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ARMY FLYER

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MOBILE COW



PHOTO BY SARA E. MARTIN

Abby Denton, Army Family member, pets a Jersey cow as part of the Mobile Dairy Classroom at the Center Library Friday. Children learned about where milk comes from, how it is made, the anatomy of a cow and how cows make milk.

HAPPY BIRTHDAY, ARMY!

Fort Rucker celebrates with events, parade

By Sara E. Martin
Army Flier Staff Writer

The Army is celebrating its 239th birthday Saturday, and Fort Rucker is getting in on the celebration.

Many events are being held around the installation to give thanks to Soldiers, veterans, retirees and their Families for all the sacrifices they have made for the good of the U.S.

“We are very fortunate to be able to provide several special events to help celebrate the Army’s 239th birthday. Directorate of Family, Morale, Welfare and Recreation is proud to be a part of a commitment to our Soldiers providing them with the opportunities to celebrate this historic occasion,” said Janice Erdlitz, DFMWR marketing director.

Erdlitz said she hopes the entire community can join DFMWR in celebrating the occasion by attending events throughout the month.

People can test their mettle by competing in the Fort Rucker Army Strong Triathlon held June 21 at West Beach, in honor of the Army’s birthday. For more information, call 255-2296.

Rucker Lanes is celebrating the Army’s birthday all month long with xtreme Army birthday bowling. Every Saturday at Rucker Lanes, from 8 p.m. to 12 a.m., military I.D. card holders and a guest will receive a special two-for-\$15 rate. For more information, call 255-9503.

The Landing Zone is celebrating the event with free cake for patrons that stop by Friday at 11 a.m. Free cake will be given out while supplies last.

“The ceremonial cake cutting at The Landing Zone is just one symbolic way of recognizing the significance of this occasion,” said Erdlitz. “My only wonder is who’s going to blow out all those candles?”

The child development center will be having a celebra-



PHOTO BY STAFF SGT. BERNARDO FULLER

Under Secretary of the Army Brad Carson and President of the National Defense University Maj. Gen. Gregg F. Martin, along with the youngest Soldier present at the ceremony, cut an Army Birthday cake during a celebration commemorating the Army’s 239th birthday. The event was held in the Roosevelt Hall Rotunda at the National War College on Fort Lesley J. McNair, in Washington, D.C., Friday.

tion parade for Families Friday at 9:30 a.m. outside the facility.

The two dining facilities will hold an Army birthday celebration Friday with a cake cutting, a photography display and a special menu, which will be open to retirees, Family members and Department of the Army civilians.

The DFAC in Bldg. 5914 will serve lunch from 11:30 a.m. to 1 p.m., and Bldg. 6204 will serve lunch from 11 a.m. to 12:30 p.m. Cost for lunch is \$7.70, and the menu features prime rib, barbeque ribs and shrimp.

“One of the main reasons to have the community and installation celebrate the Army birthday together is to promote a strong and powerful relationship. From this only positive things will grow,” said Gregory Finch, food

SEE BIRTHDAY, PAGE A7

93rd Signal deems Fort Rucker Network Enterprise Center best

By Nathan Pfau
Army Flier Staff Writer

When it comes to winning awards, Fort Rucker is no stranger to the feat, and the installation’s Network Enterprise Center continues that commitment to excellence with its most recent win.

The Fort Rucker NEC earned the medium-level NEC of the Year for the 93rd Signal Brigade, which encompasses nearly all medium-level installations on the eastern side of the U.S., according to Tom Barrett, NEC director.

Winning the award wasn’t easy and was the result of the collective effort of team members who work to create one seamless unit, said the director.

“We are one cohesive team and we try not to have any barriers within our own team or to our customers to help that effort,” he said. “Winning the award is validation that we’re doing the right things at the right time. Our most important service is for our customers, so it’s good to know that our customers are getting world-class service.”

Sharon Storti, NEC information technology specialist, agreed and added that the Fort Rucker NEC’s strong teamwork is what drives the organization to push forward.

“I think it’s the overall ability for us to work together and solve a lot of the problems that come our way,” she said. “A lot of things get pushed down at the NEC level, and once it gets down to our level, we work hard to find the solutions to solve a lot of the problems.”

The NEC serves to provide all baseline telecommunications, information assurance and automation services for the entire installation. It’s in that area of expertise that nominees for the award are graded, according to Barrett.

“Each installation NEC submits a packet that goes to the (93rd Signal Brigade) and those packets then go to a board. (Then) each board member rates them,” said the NEC director. “The output of the boards will then go to the brigade commander who makes the final selection for the award.”

There are three separate categories: large, medium and small, all according to installation size. Fort Rucker, along with most installations in the U.S., falls under the medium category.

Within those separate categories, installations are graded in seven different criteria ranging from progressing toward a global network enterprise and state, to innovative solutions, two categories that Fort Rucker excels at, said Rita Guilmette, NEC chief of business and plans division.

“A lot of times other installations will come to us for help and ideas with a lot of the problems they have,” she said. “If we find a solution to a problem or a better way to do something, many installations will come to us and ask us how we did that, so that they can implement the process at their installations.”

“We try to be innovative and figure out different ways of doing things, so we help out quite a few installations when it comes to that,” added Storti. “Once we have a successful test added and we show other installations how we implemented the program, we’ll even go on to try and see if we can make it work Army wide from there.”

SEE BEST, PAGE A7

Latest SHARP training seeks to find

MIDDLE GROUND

By Sara E. Martin
Army Flier Staff Writer

The Fort Rucker Sexual Harassment and Assault Response Program has taken many avenues to educate Army workers and Soldiers and to raise awareness about sexual violence, but a new program sought to bridge the gap between troop generations.

‘Got Your Back’, which was held at the post theater June 2 to Wednesday, was brought to the post as a measure to ensure the message was properly communicated between older and younger Soldiers, so Soldiers will feel safe to report an issue if one should occur, said Sgt. 1st Class Lance Osborne, U.S. Army Aviation Center of Excellence and Fort Rucker SHARP program manager.

“(Some of our recent training has been) geared toward young Soldiers who are not in serious relationships, and the message

was (largely lost on many of our older generations),” he said. “I realized that this disconnect between the younger and older Soldiers is part of the problem.”

The program, he continued, was a facilitated discussion about hooking-up, sexual assault and bystander intervention.

“We examined how perpetrators’ method of operation is often masked by the accepted norms of hook-up culture. Myths about sex are being used to blame victims, protect perpetrators and confuse potential bystanders into inaction,” he said.

When people can discuss what healthy, consensual sex looks like in contrast to the methods perpetrators use, there is no confusion between healthy sex and rape, according to the SHARP program manager.

“‘Got Your Back’ applied the information learned about perpetrators’ motives



PHOTO BY SARA E. MARTIN

‘Got Your Back’ facilitators talk to Soldiers and civilians about sexual harassment and assault June 5 at the post theater.

and behaviors in order to devise successful bystander intervention strategies, and decrease our community’s tolerance for sexual predation,” he added.

Osborne said the workshop hoped to make connections between sexist language, stereotypes about hooking-up and the perpetuation of a culture that supports rapists; discuss the difference between

a healthy sexual encounter, a regretted sexual encounter and rape; and galvanize individuals to act as change agents within military culture to ensure it does not perpetuate a climate that enables sex offenders to operate.

“We need to bring more awareness to

SEE GROUND, PAGE A7

PERSPECTIVE

Transitioning: Benefits to starting ACAP early

By Bryan Tharpe

Fort Rucker Army Career and Alumni Program
Transition Services Manager

Congress has given the authority for transitioning Soldiers who have served a minimum of 180 days on active duty to begin using Army Career and Alumni Program services 18 months prior to their expiration term of service and two years prior to their retirement date.

These benefits also apply to Family members of transitioning Soldiers.

So, why do you need to start so far out? The short answer is that you have a lot to do to get ready to transition from the military and back into the civilian job market. Meanwhile, you still have a job to do in the military with its known and unknown mission requirements to work around. The optimum solution is to use the Swiss Cheese Effect to take little bites out of the process and keep it manageable.

To begin with, you will need an initial appointment with the ACAP Center staff to receive your mandatory pre-separation briefing or take it on line at www.acap.army.mil. Every Soldier getting out of the Army must have this before scheduling anything else. However, it only takes about one to two hours to complete.

At this appointment, you will learn about your transition benefits and complete your DD Form 2648 – a signed copy of which must be placed in your official personnel records. Following your pre-separation briefing, you should schedule a five-day employment workshop.

The Fort Rucker ACAP Center staff holds a bimonthly five-day employment workshop each month. These workshops are designed to let you meet with a Department of Labor representative for a three-day workshop, a six-hour briefing on your Veterans Affairs benefits and a six-hour financial planning seminar. You will also want to apply for your VA disability rating within six to two months from your separation or retirement date.

It's not until after you have attended the five-day employment workshop, however, that you know and appreciate how little time you really have, and what all you need to be doing to get ready to transition from the military.


At this point, your stress level will probably be rising. You will need to begin researching the type of jobs that you want to be considered for, your salary requirements, where you want to live, and the companies you want to work for. If you haven't begun networking by this point, you are already falling behind.

You will also need several resumes for the jobs that you want to apply for. Each will need a corresponding cover letter. Furthermore, you will need to do in-depth research on the companies to find out more about them for interview purposes. Finally, when you do get interviews, you will need a new wardrobe of clothes to wear to these events.

This is only a partial summary of things that you will be required to do to make a smooth transition to your dream job in the civilian world. So, as you can see, there's a lot to do to get ready to transition.

However, you are not in it alone. The ACAP staff will guide and assist you with all your transition needs, but it will still take a lot of your time. The earlier you begin, the lower your stress level will be, the more out of debt you will be and the more money you can save for that new wardrobe.

Don't wait until the last minute to get started – call the Fort Rucker ACAP Center at 255-2558 to register for ACAP services and schedule other ACAP-sponsored events.



STRENGTH

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Transition Readiness: how ready are you?

www.acap.army.mil

ACAP
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ARMY GRAPHIC

Rotor Wash

“Father's Day is Sunday. How can you show appreciation for the father figure in your life?”



**CW3 Ken Dyson,
Georgia National Guard**

“Spend time with them. That's what fathers really want. Even if you don't really do anything, go spend time with your father.”



**Brooke Garcia,
Army spouse**

“Celebrate in some way that is meaningful for your Family. Celebrate with your grandparents, a husband or a brother (if you're separated in some way from your father.)”



**Capt. Whitney Sims,
A Co., 1st Ba.,
145th Avn. Regt.**

“Make sure you tell them that you do appreciate them. Our society tells men that they should not be emotional, but one of the best things you can do for your dad is to tell them that you love them and thank them for everything they have done for you.”



**Sterling McClennon,
military retiree**

“With love and gratitude.”



**CW4 Shelly Sizer,
command chief warrant
officer, N.D.**

“Make sure, even if you are far away, to send the father in your life a card or gift of some kind so they know you are thinking about them. Calling them more often helps, too.”

COMMAND

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FORT RUCKER COMMANDING GENERAL

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Health smart

Commissary hosts Your Healthy Lifestyle Festival

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker is always looking to help its citizens get in shape by promoting a healthy lifestyle, and the installation continued that effort with a festival to high-light healthy living choices Friday-Sunday.

The installation hosted the Defense Commissary Agency's Your Healthy Lifestyle Festival in front of the Fort Rucker Commissary to feature many of the commissary's healthier options when it comes to eating and staying fit.

"We just want to show people how to shop healthy, eat healthy and be healthy," said Bobby Ward, Fort Rucker Commissary store director. "This event helps to draw attention to the healthier options of food people have here on the installation."

