run before heading back into the field.

Dustoff, behind by 7 runs, had to step up their game if they wanted a chance at catching up to their opponents.

They managed to find the gaps in the Plug Uglies defense to load the bases, but ended the inning scoreless as the Firefighter's defense tightened up, holding them back.

Going into the third inning, Plug Uglies managed a couple of hits, but Dustoff's defense didn't falter and allowed no runs.

USASAM now had their chance to close the scoring gap as they took to the plate, and managed to rustle up their offense to get players on the bases with base hits, followed by a 2-run shot.

They managed to find their stride bringing in three runners during their time at the plate, but still found themselves down 8-4.

Plug seemed to find their second wind going into the fourth inning, and managed to push past Dustoff's defense to bring in two runs before a streak of pop flies sent them back into the outfield.

The USASAM team tried to keep up their momentum, but Plug Uglies' stopping power didn't allow their opponents to score again for the remainder of the game.

Going into the fifth inning, Plug Uglies started off with a two-base hit, followed by base hit after base hit allowing for multiple RBIs.

They managed to load the bases at one point, allowing for a shot to center field that slipped right through the hands of an opposing player to bring in three runs and extending their lead to 11 runs before a pop fly gave Dustoff their chance at the plate.

The USASAM team had to close the scoring gap in order to stay in the game, but the Firefighters' defense was too strong and Dustoff wasn't able to score a run for the inning, ending the game 15-4.

"I just think we played better and we played together really well, and that's what helped us win," said Stell.

Lyster pharmacy

Facility increases formulary, capacity for retirees' prescriptions

By Katherine Rosario
Lyster Army Health Clinic
Public Affairs

The Lyster Army Health Clinic Pharmacy has expanded its medication list over the past three years to better serve its retiree population and make filling prescriptions even easier.

The increased workflow from retiree prescription orders has helped the pharmacy procure medications that are not normally stocked on the formulary, to include special-order non-formulary medications.

The pharmacy filled more than 32,000 prescriptions in April. On average, more than 15,000 retiree prescriptions are filled each month.

"Our retirees are actually doing us a favor by bringing their prescriptions into the pharmacy," said Lt. Col. Tai Bolaji, pharmacy chief. "We are always looking to expand and enhance our pharmacy operations and services, and the list of medications on hand normally comes from our TRICARE for Life beneficiaries."

About 46 percent of the pharmacy's prescription workload is paper prescriptions that come from network providers. If your primary care doctor is not at LAHC or you are seen at

a specialty doctor's office, you can either request them to fax the prescriptions into LAHC's pharmacy or you can hand-carry them in.

Aside from the convenience of having all prescriptions filled in one place, the cost savings helps beneficiaries by alleviating the high co-pays that normally come with non-formulary medications, Bolaji said.

"Beneficiaries can receive a 90-day supply of most medications at no cost when they bring their prescriptions to the Lyster pharmacy," he said. "We are happy to fill your prescriptions and it's also a great way to save some money for medication bills that can add up over time."

Beneficiaries with multiple prescriptions from different doctors can feel confident that the LAHC pharmacy staff is double-checking possible drug interactions among their medications. Thorough medication education is also offered at the pharmacy to ensure patients know when to take each medication and if there are certain side effects to watch for.

"We are never too busy to fully answer our patients' questions and are excited to have a pharmaceutical care consultant in our clinic to help answer important questions," Bolaji said.



PHOTO BY SARA E. MARTIN

Spc. Amber Young, U.S. Army Aeromedical Center, refills pharmaceuticals last year at the Lyster Army Health Clinic Pharmacy.

For those who still want to take advantage of the cost-savings but cannot make the drive to LAHC's pharmacy, TRICARE Pharmacy Home Delivery is a good alternative.

Home delivery offers beneficiaries a 90-day supply of their brand-name medication for \$13. Switching these prescriptions from a retail pharmacy to home delivery can save TRICARE beneficiaries up to \$142 a year

for each prescription. Beneficiaries can also save by asking their doctor to write them a prescription for a generic version of their medication.