Ward said the focus of the festival was to highlight options like fruits and vegetables when it comes to meal or snack time, adding that a healthy lifestyle starts with healthy eating habits.

Throughout the festival, people were able to enjoy Zumba demonstrations, face painting for children, tips for grilling vegetables and a Vitamix blender demonstration, during which patrons were treated to free samples of the many concoctions possible with the blender.

Jennifer Handel, military



PHOTO BY NATHAN PFAU

Melissa Camilo, Vitamix representative, pours a fresh batch of smoothies after a demonstration to Melanie Seal, military spouse, during the Your Healthy Lifestyle Festival in front of the commissary Friday-Sunday.

spouse, was among those who attended the festival and said that she thinks it's a great idea to get people on the right health track.

"A lot of times I think people need a nudge in the right direction, especially when it comes to eating right and being healthy in general," she said. "This event is great because it's where people come to get their food, so when people see healthier options, it might persuade them to try something different that's better for them."

Handel admits that she hasn't always made the healthiest choices when it comes to diet and exercise, but she does try to get a good mix of fruits and vegetables in as part of her daily intake.

"It's important to keep up with your health, especially as you're getting older," she said. "I'm not 22 anymore, so I can't just eat whatever I want and stay fit. If I want to feel good about myself, I have to start taking care of myself. I think eating right is a great

way to start."

DECA decided that the beginning of summer would be a great time to kick off its healthy-lifestyle initiative and showcase its wide selection of produce since this is the time when a lot of fruits and vegetables are the freshest, said Ward.

Among the tables of fruits and vegetables were vendors featuring things like kettle corn and the Vitamix Blender demonstration, which offered up ice-cold smoothies and blended sorbet,

and many, like Brittany Smith, military spouse, found the demonstrations to not only be entertaining, but refreshing as well.

"I really liked the smoothies from the blender demonstration, especially on a hot day like today," she said. "It's always nice to come out and enjoy free samples when you're out for a day of shopping. It's a nice surprise."

"Not only was it nice to get something cold to cool me down, but it was surprising how something so healthy could be so good," Smith continued. "It makes me really want to rethink what I put in my body – it just tasted refreshing."

To many of the onlooker's surprise, the smoothies contained a healthy dose of spinach, as well as other fruits and juices to make for a healthy alternative to sodas or ice cream, according to Melissa Camilo, Vitamix representative.

In addition to the healthy samples, people were also able to enjoy savings on many produce items, and the post exchange offered sidewalk sales on many health and fitness items to enhance shoppers experiences.

"I was glad to come out today and experience not just the sales, but the care that the installation and the Army takes for its Soldiers and Families," said Handel. "That in and of itself is enough to make me a happy Army Family member."

Crutchfield earns star

Lt. Gen. Anthony G. Crutchfield, U.S. Pacific Command deputy commander, has his new rank of lieutenant general pinned on by Donald Adkins, his father-in-law, Ingrid Strange, a family friend, and his wife, Kim, during a ceremony at the U.S. Army Aviation Museum Friday. The former U.S. Army Aviation Center of Excellence and Fort Rucker commanding general said he had the choice of anywhere in the world to get promoted, but decided on Fort Rucker because the installation is where he and his family consider home. Fort Rucker is where he received his wings, where his daughter, Adria, was born, and it's where his career as an Army Aviator began, he said.



COURTESY PHOTO

News Briefs

AER closing ceremony

The Army Emergency Relief closing ceremony is now scheduled for Friday at 1 p.m. in the Regimental Conference Room in Bldg. 101.

23rd FTS change of command

The Air Force's 23d Flying Training Squadron will welcome its new commander during a change of command ceremony Friday at 2 p.m. at the U.S. Army Aviation Museum. Lt. Col. Jerry L. Crigger Jr. will assume command from Lt. Col. William L. Denehan Jr.

Command team change

The 1st Battalion, 13th Aviation Regiment will host a change of command and change of responsibility ceremony Friday at 8:30 a.m. at Howze Field – in case of inclement weather, the ceremony will take place in the U.S. Army Aviation Museum. Lt. Col. Romeo R. Macalintal Jr. will assume command from Lt. Col. Steven M. Pierce, and Command Sgt. Maj. Ronald K. Graves will assume responsibility from Command Sgt. Maj. Jason J. Palfreeman.

Opportunity knocks

The following internal positions are available on Fort Rucker: Supervisory Accountant, GS-0510-13, Vacancy No. SCEG140561531134700R, with the Directorate of Resource Management, with a closing date of Friday; Medical Support Assistant, GS-0679-04, Vacancy No. SCEG140398061130041, with Army Medical Command, with a closing date of Tuesday; Business Manager, GS-0301-12, Vacancy No. SCEG140549591134437, with the Directorate of Human Resources, with a closing date of Tuesday; Management Analyst, GS-0343-11, Vacancy No. SCEG140996331090853, with DRM, with a closing date of June 19; Administrative Support Assistant (OA), GS-0303-07, Vacancy No. SCEG140993671133868, with DRM, with a closing date of June 20; Electronics Technician, GS-0856-12, Vacancy No. SCEG140892261130944, with the 110th Aviation Brigade, with a closing date of Friday; and Interdisciplinary, GS-0401/0819/1301/1320-11, Vacancy No. SCEG140078811106932D, with the Directorate of Public Works, with a closing date of June 19.

For more, check out www.usajobs.gov.

AAFES customer appreciation

The Fort Rucker Triangle Express will host a Father's Day customer appreciation celebration Friday from 10:30 a.m. to 1:30 p.m. The event will feature discounts and savings, along with staff members heating up the grill and giving away free hot dogs to the first 100 customers. We The fire department will also be on hand with Sparky the Robot to promote summer safety.

Nutritional cooking

Lyster Army Health Clinic's nutrition care experts will put on a cooking class June 20 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" June 21 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 June 23-27 at the main exchange mall area. The event schedule is June 23 meet the flower shop manager from 10:30-11:30 a.m. and 12:30-1:30 p.m., meet the Firestone manager; June 24 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; June 25 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 ques-

tions and tell them how they are doing or what they can do better.

Lyster closure

Lyster Army Health Clinic will close for training June 25 at noon.

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 June 25 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.

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., exchange 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.

ACLCL 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.

Day in the life

ATC students keep eyes on the sky

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker's skies are filled with the familiar sound of rotor blades chopping through the air, but without air traffic controllers on the ground, those birds might be in for a rough ride.

That type of responsibility is what drives air traffic control students Pvt. Ben Collier and Pvt. Doug Cohee, both of A Company, 1st Battalion, 13th Aviation Regiment.

Collier came to Fort Rucker from Jacksonville, Fla., where he was living with his three siblings when he decided he wanted to get out and experience life, he said. And what better way to do that than to join the Army?

Cohee made his way to the installation from Greensburg, Ind., and said he decided he wanted to do something more with his life, so he decided to join the Army, as well.

The two Soldiers came from two completely different walks of life, yet found themselves together on the path to become air traffic controllers.

Their day typically begins at 5 a.m. when they are called to wake up, and by 5:30 a.m., they are out in the field for physical training. After PT, they conduct barracks maintenance, personal hygiene and eat breakfast – routine procedures for trainees.

After breakfast is when their day as air traffic control students begin.

"At 8 a.m. we get into formation to come to school and we'll march to the school to start learning for the day," said Collier.

Between the hours of 8:30-10:45 a.m., and noon to 4:45 p.m., the student's sole focus is on learning.

Having been on the installation for about eight weeks, Cohee and Collier have graduated to the point in their training to learn at Braman Hall, where they learn tower academics in simulators.

"We've been here at this building for about three weeks now," said Cohee. "This is where we learn a lot of phraseology that's associated with air traffic control. They teach us a lot of what we need to know for when we go into the simulators."

"We started learning about ground control – learning where to taxi aircraft that are arriving and departing the airfield," said Collier. "After a week in ground training, we



PHOTO BY NATHAN PFAU

Pvt. Ben Collier and Pvt. Doug Cohee, air traffic control students, both of A Company, 1st Battalion, 13th Aviation Regiment, direct simulated air traffic in a simulator at Braman Hall Tuesday.

tested out and moved on to local control."

Local control training, which is currently the point the students have reached in their training, is said to be much more difficult than ground. They must tell aircraft that arrive on the airfield, and coming in and out of the airspace, how to move and where to go.

"Ground was easier – local is pretty difficult," said Cohee. "With ground, you're just telling aircraft on the ground to taxi to a runway or hold short, but with local you're doing a lot of sequencing, like clearing aircraft to land, clearing aircraft to take off and things like that. There's just a lot more involved."

In their third week of training at Braman Hall, the pair said the toughest part so far has been knowing when to use the proper phraseology.

"The phraseology itself wasn't too difficult to learn, but knowing when to say it and putting it all together is where it really becomes a challenge," said Collier. "The most challenging part so far is keeping everything organized, especially when dealing with local control. You have to keep track

of when an aircraft has landed, what type of aircraft it was and things like that – it's a huge responsibility."

Although the responsibilities are high, Collier said that he feels the rewards when the training clicks in his mind and he is able to apply it properly.

"When I tested out of ground, I got a flawless run, which made me pretty happy," he said. "I'm aiming for the same results on the local testing."

At this point in their training, ATC students don't get much time to themselves, afforded only a few hours of time to themselves during the week, which normally runs from chow time at 5 p.m. to bed checks at 8 p.m.

Even though they have those few precious hours of free time, much of that time is spent either studying or helping out fellow students, said Collier.

"We normally change into our normal clothes and go around post, get any shopping that we need done and sometimes we even help some other people study if they need it," he said. "There was one week

where a bunch of us met at a pavilion, and we pretended as if we were in the tower and acted as if we had flight shifts."

Fortunately, the pair is at the point of training where they are allowed off the installation on weekends if they wish.

During initial training, ATC students aren't allowed to venture off the installation until they test out of Phase-4 training and earn the privilege, said Cohee, which is done by passing a PT test, Army service uniform inspection and TA50 battle gear inspection.

Despite all they've been through so far, the two students said they're looking forward to the rest of their training, no matter how difficult it gets.

"I love it," said Collier. "It's challenging, but I try to think of it more like a video game rather than hard work – it helps keep my mind set to where I can do it."

"The training has been difficult, but manageable," added Cohee. "I've gone through it pretty easily up to this point, and I'm struggling a little bit now, but I'll get through it."



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PHOTO BY SARA E. MARTIN

Frederick Panhorst, (center) former 145th Combat Aviation Battalion Headquarters Company commander, returned the national colors to Command Sgt. Maj. Larry Harris, Headquarters, 1-145th Aviation Regiment battalion command sergeant major, and Lt. Col. Marcus Gengler, Headquarters, 1-145th AVN commander, Monday at The Landing.

National colors returned to 145th

By Sara E. Martin
Army Flier Staff Writer

After 42 years, a part of the unit’s heritage was returned to 1-145th Aviation Regiment.

The colors that once belonged to the 145th Combat Aviation Battalion in Vietnam has found its way into the careful hands of Soldiers of the unit reborn.

According to battalion history, in 1972 the 145th Combat Aviation Battalion deactivated, and the colors left Vietnam. The unit was reactivated as 1st Battalion, 145th Aviation Regiment in 1987 on the installation, but the original colors was not with the unit, unbeknownst to officials.

Frederick Panhorst, the last company commander for 145th Headquarters Com-

pany in Vietnam, had managed to get his hands on the colors, and has kept it safe and sound for more than 40 years.

“As we stood down the unit, I had a supply sergeant come to me and say that the property book had been cleared off, but that we still had the national colors and he didn’t know what should be done with it,” he began. “There was so much going on, and people where leaving the country, that I just took responsibility for it.”

Panhorst said that he has not spent too much time thinking about the colors because he had it stored away.

“I had put it away in a cedar chest. When I discovered that I still had it, I knew the flag needed to be returned home,” he continued. “I knew that the battalion had been remobilized into the regiment here at Fort

Rucker, so I began calling numbers to see how I could return it home.”

The former commander said that the flag belongs here with the unit, and that he was merely a caretaker for a couple of years.

Panhorst and his Family traveled around the U.S. before settling south of Atlanta for the last few years. In his travels, he has taken the colors with him to Indiana, Fort Riley, Kan., and Fort Sill, Okla.

“This flag is part of their history. Hopefully the colors will serve as a reminder of where the unit has its roots,” he concluded. “If you know your history, you know where you come from. And if you know where you come from, you know where you are going.”

Command Sgt. Maj. Larry Harris, battalion command sergeant major for Head-

quarters, 1-145th AVN, said it shows great character that Panhorst thought of the unit first and foremost.

“It is a great honor to have the colors returned. For him to think of the unit and want it to be returned so it could find a resting place with its home battalion speaks greatly about him,” said Harris. “When I got the call that he wanted to return the colors, I was very excited. I knew they would be cherished here.

“There is a history of pride and tradition with this unit, and here is a physical memento of our legacy unit to take pride and joy in,” he added.

The colors will be framed and displayed with its history in the 1-145th AVN headquarters building, along with other colors that have been immortalized.

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Vice chief on leadership: Latch on to mentors

By David Vergun
Army News Service

ARLINGTON, Va. – An important aspect of leader development not learned in a classroom setting is the need to seek out good mentors, said Vice Chief of Staff of the Army Gen. John F. Campbell.

“I’d encourage you to sit down and talk with someone about what’s on your mind, and what you should do and what path you should travel. That’s pretty important. Not all organizations are worried about that. The Army is,” he said, regarding the worth of mentors.

Campbell spoke at a meeting of the Asian American Government Executives Network at the Doubletree Hotel in Arlington June 5. The AAGEN is a nonprofit supporting Asian-American and Pacific Islander leadership in government.

Although the audience was mostly civilian employees, Campbell said taking on mentors is just as applicable to them.

He applauded AAGEN’s commitment to mentorship and relationship building, and encouraged attendees to take advantage of that offering.

Campbell also commended AAGEN’s diversity efforts, which he said mirror the Army’s own and that diversity will be especially important for the Army as it seeks world partners in its global regional alignment effort.

Having good mentors changed Campbell’s own direction in life.

After joining the Army some 35 years ago, Campbell said his only plan was to complete his five-year commitment to serve and



PHOTO BY DAVID VERGUN

Vice Chief of Staff of the Army Gen. John F. Campbell speaks about leadership and mentoring, during a visit with Asian American Government Executives Network, in Arlington, Va., June 5.

then get out.

But, during those years in the late 1970s and early 1980s, he had a change of heart.

His mentors, mostly Vietnam veterans, including many non-commissioned officers, “were absolutely competent at their trade and displayed Army values, even as this nation recovered from Vietnam,” he said, adding that he was blessed to be influenced by their “character, competence and commitment” and that motivated him to stay in.

Mentors don’t always have to be someone you know on a personal basis though, he said, citing the 10 Medal of Honor recipients who fought in Iraq and Afghanistan, each of whom had a great influence on him.

Another, he said, was Daniel Inouye, a Japanese-American who served in the Army during World War II, at a time when Japanese-Americans were often looked at with suspicion.

Inouye served in the 442nd Regimental Combat Team, a unit Campbell called “the most decorated in American military history,” which sustained the “highest casualty rate” of the war.

Campbell then went into detail about how Inouye led his men in battle against the Germans in Italy, destroying three enemy machine-gun nests, despite his own severe injuries.

Inouye’s “men trusted him enough to follow him up that hill” into harm’s way, he said, noting that was a “tribute to his char-

acter. You look for that in your leaders,” civilian as well as military.

After Campbell’s remarks, he opened up the floor for questions. One AAGEN member asked him about how his own parents influenced him in his formative years, especially his mother, who is from Japan.

Campbell then told how his mother worked hard all day at a number of small jobs and his father, who was Air Force enlisted, worked at a night job to help the Family make ends meet.

His parents became his first mentors, he said, particularly his mom, who “instilled her values of hard work and preparation as being keys to success.”

Before going to bed each night his parents “made

sure my sister and I had done our homework. It was their way of instilling hard work in us,” he said, adding that there are a “lot of things you can’t control in life but one thing you can is self-accountability.”

One of the reasons Campbell said he had his sights set on going to West Point was because his parents couldn’t afford to pay for his college and he wanted to take the burden off them.

Lessons from mentors

Right before coming to the AAGEN event, Campbell said he put together a list of great leadership traits he learned over the years from his own mentors that he wanted to share.

He said there are things leaders must do.

- Have vision, the “abil-

ity to get their eyes off their shoelaces and see beyond day-to-day tasks and targets.”

- Be “able to look beyond tomorrow and discern a world of possibilities and potential as they take their organizations to a higher level of excellence.”

- Be driven by “a deep sense of conviction, strength of purpose and belief that reaches out to others, and touches their hearts and makes them eager to follow.”

- Have “self-confidence, not chest-thumping, strutting with egotism.” Instead, they are “quiet and self-assured.” That enables them to “stand in the shadow while others receive the attention and accolades.”

- Be “able to make decisions, but also be able to delegate and trust others to make things happen, while holding them accountable.”

- And, “possess courage, moral as well as physical. They must want to do what’s right, not what is popular. They must be willing to stand alone and act when necessary.”

These qualities “don’t emerge overnight or just happen as you assume new responsibilities,” he said. “You get them from experience and from being around mentors.”

In closing, Campbell said everyone will experience “life’s disappointments and failures,” but the real measure of a person is how he or she reacts to a crisis.

And, Soldiers know a good leader and mentor when they see one, he added. “Soldiers don’t care how much you know until they know how much you care.”

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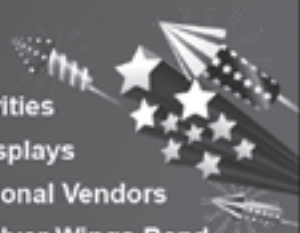
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Best: NEC strives to provide excellent service

Continued from Page A1

Barrett said winning awards is not something the team strives for, but what they strive for is excellence in the service they provide.

“This just confirms the decisions we make day in and day out as it relates to our team and helps us know that those are good decisions,” he said. “It’s all about the customer and knowing that we provide that excellent service for them.”

“I think winning this award helps to motivate us to do even better,” added Storti. “Achieving the award instills a lot of pride – knowing that you work for an organization that excels in everything that is put in front of them.”

Birthday: Variety of events allow community to get involved

Continued from Page A1

service specialist.

“Strong ties that emerge from the bonding of Army members and their community counterparts epitomize the objective of fostering local partnerships that improve

the quality of life for military members and their Families,” he added. “There is no better way to accomplish this goal than to sit down to a glorious repast at one of our dining facilities.”

Whether it is eating a piece of cake or marching down the street in Army colors,

Erdlitz hopes everyone finds a way to celebrate all that the Army has done defending the nation.

“Those who participate in the Army Strong Triathlon are my heroes. The commitment to endure that event is amazing, and you must be Army Strong to take part

in that event,” she said. “However you plan to celebrate the Army’s birthday, we hope to remind you of the strength of our Army, our Soldiers, our Families and hope everyone can enjoy the many celebrations offered this year as we celebrate the Army’s birthday.”

Ground: Program seeks to bridge gap between generations

Continued from Page A1

our poor behavior. Sometimes we might make a comment that is misunderstood or is offensive even though we meant it in good fun,” he said. “This class is a tool to be used in the future to help out a victim or to monitor

our own behavior.”

Sgt. Christopher Litteken, 1st Battalion, 58th Airfield Operations Battalion, said it was uplifting that the Army is trying to find new ways to get the information across to Soldiers.

“I really liked when they said outsiders see the Army a cer-

tain way. And when they make derogatory comments about the Army, they are making derogatory comments about me,” he said. “When outsiders say the Army is not a safe place because everyone is sexually harassed or hazed, that is just not my Army. And I want to make sure that it


is no one’s Army.”

Staff Sgt. Damian Wiles, 1-58th AOB, said that he feels that Fort Rucker has a good, down-to-Earth approach when it comes to tackling these issues.

“I think ‘Got Your Back’ helped the (older generations) understand what is really going

on, and it can help them imagine what it is like in the clubs or in a bar,” he said. “It can help them understand what it’s like to be there as a single Soldier, not in their living room with their Family on a Friday night. I think it will help open (some people’s) eyes.”

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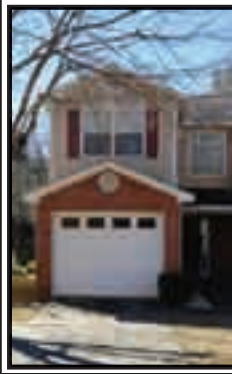
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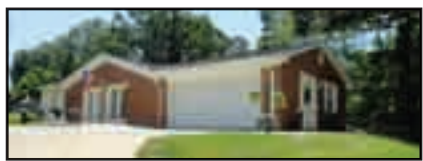
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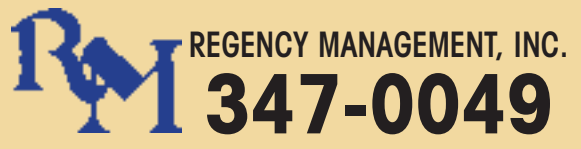
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JUNE 12, 2014



PHOTO BY SGT. MICHAEL FARR

Candidates from the 4th Attack Reconnaissance Squadron, 6th U.S. Cavalry Regiment, 2nd Combat Aviation Brigade, 2nd Infantry Division, push a Humvee as instructors look on during a situational training exercise lane that involved recovering a disabled vehicle in rough terrain May 21 at Camp Humphreys, South Korea.

AIR CAV

Soldiers earn spurs for 1st time in Korea

By Sgt. Michael Farr
4-6ARS Public Affairs

CHUNGCHEONG, South Korea — For none but the shades of Cavalrymen, dismount at Fiddlers' Green....

With this phrase on their lips and a packed rucksack on their backs, about 60 troopers of the 4th Attack Reconnaissance Squadron, 6th Cavalry Regiment, 2nd Combat Aviation Brigade, participated in a Spur Ride, May 21-22, in Chungcheong Province, South Korea.

Dirt-covered Soldiers chant the cavalry's famous poem, known as "Fiddler's Green," treading each painful mile as the burden of their rucksacks got heavier by the minute. A Soldier winced in pain as a grinning Stetson-donned cavalry sergeant with silver spurs looked on without pity at the "shaved-tails," a nickname for green cavalry Soldiers without spurs, originally given when the tails of horses were shaved as a warning to others of a new troop's inexperience.

For 4-6th ARS, the event was a last "hoo-rah" before wrapping up its nine-month tour on the peninsula before returning to its home station of Joint Base Lewis-McChord, Washington.

The Spur Ride, a rite of passage in Army cavalry units, is a test of a trooper's physical strength, mental toughness and ability to lead. Along with ruck marches and obstacle courses, Soldiers must learn cavalry history and tradition, to include the historic cavalry poem.

Upon completion of the day-long course, candidates are awarded silver cavalry spurs, which troopers are then allowed to wear during squadron formations and ceremonies. Spurs can only be worn when assigned to a cavalry unit and they are often paired with the traditional black Stetson hat.

The Spur Ride began with a six-mile ruck march around the airfield at Camp Humphreys, South Korea, and then continued to a training area, where teams completed lanes ran by each of the squadron's six troops.