"Home delivery is a good option for beneficiaries who are far away from Lyster's pharmacy and want to make sure they never run out of their medication," Bolaji said.

TFL beneficiaries looking to transfer their prescriptions to

LAHC's pharmacy are encouraged to call ahead at 255-7178 to ensure their prescription medication is available on the LAHC pharmacy formulary.

The pharmacy formulary is available for pickup at the pharmacy and it is also posted on the LAHC website (<http://www.rucker.amedd.army.mil/>) and Facebook page (<https://www.facebook.com/LysterArmyHealthClinic>).



TRIVIA

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17		
18					19				20					21				
22			23						24					25				
26						27		28	29					30				
31				32		33		34	35					36				
37			38					39						40				
41						42							43					
			44	45	46		47			48	49	50	51		52	53	54	
55	56	57		58		59	60			61					62			
63			64						65					66	67			
68					69			70	71				72		73			
74				75		76					77			78				
79				80	81					82	83					84		
85			86						87				88		89			
			90						91			92	93		94	95	96	97
98	99	100				101	102	103	104					105	106			
107						108						109				110		
111					112					113	114			115		116		
117					118				119		120		121					
122					123						124				125			
126					127						128				129			

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging
 ★★★ HOO BOY!

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KID'S CORNER



DON'T FORGET THE Sunscreen

Protect your natural body armor this summer

By Lt. Col. Kari Bruley
Army Public Health Nurse, U.S.
Army Public Health Command

Attention sunbathers, golfers and outdoor enthusiasts: skin cancer is the most common form of cancer in the United States, with more than 3.5 million cases diagnosed annually.

Ninety percent of all skin cancer diagnoses are associated with sun exposure. If you think your risk for developing skin cancer is low, the fact that one-in-five Americans is diagnosed in their lifetime may prompt you to better care for your own skin and that of your Family members.

You and your Family can still enjoy the great outdoors this summer while protecting yourselves from excess risks associated with sun exposure if you simply take a few precautions. These precautions are extremely important at the beach and swimming pools since water and sand are known to reflect up to 80 percent of the sun's rays, which elevates your overall sun exposure.

Precautions include:

- wear clothing that covers skin (to include wearing a wide-



brimmed hat and sunglasses that advertise ultra-violet radiation protection);

- wear protective clothing that contains a UV Protection Factor of 30 or greater (a UPF 30

garment allows 1/30th of the sun's UV radiation to penetrate the cloth);

- spend periodic time under a UPF umbrella; and
- take advantage of shaded areas when possible, particularly between 10 a.m. and 4 p.m. when the sun is the most intense, and remember that on overcast days, 70-80 percent of UV rays penetrate through the clouds.

Use plenty of sunscreen. Here are some tips for using sunscreen:

- Choose a broad-spectrum sunscreen (UVA/UVB).
- Choose a water-resistant sunscreen.
- Select a sunscreen with a Sun Protection Factor 30 or higher. SPF 30 provides protection from 97 percent of UVB rays.
- Apply it to the entire body – before you put on a bathing suit to ensure full coverage – 30 minutes before sun exposure.
- Re-apply every two hours or immediately after swimming, toweling off excessive sweating.
- Sunscreen is recommended

for use on infants who are six months and older.

Proper and routine sunscreen use helps prevent sunburn, reduce skin cancer risk and helps prevent early signs of skin aging.

In addition to sun exposure protection, the American Cancer Society and the Skin Cancer Foundation recommend avoiding UV tanning booths, examining your skin once per month and seeing a physician once per year for a professional skin evaluation.

During the monthly self-examination, you should look for spots or sores that itch, hurt, scab or bleed; an open sore that does not heal within two weeks; and a skin growth, mole, brown spot or beauty mark that changes in color or texture, increases in size or thickness, is asymmetrical or irregular in border, is larger than 6 millimeters (size of a pencil eraser), or appears after age 21.