Events included moving through obstacles, tactical movement under fire, calling in situation reports, learning survival skills and completing team challenges. All candidates could expect a difficult day, but teams showing a lack of enthusiasm or a minimum

SEE AIR, PAGE B4

RAIDER FOCUS

3rd CAB supports field training exercise

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

FORT STEWART, Ga. — Soldiers of 3rd Squadron, 17th Cavalry Regiment, 3rd Combat Aviation Brigade provided Aviation support during air assault and medical evacuation missions for Raider Focus — a recently completed field training exercise led by 1st Armored Brigade Combat Team, 3rd Infantry Division in May on Fort Stewart.

The FTX was beneficial to the Aviation unit to prepare the 3-17th CAV Soldiers for the National Training Center, while supporting 1st ABCT there.

First Sgt. Orlando Jackson, Troop B, 3-17th CAV, said he was able to ensure his Soldiers' were able to react under the training conditions.

"We're evaluating all of our aircraft, equipment and Soldiers," said Jackson. "I want to make sure my Soldiers are receiving the proper training."

With many of the Soldiers being deployment veterans, Jackson said he had a strategy to keep his Soldiers from getting complacent in garrison.

"We plan on keeping them busy, physically and mentally," said Jackson, a Lake Charles, La. native. "The enemy can strike at any time, so we want to get them in the mindset of being prepared at all times."

Additionally, CW2 Joseph Flint, OH-



PHOTOS BY SGT. WILLIAM BEGLEY

Soldiers move through a mock village after leaving helicopters during an air assault mission to secure a simulated hostage on Fort Stewart, Ga., during Raider Focus May 19.

58D Kiowa Warrior pilot, Troop B, 3-17th CAV, said he and the other pilots are always happy when they get a chance to fly and support the team.

"We are here providing aerial support coverage for the guys on the ground," said Flint. "This is training which ultimately will take us and 1st ABCT to NTC, and prepare us for deployment."

Maj. Adam Cannon, operations officer, 1st ABCT, explained that it was also an

SEE FOCUS, PAGE B4



Two UH-60 Black Hawk helicopters from B Company, 4th Battalion, 3rd Aviation Regiment, perform an air assault into a mock village on Fort Stewart, Ga., during Raider Focus May 19.

SOARing BOATS



PHOTO BY SGT. CHRISTOPHER PROWS

Special warfare combatant-craft crewmen from Special Boat Team 12, stationed at Naval Base Coronado, Calif., with the help of Aviators from 4th Battalion, 160th Special Operations Aviation Regiment, stationed at Joint Base Lewis-McChord, Wash., conduct a Maritime External Air Transportation System training evolution in Moses Lake, Wash., May 21. MEATS is a way to move a watercraft from a point on land or water to somewhere else, using an Army MH-47G Chinook helicopter. The crewmen rig the boat to the helicopter as it hovers above, and then climb a rope ladder to board the helicopter before moving to the final destination, where they will slide down a rope to the boat before the helicopter disconnects the hoist cables.

Teach thy neighbor: Students learn English from Soldiers

By Sgt. Nicole Hall
2nd Combat Aviation Brigade
Public Affairs

ASAN, South Korea — U.S. service members are visitors to the Republic of Korea, and it is important to accomplishing the mission that Soldiers foster positive relations with the host nation.

U.S. Forces Korea operates the Good Neighbor Program peninsula-wide to assist the U.S. military in making and keeping positive, friendly relations, and maintaining a strong alliance.

As ambassadors to the U.S., it is important for Soldiers to visit the local community, showing a friendly presence.

Soldiers from 602nd Aviation Support Battalion, 2nd Combat Aviation Brigade, 2nd Infantry Division, create that presence with their own English camp.

Each company rotates to Dunpo Middle School in Asan, a school the battalion has adopted and regularly visits.

In their most recent visit to the school, Capt. Benjamin H. Jung, the battalion chaplain and native of New York City, escorted nine Soldiers to the school to help seventh and eighth graders learn English. Many of the Soldiers that participated during the day were new to Korea and it was their first time visiting the Korean school.



PHOTO BY SGT. NICOLE HALL

Soldiers from 602nd Aviation Support Battalion, 2nd Combat Aviation Brigade, 2nd Infantry Division, get to know three Korean students during a visit to Dunpo Middle School May 20 in Asan, South Korea.

"I was nervous at first, but I had to overcome it, because the kids looked up to me as an adult," said Pfc. Gabriel Ramirez, from Phoenix, Ariz., an electronic missile equipment repairer assigned to B Company. "I broke the ice by asking their names and we kept conversing from there. Even though we come from different backgrounds, we still managed to have a good time together."

The Soldiers were broken down into groups with four students. Many Soldiers began their conversation by learning about the students they were helping teach English.

Many of the children knew minimal to conversational English already, and they were able to assist Soldiers and their classmates to communicate. Korean Augmentees to the U.S. Army were also present to assist with translating.

The classroom was relatively quiet as the class began. By the end of the class, giggles and laughs could be heard throughout the room. Handshakes between Soldiers and students were exchanged when it was time to leave for the day.

"It was a great experience going to the school," said Ramirez. "We all learn from each other, no matter the age, gender, race, etc. I definitely plan to go back and volunteer with the English class."

The principle of Asan Middle School, Jung, Dae Soo greeted and thanked Soldiers for working with his students.

The 602nd ASB Soldiers are regulars to the school and will continue to teach students English. The battalion also volunteers at a Pyeongtaek Child Care Center and an after school program for at risk youth. Soldiers who volunteer to be a part of these amazing opportunities, can also use the hours to earn a Military Outstanding Volunteer Service Medal.

"The Good Neighbor Program provides a positive opportunity for our Soldiers to interact with Korean citizens," said Jung. "Just from interaction with the students, Soldiers discover how similar school life is in America, giving Soldiers a practical perception of Korean culture. The GNP also displays to Korean citizens the Army's genuine kindness and enthusiasm in supporting their nation."

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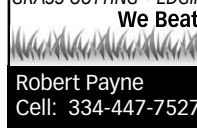
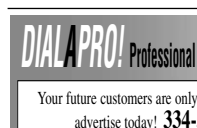
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Focus: Exercise aids in mental preparation

Continued from Page B1

opportunity to work together with other units. “This was a great opportunity to bring all the components from our brigades together and work as a total organization,” said Cannon.

Cannon added that the exercise was an important part of getting into the mental preparation necessary for the upcoming NTC mission. “The core of this training is to get Soldiers into the

(right) mental mindset, so that their actions seem automatic,” Cannon said. “You’re still a thinking individual out there, but now you know the right actions to reflexively take. We ingrain this into the individual rifleman all the way up to the company.”

Air: Aviators earn silver spurs, Stetson hats after test

Continued from Page B1

of esprit de corps, were pushed harder and to their limits.

In order to be a part of the spur ride, the applicants had to meet certain competitive requirements, and they had to be reviewed by a senior leader before being accepted. Each candidate required a spur-holding sponsor who could vouch for the applicant’s suitability.

Spur candidates competed in a Spur Board at the end of the event. Soldiers were tested on various topics, such as the Soldier’s Creed, code of conduct, general orders, history of 6th Cavalry Regiment, and etiquette for the wear of spurs and the signature Stetson cavalry hat.

“It was great teambuilding,” said Pfc. Tevin Felder, an Aviation operations specialist from Orangeburg, S.C., assigned to Headquarters and Headquarters Troop, and a candidate of the spur ride. “When I wanted to give up, I kept pushing. It brought the best out of me and I learned a lot.”

“I am proud to be among one of the few Korean nationals to have earned the right to wear cavalry spurs,” said Korean Augmentee to the U.S. Army, Pfc. Lee, Jun Ho, a native of Seoul and assigned to Troop B. “I’m very happy that I finished the Spur Ride.



PHOTO BY SGT. MICHAEL FARR

Soldiers from 4th Attack Reconnaissance Squadron, 6th U.S. Cavalry Regiment, 2nd Combat Aviation Brigade, 2nd Infantry Division, stand proud wearing their new spurs earned after completing the Spur Ride May 21 Camp Humphreys, South Korea.

It’s an honor to wear a Stetson and spurs. I look forward to being a spur-holder for the next Spur Ride.”

During the concluding ceremony, Lt. Col. Brian T. Watkins, the battalion commander, congratulated the candidates on their suc-

cesses and reminded them of the importance of teamwork. “You have demonstrated cavalry and leadership skills greater

than those expected of others,” said Watkins, a Fort Lewis, Wash., native. “But you wouldn’t be here without your team.”

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JUNE 12, 2014



Gabriel Schoonmaker, VBS student, hammers a nail into a plank of wood during VBS at the Spiritual Life Center Monday.



Eric Jackson, VBS student, puts the finishing touches on his mask.

PHOTOS BY NATHAN PFAD

VACATION BIBLE SCHOOL

Children use all senses to learn life lessons

By Nathan Pfau
Army Flier Staff Writer

Children of all ages on Fort Rucker got the chance to learn life lessons on a biblical scale at this year's Fort Rucker Vacation Bible School at the Spiritual Life Center.

By focusing on teaching through interaction, this year's theme for VBS, which runs through Friday, is "Covenant Adventure – God Calls His People," and children were able to use their senses to learn and create lasting memories, said Nancy Jankoski, Fort Rucker Religious Support Office director of religious education.

Each day of the five-day event consists of a different covenant the children learn about.

Monday was Noah's covenant, during which children learned how God spared a Family and renewed the world; Tuesday was Abraham's covenant, during which children learned how God worked with one man to bless all mankind; Wednesday was Moses's covenant, during which they learned God gave people rules to live by; today is David's covenant, when children learn that God provided a leader for his people; and Friday will be the new covenant, during which children will learn that Jesus is God's promised savior.

Along with each theme and

covenant, activities are set up for children to utilize their senses to learn.

"It's all about learning through interaction," said Jankoski. "We want them to use all of their senses to learn, not to learn the way I did growing up – through worksheets and reading.

"We want them to learn by actually putting themselves in the story," she said. "You use all five senses that God gave you – you smell things, you taste things, you touch things, you see things and you hear things, and that's how we want our children to learn. That way they can create a lasting memory."

During Noah's covenant, children outside were able to take part in games where they had to retrieve treasures from the "sea," and inside they were able to use their hands to build and create things, including a boat and masks.

Children were able to get their hands on tools and learn how to hammer a nail into wood under close adult supervision, and then go on to hand craft a toy boat.

One of the most exciting and interactive activities that children got to take part in was the parting of the Red Sea, which was done during the Moses covenant Wednesday, organizers said.

They were able to walk through the Red Sea as Moses did with his



Amy Camron, volunteer storyteller, tells a biblical story to the children as they enjoy their biblical era baked goods.

people, according to the Bible, all while being pursued by the Egyptian army, who were played by teenage volunteers.

Although Moses and his followers made it through the parted sea, the army following close behind wasn't as fortunate and the waves "crashed down" upon them, simulated by other volunteers standing by with hoses and water guns.

Children were also able to use their sense of taste and smell as they sampled different baked

goods, such as bread with honey, cakes and other treats.

Riley Jones, VBS student, said one of his favorite parts of the experience was the food and story time.

"I really liked the cookies," he said with a full mouth.

As the children filled their hands with breads and cakes, they ventured into a simulated night-time story time where Amy Cameron, storyteller and volunteer, was there to take them on a journey

through biblical times.

The experience runs through Friday, so people still have a chance to get in on the fun.

"We don't want to turn anyone away, so even if we have to put a child in a different age group just so they can experience the program, we'll do that," she said. "As long as we have the room, we'll try to get you in here."

For more information, call 255-3946, or visit the religious education center.

Center Library kicks off summer reading program

PAWS TO READ

By Sara E. Martin
Army Flier Staff Writer

There are many summer sports activities that children can get involved in before school begins in the fall, but one program on post seeks to improve children's minds.