Reducing your risk of skin cancer should become a matter of habit, part of the daily routine.

Modeling the actions listed above demonstrates a gift of prevention that you can extend to Family and friends for a lifetime.

SPORTS BRIEFS

Free summer bowling

Rucker Lanes offers free bowling to youth all summer long. Each youth receives three free games of bowling and shoe rental for free – up to three youth, up to 13 years old – when at least one parent bowls with them for \$8.50. The offer is available Mondays-Fridays until Aug. 31. The offer is open to the public and exceptional-Family-member friendly.

For more information, call Rucker Lanes at 255-9503.

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.

Army Strong Triathlon

Fort Rucker will host its annual Army Strong Triathlon Saturday 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. T-shirts will be available only while supplies last. Individual cost is \$50. Relay teams, with a maximum of three people, cost \$80. The event is open to the public.

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

Enterprise baseball

Enterprise's semi-pro baseball is need of players. For

more information on the team, call 347-4275 or 464-1729.

Spin challenge

The Fortenberry-Colton Physical Fitness Center will host a two-hour spin challenge June 26 from 5:30-7:30 p.m. The cost is \$3.50, or people can 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.

4th of July Flag Tournament

Silver Wings Golf Course will host its 4th of July Flag Tournament from 7-9 a.m. July 4. There will be a \$5 entry fee, plus greens and cart fees, if applicable. People can sign up until tee time. Players must have a valid handicap to play.

For more information, call 598-2449.

PGA Sports Academy

Silver Wings Golf Course will host a juniors PGA Sports Academy July 22-25. Session I, for ages 5-9, is from 8-9:30 a.m.; and Session II, for ages 10-13, is 10-11:30 a.m. Cost is \$50 per junior. The academy is taught by PGA Professionals and is designed to provide children with the foundation to enjoy golf, either socially or competitively, for life.

For more information, call 598-2449 or 598-1632.

Youth sports signups

Registration for youth tackle football, cheerleading, tennis and fall soccer will run from July 1-31. Children

must meet age requirements by Sept. 1, 2013. A current sport physical and valid child, youth and school services registration are required for participation. Cost for each sport is \$65 for tackle football, \$40 for cheerleading, \$40 for fall soccer \$40.00 (Ages 4-5 is \$20) and \$40 for tennis. A multiple child rate will be determined at parent central services during registration.

For more information and to register, call 255-2257 or 255-2254.

Flynn Pool opens, indoor closes

Flynn Pool is open 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 is closed for the summer season and will reopen Aug. 4.

For more information, call 255-2296.

Run/Walk Program

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

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

Weekly SUDOKU

Answer

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

TRIVIA

- Answers
1. "Newt"
 2. Three: the Canadian provinces of New Brunswick and Nova Scotia
 3. About four times faster
 4. Arabic, from the word "alf," which means empty
 5. Bob Hope
 6. The eye
 7. A magnanimous gesture
 8. Lipids, about one-quarter of a gram
 9. Red
 10. Taco Bell

PUZZLE ANSWERS

Super Crossword

Answers

W I T S B A P S R O S P A C T A L
E C H U P U L E T U S E T O R C A
U L E S J S A R S T A T O R O K A T E
A D A S L O T A L S P A C K R O I P
P O I A G C Y I T T L A L E I
P A S S I P O T A T O F S A C K R
S I E P S H A A T L
P I T I T T G T E A V I S
O R C A R M E L S U A L E I V A
O F A C F Y G R I F G N I G R I
A C F E R I F F Y S T A S T O R I
A C F U R D O N H F E T R I Y
S I C P H O T I D A Y S P A L E
T O A I C K I L I U P I U
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S I C F M W A F O C R F S S A A C
H S L R F F L A E F A C I N A T F
C A P H O T A K F A S Y I U B I A S
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