The Center Library kicked off its Paws to Read program Monday with juice, cake and a trick dog performance by Lucky Dog Sporting Group from Ashford.

"Paws to Read is our summer reading program theme for this year. We are really excited to get children reading during the summer and we are looking forward to rewarding their progress," said Jodi Wilcox, Center Library systems technician and children's coordinator.

Registration ends June 20 for the free summer reading program, which ends July 18.

The program is geared towards kindergartners through eighth grade, but Wilcox said if a younger child is on a higher reading level

they are welcome to join.

Children are allowed to check out as many books as they would like for up to three weeks, said Wilcox. The children will keep up with a time reading log, and when they reach each reading log milestone they will get a prize such as mugs, shirts, cow poppers and more.

"Studies have shown that when children continue to read through the summer, they pick right back up where they left off in May," she said. "And their test scores either improve right away or they, at the least, don't take steps backwards."

Wilcox said that parents can get in on the action, as well, by reading to their children.

"When parents read to their children it creates a personal connection and strengthens their relationship. Plus, when children see their parents enjoying reading that encourages them to read as well," she said. "The passion to read as children helps them think out of the box and be more



PHOTO BY SARA E. MARTIN

The Lucky Dog Sporting Group performed Monday at the Center Library as part of the Paws to Read kickoff event.

creative and use their imaginations more."

Wilcox added that reading lends to many children's artistic nature, but also helps them be more intellectually sound.

The library will have a few events during the program to keep children engaged and to encourage them to keep reading.

June 25, a guide dog demonstration with Guide Dogs of America will take place, along with a therapy dog demonstration with Therapy Dogs International at the library from 2-3 p.m. There will also be a chance for children to read with the therapy dogs that

afternoon.

July 15, Big Bend Wildlife Sanctuary, Inc., will come in along with the Alabama Department of Conservation to educate the children on Alabama wildlife, such as alligators, which will be in attendance.

"They will teach the children about what to do if they see a hurt baby bird, and what to do and not to do if they see a wild animal," she said.

Anna Kirkland, Army spouse, said she enrolled her two daughters because she wants to foster their love of reading, and that her family has long looked forward

to the program beginning.

"My eldest daughter has a hunger for books that is sometimes hard to keep satisfied," she said. "Reading introduces new places and things to my girls that they might not ever experience firsthand. When you sit around the dinner table and your child tells you about a book they really liked, it's priceless."

To register, call 255-3885 or visit the Center Library in Bldg. 212 during operating hours – Mondays and Fridays, 9 a.m. to 5 p.m.; Tuesdays to Thursdays, 9 a.m. to 7 p.m.; and Saturdays, noon to 5 p.m.

ON POST

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

Summer reading program registration

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

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

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. In June, the sessions will take place today and June 26. 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.

Father’s Day brunch

Dads that come by The Landing Zone on Father’s Day, Sunday, from 9 a.m. to 2 p.m. will get half off their brunch entree with the purchase of a regular priced brunch entrée. The offer is for dine in only, and cannot be combined with any other promotion or coupon.

For more information, call 598-8025.

Family member resilience training

Army Community Service will host Family member resilience training Monday and Tuesday from 8:30 a.m. to 3 p.m. at The Commons. The training helps people acquire the tools they need to become more resilient to face the challenges that life throws at them. To attend, people should register by Friday.

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

Dueling Pianos

The Landing will host Dueling Pianos June 20 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 \$12 if tickets are purchased by June 18, and \$16 at the door.

For more information, call 255-9810.

Newcomers welcome

Army Community Service hosts the newcomers welcome June 20 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.



PHOTO BY NATHAN PFAU

Freedom Fest

A Family enjoys riding the Wrecking Ball at the Wiregrass Freedom Fest in 2012. This year’s 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.

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 June 25 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.

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.

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.

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\$250 Table Reservation (10 patrons) + Tropical Reception

Advanced show tickets are available at The Landing until close of business on June 19th.

For more details visit
www.ftruckermwr.com.

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FORT RUCKER MOVIE SCHEDULE FOR JUNE 12-15

Thursday, June 12

Rio 2 (G)
.....7 p.m.

Friday, June 13

The Other Woman (PG-13)
.....7 p.m.

Saturday, June 14

Brick Mansions (PG-13)
.....7 p.m.

Sunday, June 15

Rio 2 (G)
.....2 p.m.

Soldier protected others from air attacks

By David Vergun
Army News Service

WASHINGTON — Staff Sgt. Arthur Guest played a unique but crucial role in securing the beachhead from enemy aircraft during the D-Day invasion at Normandy, France, June 6, 1944, and in the days and months that followed.

To do that, he and the two Soldiers he commanded launched a helium balloon.

While helium balloons today are popular at birthday parties, Guest's balloon was no small party balloon.

The purpose of the balloon, he said, was to stop German aircraft from swooping in low and strafing the men and supplies on the beach, as they prepared to move inland.

While a balloon might seem fairly innocuous, if an aircraft ever hit the cable holding it up, it would shear the wing off, he said.

One of his men also manned an antiaircraft gun for good measure, he said, and it was used, especially at night when enemy aircraft flew just above the balloons, which hovered at about 2,000 feet.

With balloons like his all up and down the coast, this made enemy aircraft attacks significantly less effective, as they had to drop their payloads from much higher altitudes, and could not get the accuracy they would have, had they been able to come in low.

One of the most dangerous moments of the war, the 93-year-old veteran recalled, was during the landings at Omaha Beach, when they had to wade ashore with their heavy packs and hold their rifles over their heads, hoping they wouldn't drown.

The heavily-laden, flat-bottom landing craft couldn't make it all the way to the beach since they bottomed out, he explained.

Fortunately, he said, they landed a few hours after the initial landings. By that time, the Soldiers had pushed the German defenders back far enough to where the landings were relatively unopposed.

Before they got the balloon filled with helium, they had to secure the cable to the ground with stakes so it wouldn't take off. For good measure, they added explosive charges to the balloon so that it would blow up an aircraft even if the cable didn't shear a wing. A winch was used to lower and raise the balloon during stormy weather.

He said the entire balloon system was pretty "peculiar."

Guest and his two-man team remained on the beach until November 1944, he said, when then-General and later President Eisenhower ordered them home and declared the mission a success.

If Guest's balloon system was pretty peculiar, so was his unit.

The 320th Very Low Altitude



PHOTO BY 111TH NAVAL CONSTRUCTION BATTALION

Barrage balloons float over Omaha beach in Normandy, France, June 6, 1944.



COURTESY OF ARTHUR GUEST

A portrait photo taken of Arthur Guest in his Army uniform is juxtaposed with a more recent photo of him.

Barrage Balloon Battalion was made up entirely of African-American Soldiers, except for the commander.

It distinguished itself as the first all-African American unit to take part in the invasion of France.

The military, at the time, was still segregated, as was Guest's hometown of Charleston, S.C., where he grew up.

But despite living under those conditions, Guest said that on Dec. 7, 1941, when he heard on the radio that Pearl Harbor, Hawaii, had been attacked, he felt it was an attack on all Americans, irrespective of race or anything else.

"I remember real well when

they did that dirty trick," he said of the attack. At the time, Guest was a laborer in the Charleston Navy Yard, and he knew immediately on that Sunday that his world had changed forever.

In 1942, Guest was drafted within days of the attack and shipped to Camp Tyson, Tenn., where he learned the balloon trade. He arrived in January and recalled it being bitterly cold.

Once his training was completed, he and others of the 320th were shipped to England, where they remained from November 1943 to June 1944, right before the landings.

The Army kept them busy cleaning weapons and doing physical training. There was very

little time for liberty, but the few times there were, Guest said the English treated him and his fellow Soldiers "hospitably."

But the busy work was getting on their nerves and the men were actually looking forward to D-Day, he recalled.

As to the landings and the aftermath, Guest said there was no room for fear. He had a job to do and men to look after, and there was no place for those kinds of feelings. Not until Guest returned to the States in November 1944, did the fear finally hit him.

"You wonder how you went through it," he said. It was like waking up after a nightmare and realizing, "Lord, it really happened."

Although Guest kept his emotions under control during the war, there was one he could not — his love for Marthana, his fiancé.

"I kept her picture close to my heart at all times and while in the foxholes," he said.

Upon his return stateside, Guest said the 320th did jungle training, in preparation for the invasion of mainland Japan, which fortunately never happened, he said.

The year 1945 was a good year, he said. The war was over and that's the year he married Marthana.

But not all was good. Despite getting treated hospitably by the English, he said that wasn't the case in the South.

He recalled once leaving Fort Gordon, Ga., to catch a bus. People of color, he said, could not go through the main door of the terminal. They had to go through

a back door called the "pigeon-hole."

While de facto segregation ended in the South in the 1960s, Guest said that same mentality is "still hanging around."

He said he prays for the day when all of God's children will live in harmony.

After the war, Guest became a minister at the Church of Christ and retired just recently, but still prays and meditates daily.

"I hope there will never be a world war again and that man will learn to live together as God intended," he said. God made all of us in his image "and we need to accept that."

Guest said he's blessed to have survived the war intact and married his sweetheart, who is still with him after 69 years of marriage.

They have one daughter and four grandchildren.

Brittani White, one of the grandchildren, said she calls her grandparents just about every day and is thankful for their health.

She said Guest tries to get exercise weeding the yard and walking, although a hip pain has curtailed some of the walking. She said Guest is still pretty "spry" and his mind is sharp as well.

Guest said he's maintained contact over the years and decades with his balloon gunner, who lives 75 miles away in Orangeburg, S.C. He thinks he may have passed away recently, though.

So many World War II veterans have passed away and whenever their story can be told, he said it is a good thing.

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‘Jumpin’ Joe’

D-Day vets remember Soldier’s unique story

By Senior Airman Alexander W. Riedel
Army News Service

SAINTE CÔME DU MONT, France – With the tricolor of French, American and British flags draped in the windows, parades of vintage military vehicles and ceremonies in villages across the region, Normandy was abuzz with celebration on the 70th anniversary of D-Day.

Away from much of the commotion, in the shadow of the picturesque Saint-Côme-et-Saint-Damien Church here, Family members and fellow veterans joined in a quiet remembrance in honor of Joseph “Jumpin’ Joe” Beyrle, a World War II veteran of the liberation of northern France.

Beyrle’s son, John, was joined in the wreath-laying ceremony by his Family and D-Day veterans who had served alongside his father in Normandy, June 6, 1944.

“It’s now almost exactly 70 years ago that a young man, my father, landed here, on this very spot, to begin his campaign for the liberation of Europe,” said John. “I’m honored to see you all here today, paying homage to his memory.”

A unique tale

Alongside thousands of heroic stories during the days of the invasion of Normandy, Beyrle’s story is considered to be unique, John said, in that he was the only known G.I. to have served in both the U.S. and Soviet Army against Hitler during World War II.

Born in Muskegon, Mich., Beyrle enlisted in the Army after his high-school graduation in 1942. With war looming on the American horizon, Beyrle chose to join the service as a paratrooper. During training, he gained his nickname, “Jumpin’ Joe.”

“A lot of the guys were afraid they would sprain an ankle or

break a shin bone before a mission,” John said. “As they got closer to the jump, they would actually give him \$5 to show up and make their jump in their name. So, he made many jumps under assumed names during training – then somebody came up with the name ‘Jumpin’ Joe.’”

Beyrle was assigned to the 506th Parachute Infantry Regiment of the 101st Airborne Division, and headed for Europe – where even before the launch of the invasion, the radio communications and demolitions expert participated in two covert operations delivering gold to the French resistance.

On D-day, Beyrle’s C-47 Skytrain quickly came under attack, forcing him and his team to abandon the aircraft at low altitude before arriving at the targeted drop zone.

“After landing on the church grounds here, (my father) carried out several operations, but got separated from his company,” his son recounted. “He then was captured by the Germans and held in a house near the church here.”

After falling into enemy hands after destroying a power station, Beyrle began an odyssey as a prisoner of war.

3 times the charm

Refusing to be kept from the fight, Beyrle tried to escape from enemy captivity, but was recaptured twice. After several transfers from one prison camp to another, and severe maltreatment by Nazi secret police, Beyrle was transferred to a camp in the German-occupied east territories.

Here, he saw another chance to escape and seek refuge with the Soviet Army troops who were fighting German forces nearby.

“In January 1945, he escaped from what is now Poland,” John said. “He went east and linked up with a Russian tank unit that went toward Berlin. He fought with



PHOTOS BY SENIOR AIRMAN ALEXANDER W. RIEDEL

Donald R. Burgett shares stories of the 506th Parachute Infantry Regiment, 101st Airborne Division, with a period re-enactor June 5 in Saint-Côme-Du-Mont, France, on the occasion of a memorial ceremony in honor of Joseph “Jumpin’ Joe” Beyrle. Burgett is a writer and fellow D-Day veteran of Beyrle’s unit.

them for 10 days, until he was wounded.”

Beyrle later was repatriated through the U.S. embassy in Moscow – just in time to celebrate the end of the war in Europe on V-E Day, in Chicago.

“My father first came back here 20 years after D-Day,” said John, who himself served as a U.S. ambassador to Russia. “He really wanted to see, in the daytime, where he had landed in the middle of the night. Here he met with veterans of his unit from which he was separated and never reunited. After that, he came back every five years on the anniversary of D-Day, until his death in 2004.

Return to Normandy

Among the veterans in attendance were James “Pee Wee” Martin and Donald R. Burgett, who both served in the 506th Parachute Infantry Regiment, alongside Beyrle.



A plaque marks the spot at where Joseph “Jumpin’ Joe” landed on D-Day, June 6, 1944, in Saint-Côme-Du-Mont, France.

“I didn’t know Joe very well, but I sure know he could shoot and was one hell of a guy,” Burgett said with a smile. “It’s good for us, and everybody, to remember the sacrifices that were made by men like him in liberating France.”

At age 81, Joseph Beyrle died of heart failure in 2004, in Toccoa, Ga., the location that the 506th Parachute Infantry Regiment trained at, before heading to

Europe.

“(Normandy), for us, is like a second home, because of the experience my dad had in the war, but also because of the friendships we made,” John said. “We, as Family, and the veterans themselves, come here because it is kind of a sacred place for them, and by extension, all of us. My daughter is here on her first visit, and so we hope to come here for many years (and generations) to come.”

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Main Post Chapel, Building 8940
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Sunday
11 a.m. Traditional Worship Service
12:05 p.m. Catholic Mass (Tuesday - Friday)
4 p.m. Catholic Confessions Saturday
5 p.m. Catholic Mass Saturday

Wings Chapel, Building 6036
8 a.m. Latter-Day Saints Worship Service
9:30 a.m. Protestant Sunday School
10:45 a.m. Wings Contemporary Worship Protestant Service
1 p.m. Eckankar Worship Service (4th Sunday)

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

BIBLE STUDIES

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

Wednesday –
11 a.m. Above the Best Bible Study, Yano Hall
11:30 a.m. 164th TAOG Bible Study, Bldg 30501



COURTESY PHOTO

Pick-of-the-litter

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By Alabama Department of Travel
Press Release

The U.S. Space & Rocket Center (One Tranquility Base, (800) 63-SPACE) in Huntsville is the largest and most comprehensive space flight museum in the world.

Located just off I-565, the center is easy to spot from miles away by the 38-story replica of the Saturn V rocket standing in front of it. The space center’s side parking lot is located alongside the futuristic dormitories used for Space Camp and an 89-ton mock-up of the Pathfinder space shuttle.

Walking up the sidewalk to the center, you will see the grave of Miss Baker, a spider monkey launched into space and successfully recovered, and an SR-71 Blackbird spy plane on display. The SR-71 Blackbird planes were used by the U.S. Air Force from 1964 to 1998 as a strategic reconnaissance aircraft. They cruised at Mach 3 (three times the speed of sound) and set a jet speed record by traveling from New York to London in one hour and 54 minutes.

Once inside the space center, you can purchase a ticket and visit a gift shop full of NASA and science souvenirs, including flights suits, space craft models, and Apollo and shuttle program collectibles. There is also a six-story Spacedome IMAX Theater featuring a large domed screen for full-length movies and space-related IMAX presentations. Tickets for movies are additional or may be purchased as part of a combination admission ticket.

Explore exhibits, collections

The U.S. Space & Rocket Center, created by the state of Alabama in 1970, has an extensive collection of original space exploration hardware, including Mercury and Gemini capsule trainers, the Apollo 16 capsule and one of the few V-2 rockets in the nation. You can also see the actual desk where Dr. Wernher von Braun worked as director of the Marshall Space Flight Center and his 1969 calendar where written by his hand in pencil on July 20 are the words: “lunar surface achieved.”

In addition to simulators and other attractions, the center offers hands-on exhibits: Discovery Theater Shows are offered three times daily and allow visitors to see how sci-



COURTESY PHOTO

The U.S. Space and Rocket Center in Huntsville.

ence has continually propelled NASA’s space exploration. The shows include audience interaction and live demonstrations.

Kids Cosmos Energy Depletion Zone offers children under the age of 8 (accompanied by an adult) the opportunity to enjoy interactive fun in the Space Station.

Rocket Park, located behind the rocket center, is home to an amazing collection of U.S. Army missiles and NASA rockets, plus the accurately depicted re-creation of Tranquility Base, where Apollo 11 landed on the moon.

Discover wonders of the Davidson Center

A short walk through Rocket Park will lead you to the Davidson Center for Space Exploration, which was specially designed to house the original engineering model, the first Saturn V rocket. It was never launched into space. The rocket is suspended 10 feet above the floor, allowing visitors to walk underneath it. The Saturn V is a National Register of Historic Landmark and was named one of the Seven Wonders of America by “Good Morning America.”

Once in the main area of the Davidson Center, you will be overwhelmed by the awesome size of the Saturn V rocket as you walk directly underneath this engineering marvel. The Saturn V on display is one of only three remaining in the world. The rest of the 68,000 square-foot Davidson Center is filled with artifacts from the Apollo

era, including an actual moon rock from the Apollo 12 mission, a lunar excursion module, lunar rover vehicle, a mobile quarantine facility, the Apollo 16 capsule and actual spacesuits worn by the astronauts. You can walk across the same metal access arm walkway that the astronauts used to enter their space capsules.

Other space fun in Huntsville

Kids will love Sci-Quest (102-D Wynn Dr., Huntsville, (256) 837-0606) located across I-565 from the U.S. Space & Rocket Center. Sci-Quest is a hands-on science center with more than 100 permanent, interactive exhibits in seven different subject areas.

Unlike a typical museum, Sci-Quest’s exhibits are designed to engage, educate and entertain in a fascinating way. For example, the PlayMotion exhibit, lets people interact with projectors to play games meant to stimulate the imagination.

From catching falling planets to building trees and playing beach volleyball, the possibilities are seemingly endless and all educational. There’s even a section dedicated to younger children learning about science through age-appropriate activities such as a giant keyboard pad that introduces them to musical tones. Other exhibit areas include Grossology (elements of the human body), Earth sciences and electricity.

Drive to the top of Huntsville’s Monte Sano to see the Von Braun Astronomical Society’s Planetarium and Observatory (5105 Nolen Ave., (256) 539-0316) located inside Monte Sano State Park, just past the park office. Dr. Wernher von Braun and his colleagues used the observatory’s telescope to search for possible landing sites for the Apollo program. The planetarium offers programs to the public every Saturday night starting at 7:30.

Where to stay

Whether you’re looking for a hotel, an RV camping spot or a cozy and quiet bed and breakfast, Huntsville offers nearly 6,200 rooms to choose from. You can share a view of the Saturn V rocket or be close to the hottest shopping and dining spots. For a list of lodging and dining options in the area, visit www.huntsville.org.

WIREFLASS COMMUNITY CALENDAR

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

ANDALUSIA

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

DALEVILLE

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

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

DOTHAN

NOW THROUGH JUNE 16 — The Wiregrass Museum of Art hosts a variety of summer art activity. Pre-registration is required for all camps. Space is limited, and early registration is suggested. All supplies are included in the camps and classes are divided by ages, junior camp for 6-9 year olds and senior camp for 10-13 year olds. Camps begin as early as June 16. Art Attack! is a Visual Arts Camp that is all about creativity and fun. Campers will explore folk art, sculptures, mosaics, murals, paper-making, printmaking and more. Play in the Clay! is a pottery camp where students will learn a variety of ceramic techniques including pinch, surface decoration, glazing and more. Art Around the World! will have campers exploring the world through different art forums. For more information, call 794-3871 ext. 25.

TODAY AND 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.

JUNE 13, 20, 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 17 AND 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.

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 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

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

PINCKARD

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

SAMSON

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

TROY

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

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

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

WIREFLASS 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

Art Show

The National Center for the Study of Civil Rights and African-American Culture at Alabama State University will feature William Colvin and John W. Feagin June 13 at 5:30 p.m. The exhibit is entitled “Art and Jazz: The Colvin-Feagin Annual Community Art Show.” This event is free and open to the public.

For additional information, visit www.lib.alasu.edu/natctr.

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>.

Mullet Toss

The St. George Island annual SGI Mullet Toss will take place June 14 from 10 a.m. until 5 p.m. . Event is Family-friendly. A donation gets participants a chance to fling fish

for a good cause. The event is held on the public beach in front of the Blue Parrot Ocean Front Cafe and features men’s, women’s and children’s divisions. For a \$25 entry fee people get a unique Mullet Toss T-shirt, and two mullet to throw. Visitors and locals compete for prizes and bragging rights.

For more information, visit www.saltyflorida.com.

Fishing Tournament

The 12th annual Emerald Coast Blue Marlin Classic will begin 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.

Big Red 1 commemorates D-Day at Omaha Beach

By Sgt. 1st Class Abram Pinnington
1st Infantry Division Public Affairs

OMAHA BEACH, France — More than 20 Soldiers of the 1st Infantry Division helped commemorate the 70th anniversary of D-Day Friday by participating in three ceremonies at Omaha Beach.

The historic day began at Saint-Laurent-sur-Mer, at an airstrip that was one of the first to be operational shortly after the D-Day invasion, which was June 6, 1944. The first flight, which transported the wounded, touched down the evening of June 9, 1944. The 834th Engineer Aviation Battalion constructed the airstrip in less than two days. The field quickly became a logistical hub for combat operations for the allied forces in the region.

Many of the passengers on those initial flights were Soldiers from the 1st Inf. Div., known as the Big Red One.

Command Sgt. Maj. Michael A. Grinston, 1st Inf. Div. senior enlisted adviser, served as an honorary guest at an airstrip ceremony Friday, laying flowers to pay homage to those who died trying to build the strip.

Shortly afterward, a formation of 1st Inf. Div. Soldiers marched down the bluffs, singing cadence on the way to their next destination. As they passed the bluffs, they were in full view of the beachhead.

“It’s just shocking,” said Sgt. Tami VanZandt, a geospatial intelligence non-commissioned officer, Special Troops Battalion, 4th Infantry Brigade Combat Team, 1st Inf. Div. “You really see what advantages (the German defenders) had on us at the time.”

The Soldiers soon arrived at the 467th Anti-Aircraft Artillery Automatic Weapons Battalion memorial, and paid their respects with flowers and the playing of taps. The ceremony took place on a German pillbox where the monument was dedicated in 1994. The battalion suffered many casualties as Soldiers systematically neutralized the German bunkers defending the beach. Their actions gave 1st Inf. Div. Soldiers relief as they continued to storm their objectives on D-Day.

The Big Red One Soldiers in France for the 70th anniversary next marched along the waters of Normandy to the 1st Inf. Div. and 29th Infantry Division memorial on Omaha Beach. The site marked where each unit’s area of responsibility met dur-



PHOTOS BY SGT. 1ST CLASS ABRAM PINNINGTON

A French child, dressed as an American World War II Soldier, stands tall Friday while saluting the sands of Omaha Beach, France. The boy, never breaking composure, stood for more than two hours during a 1st Infantry Division ceremony that helped commemorate the 70th anniversary of the D-Day landings.

ing the invasion. Grinston again served as the honorary guest and flowers were placed upon the historical marker.

He was joined by another special guest, retired Air Force Col. Arnold Gabriel, 89, an honorary conductor for the D-Day 70 Memorial Wind Band. He led the band as its members played more than eight songs during the ceremony. On D-Day, Gabriel was an Army private who landed with the 29th Inf. Div. in the first wave. He returned for the first time 70 years later.

“Somebody asked me what it was like on D-Day,” Gabriel said. “It is one of those things that is indescribable. You can watch a lot of movies, but they’ll never be able to capture the real chaos that really happened.”

For his bravery and actions, local French leaders awarded him with a French Musical Doctorate.

Soldiers of the 1st Inf. Div. focused their commemoration efforts across Omaha Beach, as other U.S. Army units attended the ceremony at the Normandy American Cemetery and Memorial.



Command Sgt. Maj. Michael A. Grinston, 1st Infantry Division senior enlisted adviser, marches a formation of Soldiers to the 1st Inf. Div. memorial Friday on Omaha Beach. Soldiers from the Big Red One marched from Saint-Laurent-Sur-Mer, France, to a monument during commemorative events .

Soldiers of the 1st Infantry Division, along with many onlookers, honor those of the 467th Anti-Aircraft Artillery Automatic Weapons Battalion Friday during a memorial commemorating the 70th anniversary of the D-Day landings.





Adopt a pet

For more information about animal adoptions, call the Veterinary Clinic at 255-9061. The Stray 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 Veterinary Clinic or stray facility.

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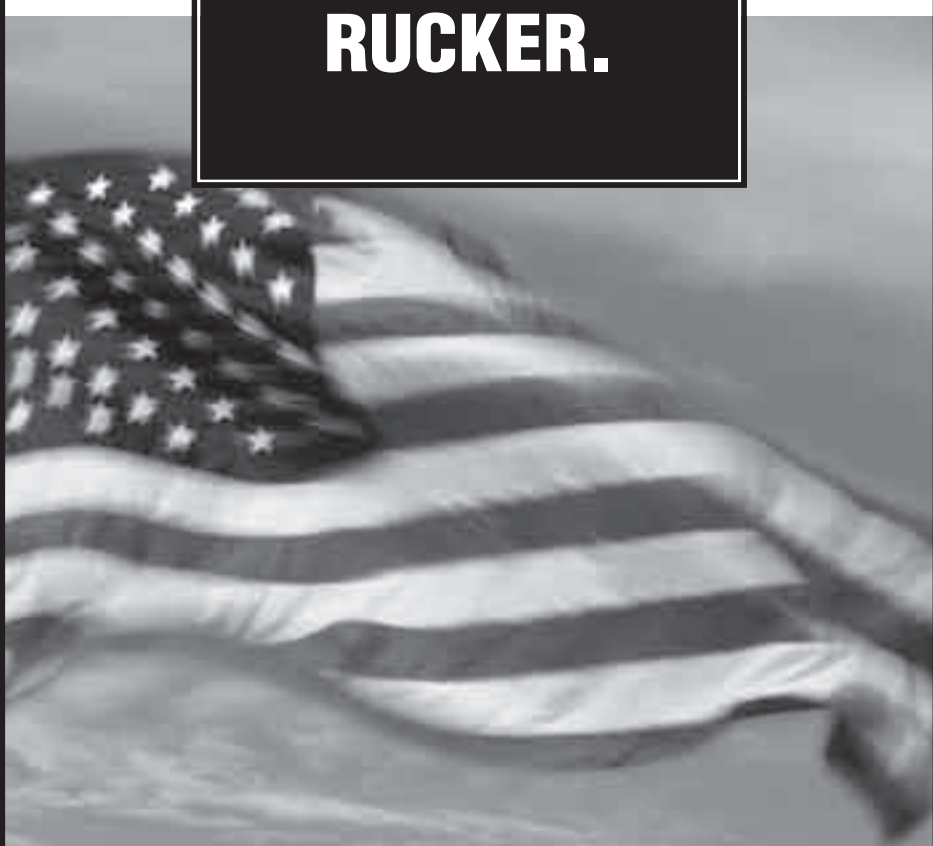
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93-year-old D-Day vet jumps again in Normandy

By Senior Airman Alexander W. Riedel
Army News Service

UTAH BEACH, France – The motto of the 101st Airborne Division is “Rendezvous with Destiny.”

In a true rendezvous with history, paratrooper veteran James “Pee Wee” Martin again took to the sky June 5 over Normandy, France, and parachuted onto the one-time battlefield, seven decades after his historic D-Day landing.

A veteran of the elite 506th Parachute Infantry Regiment, wearing his vintage tan paratroop jacket with jump wings and patches, Martin caught his breath and seemed surprised the flight was already over after sliding to a smooth landing.

“It was absolutely wonderful,” Martin told the swarm of reporters. “The best part was when we



James “Pee Wee” Martin, 93, approaches for a final landing near Utah Beach, France, with tandem jump partner Dominic Kervestin June 5.

went out of the door – that was the most exciting part. It’s always exciting until the chute opens.”

But open it did, and Martin floated through the sky over Normandy, attached to his tandem partner Dominic Kervestin,

who landed him safely in the same area where he landed June 6, 1944 -- in field behind Utah Beach.

This time, however, there was no fear for the seasoned paratrooper. While many were concerned about his safety,

Martin said he wasn’t worried this time around.

“I wasn’t scared at all,” he said. “There is really nothing to be scared of. Once you get in that plane, you forget about everything. It certainly wasn’t scary today, because there wasn’t anybody shooting at me.”

But even a war hero has somebody to answer to. Only minutes after landing, one of Martin’s friends handed him a cell phone for a surprise phone call from his wife, asking if he was safe.

“I really wanted to do this, for one, to show people that just because you’re getting old it doesn’t mean you have to stop doing things,” he said. “On the other hand, there is a little ego in it, too, because I’m 93, but I can still do this.”

More overwhelming than maybe the jump was the attention by media and spectators waiting for his

historic jump.

“All the attention (on me) is unbelievable,” he said. “I expected maybe 50 people here. But it’s always a good thing to know that people like you and what you do. Now, of course, when I landed here before, they were all trying to kill me. Now people all want to take a picture and give me kisses on the cheek. It’s quite a change.”

While the jump made for an iconic déjà vu, Martin said the jump was not so much about looking back, as about the freedom that was won during the brutal battles around Normandy’s landing beaches.

“I really don’t look back on the memories too much,” he said. “I like to look at what we’re doing in the here and now, that’s what I’m interested in – and I like being with the people. But I enjoy the interest in history and all the young people who are in-

terested in history. That’s what we’re all about, is the history.”

Also on his mind were the future generations of warfighters following in his jump boots.

“At the time of D-Day, we were almost in a position of losing the war,” he said. “That’s why I joined. And today, I applaud anyone who is willing to serve in the military ... (hang) in there, keep motivated and keep your passion up. You may think it’s terrible today; some of us did at the time. But now, looking back 70 years, it was the best time of our whole lives.

“There is a great deal of satisfaction from doing what we did (back then), and I’m sure all the young guys out there today will feel the same way when you get there,” Martin said in advice for young Soldiers. “You guys can do it, if I could.”



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JUNE 12, 2014



Run, Rucker, Run

PHOTO BY SARA E. MARTIN

Fort Rucker Flyer candidates train early June 8 at West Beach.

Tryouts in full swing for running team

By Sara E. Martin
Army Flier Staff Writer

Fort Rucker has one of the top running teams in the country, placing second in its division last year in the Army 10-Miler, and the team is looking for recruits to fill out its ranks.

Now that potential Flyers are up on their feet at practices and watching miles of road pass underneath, team captain David Seymour, a staff sergeant at the NCO Academy, hopes that more participants will try out for the Fort Rucker 10-Mile Team, the Fort Rucker Flyers.

"This is a great way to get in shape and meet fellow runners in the Army Family," he said. "Trying out for the team could be an individual's chance to represent something larger than themselves. To wear the Fort Rucker uniform and compete against other Soldiers wearing their respective post's uniform is a rare opportunity."

The only tryout requirement is Soldiers must be active duty or on active-duty status.

The team will have eight run-



Soldiers practice their running form June 8 at West Beach in order to be considered for the Fort Rucker Army 10-Miler Race Team.

ners made up of men and women, said Seymour, adding that they run in the mixed division.

"Two alternates will also be chosen, but they do not travel to Washington, D.C., with us," he said.

The team will be decided from active tryout participants

Aug. 11, and the Army 10-Miler will be Oct. 12.

"We will have a 5-mile run off July 13 and a 10-mile race Aug. 10," he said. "Practice participation, overall performance, attitude and a participant's results from these runs will be the factors used for the final cut."

Participants will also be asked to participate in a few local races to see where they stand throughout the summer, as well.

"Even if a person doesn't make the team, they will get all the benefits of the workouts and networking with some great people," said the team captain. "And all practices are open to any service member willing to come out. Even if they just want to run with the team for a week to prep for a physical fitness test. Everyone of all skill levels are welcome and encouraged to come out."

Practice locations vary, but the mandatory practices are held Tuesdays and Thursdays at 5:30 a.m. Makeup practices are held the same afternoons at 6 p.m. Sundays are also mandatory at 6 a.m. Monday and Wednesday practices are held at 6 p.m., but are optional.

Seymour said that there is no rank at practices, adding that he plans to develop the team with a great base – with the foundation being cooperation and dedication.

"We are all runners and will treat each other equally and respectfully. Same goes for skill level," he said. "Participants being a better runner doesn't mean they are a better person. Everyone is out trying to make this team better."

Last year, the team finished 17th overall out of more than 450 teams, and Seymour expects this year's team to be just as competitive.

"The start and finish lines are on the grounds of the Pentagon. It is a truly humbling and amazing experience. You run past several monuments, and the whole city is out there to support you," he said.

The race draws in 35,000 runners, to include disabled runners, world class athletes, beginners and neo-competitive runners, he continued.

"To see it all culminate in our nation's capital is just breath taking," he concluded.

For more information on tryouts, email Dseymourjr@gmail.com or david.r.seymour.mil@mail.mil. People can also call Seymour at 400-5582.

Lyster explains why primary care managers may change

By Katherine Rosario
Lyster Army Health Clinic Public Affairs

If you have ever gotten a letter from your military treatment facility stating that your primary care manager has changed, you may have felt frustrated and upset about seeing a new doctor.

However, PCM changes at Lyster Army Health Clinic are only made after a thorough review of patients' medical history determines the best doctor for their medical concerns.

Flight status students, and those who are removed from flight status, make up the largest group of PCM changes at LAHC, said Maj. Derik Swee, chief of primary care at LAHC.

"The clinic's flight team only sees patients who are on flight status and reassigns those who no longer fall into that category," said Swee.

Patient requests make up the second-largest group of PCM changes.

"Often, patients want to have one PCM for their entire family and will request a change to put everyone on the same medical home team," Swee said. "Other reasons patients ask for a PCM change is because they relocate back to Fort Rucker and want to see the same PCM as the last time they were here."

Based on past, present and future medical concerns, patients are assigned a PCM who has the knowledge base and track record to successfully care for their medical issue, he said, and patients may be switched to a different PCM if their medical concern worsens or improves.

"We assign a patient to the correct skill level provider based on their medical needs and sometimes switch their PCM later down the road as a result of acuity level changes," he said.

Patients are also assigned based on their demographics. The clinic's pediatricians currently work on Team Honor and, therefore, those patients needing to see a pediatrician would be reassigned as needed, Swee said.

The final and least common reason for a PCM change is over-empowerment, which happens when a provider has too many patients on their panel and would be unable to provide premium care to each patient.

"The most important aspect of PCM changes is to make sure the patient is happy and receiving the best care possible from their new provider," Swee said.

SETTING TRAPS

*Army invention helps prevent mosquito-borne disease***By Nathan Pfau**
Army Flier Staff Writer

It took more than 20 years, but a device invented by Army entomologists to control the population of mosquitoes that carry diseases is now available to installations.

As well, the device is commercially available to Soldiers and civilians for home use and to target day-biting mosquitoes that attack during picnics and outings.

"The primary targets of the device, called a lethal ovitrap, are female *Aedes aegypti* and *Aedes albopictus* mosquitoes that can be found throughout the eastern and southern U.S., South America, and other parts of the world," said Thomas Burroughs, U.S. Army Public Health Command Entomological Sciences Program manager.

"These mosquitoes are carriers of dengue fever, West Nile virus, yellow fever and chikungunya virus," said Burroughs. "A method of controlling vectors of these diseases has been sought by the military for many years."

The trap works by exploiting the female mosquito's biological need to lay eggs.

"The traps contain a pesticide that kills both larvae and the adult female, thus preventing her from laying more eggs in other locations," according to Sheila Adams, entomological sciences program laboratory technician.

When first designed, the traps were used to monitor the type and number of mosquitoes in an area.

In the 1990s, Brian Zeichner, from what was then the U.S. Army Center for Health Promotion and Preventive Medicine and is now the USAPHC, and Michael Perich, Walter Reed Army Institute of Research, developed this breeding container. Ultimately, they enhanced its capabilities and made it



PHOTO BY GRAHAM SNODGRASS

The lethal ovitrap is filled with water and the velour paper landing strip and a pesticide-treated strip from the white packet are attached to the trap. The female mosquito lands on the velour strip to lay eggs and receives a lethal dose of pesticide.

lethal to the insects and their larvae. The USAPHC and WRAIR hold the patent on the device they developed.

"These dark, water-filled containers mimic the natural breeding site of container-breeding mosquitoes," said Burroughs. "Both the *Aedes aegypti* and *Aedes albopictus* mosquitoes prefer to lay their eggs in small, man-made containers that hold standing water, including rain buckets, flower pots and old tires."

Once the female goes into the trap, she and any hatchlings are history.

The lethal ovitraps have been used in many field studies to show their effectiveness in reducing mosquito populations and thus lowering the risk of disease transmission, according to Burroughs.

"In January, the trap received an Environmental Protection Agency registration number," he said. "Pesticide

products sold in the U.S must have this registration."

The Armed Forces Pest Management Board approved the USAPHC's lethal ovitrap for National Stock Number assignment. It is available through the federal supply system, and USAPHC environmental experts are encouraging installations and public health staffs to use it.

"Military installations can integrate this lethal ovitrap into their mosquito control programs. This will give them an effective tool that also reduces pesticide exposures to applicators, residents and the environment," said Lt. Col. Gayle McCowin, Environmental Health Engineering Portfolio director at the USAPHC.

But the military is not the only user of mosquito and egg-killing egg- or larvae-killing traps.

The World Health Organization advises the use of this type of trap in its report on controlling dengue fever.

"Studies have shown that (mosquito) population densities can be reduced with sufficiently large numbers of frequently-serviced traps. Life expectancy of the vector may also potentially be shortened, thus reducing the number of vectors that become infective," the report states.

The good news is that these lethal ovitraps are now available in local retail stores for civilian use as well as for military preventive medicine and medical personnel. The lethal ovitrap may be ordered through the military supply system using the NSN 6840016284751 or by the item name "insecticide, dichlorvos."

"This is a good news story for everyone," said McCowin. "These traps will have a significant impact in reducing mosquito-borne illnesses around the world. They are an important tool in the inventory of Department of Defense pest control products."

DOWN TIME



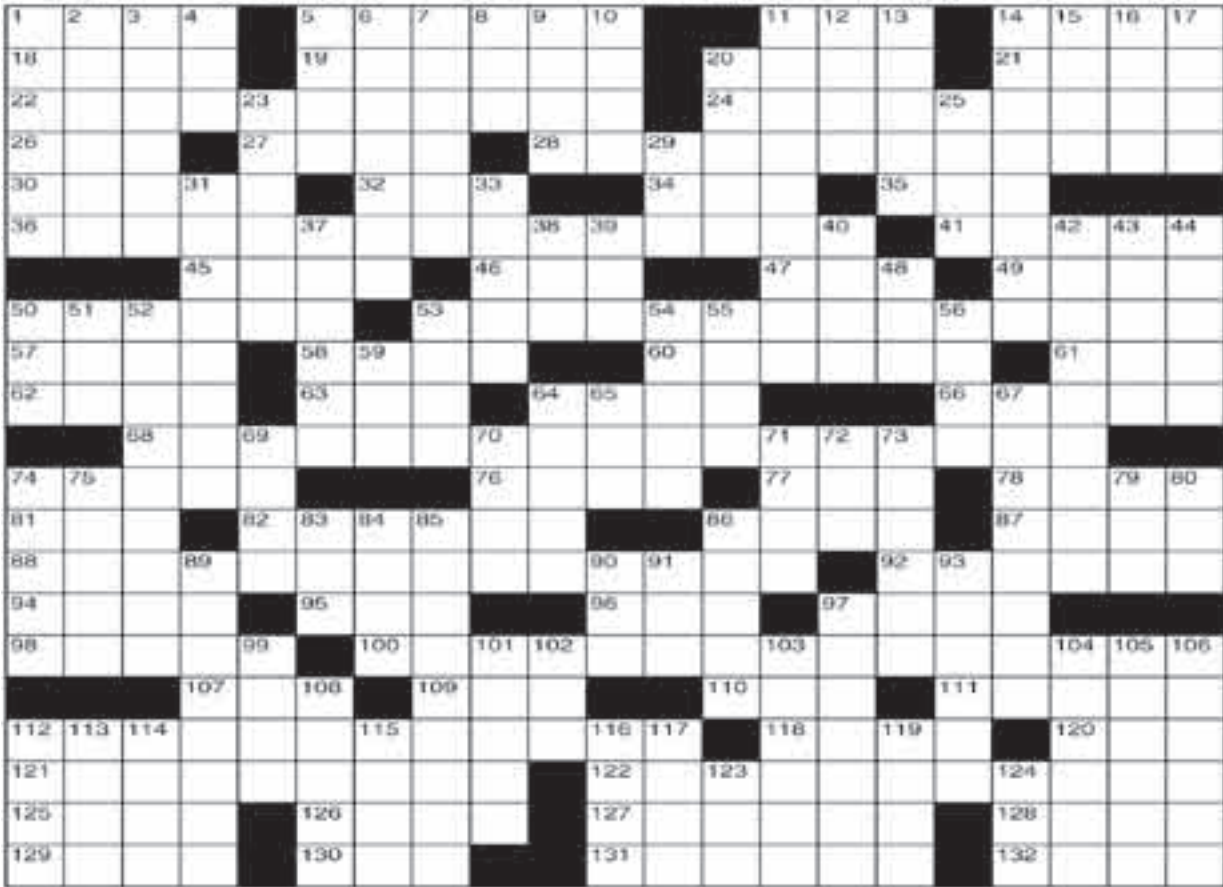
TRIVIA

1. HISTORY: Who was the United States' first chief justice of the Supreme Court?
2. U.S. STATES: Which state would you hail from if you were called a "Tar Heel"?
3. MEDICINE: What is the common name for the medical condition called epistaxis?
4. TELEVISION: What was the name of the robot in the comedy series "Get Smart"?
5. LITERATURE: What famous Western author also wrote under the pseudonym of Tex Burns?
6. GEOGRAPHY: What country lies directly north of Sudan?
7. POETRY: How many lines are in a sonnet?
8. GAMES: How many cards are used in pinochle?
9. INVENTIONS: Who invented chewing gum?
10. FAMOUS QUOTES: What social reformer and statesman said, "If there is no struggle, there is no progress"?

See Page D3 for this week's answers.

Super Crossword

- ACROSS**
- 1 Apple Store computers.
5 Shocked.
11 "Adieu!"
14 Locale.
18 Retro hairdo.
19 Like soup liquid.
20 Stack.
21 Reflect (on).
22 Gorgeous check redeemer?
24 Not banned.
26 Stephen of "Danny Boy".
27 — Spumante (wine).
28 Old "Tonight Show" host studying ethnic groups?
30 Prefix with physicist.
32 With 78-Across, on the double.
34 Fed. agency enforcing gun laws.
35 Successor of FDR.
36 Part of the farm where sheep are clipped?
41 Falafel holders.
45 Actor — Rhames.
- 46 Bit of land in la Seine.
47 Homer Simpson's next-door neighbor.
49 Rural repository.
50 Most prudent.
53 Acclamation for a harvest bundle?
57 Make — for it (try to flee).
58 Oomph.
60 Bias against seniors.
61 Mex. madame.
62 Saintly ring.
63 Decompose.
64 Game cubes.
66 Mild yellow cheeses.
68 Spin a different Arab leader around?
74 Facet.
76 Clears (of).
77 Neighbor of Braz. and Arg.
78 See 32-Across.
81 Charged 86-Across.
82 Is right for the club.
86 Molecule unit.
87 Burial place.
- 88 Eligible beer-brewing mixture?
92 Very valuable violins.
94 "Once more — the breach".
95 Flush, say.
96 33 1/3, for an LP.
97 "What's going — there?"
98 Utopias.
100 "Dark Lady" singer after pinging out?
107 Amer. troops.
109 Biblical verb suffix.
110 "What's the —?" ("So?")
111 Sergio of film.
112 What you have when you own footwear?
118 Tart plum.
120 Secretive U.S. org.
121 Against.
122 Appointed time to hope for things?
125 Skyrocket.
126 Shows on television.
127 Los Angeles community.
128 City in Utah.
129 Professional org.
- 130 "Don't blame — voted for —".
131 "Misery" director Rob.
132 Gets married to.
133 Tibetan, e.g.
37 Hospital trainee.
38 Yalie.
39 Animation bit.
40 Soda brand.
42 Finishes lacing up.
43 Fall with panic.
44 Seize.
48 — Moines.
50 Toddler cry.
51 Roth —.
52 Brunet, e.g.
53 Possesses, biblically.
54 Indy gauges.
55 Double-curved arch.
56 Captain.
59 Hook's mate.
64 Not merely talking.
65 — be a pleasure!
67 Length.
69 Mortgage option, briefly.
70 St. Pat's land.
71 Batting Babe.
72 "Seats sold out" abbr.
73 Benevolent.
74 Excite.
75 Beagle, e.g.
79 Pal.
80 Ad-free network.
- DOWN**
- 1 India's Chennai, formerly.
2 Anew.
3 Manufacture.
4 " — wise guy, eh?"
5 Basic skills.
6 Rubbing the wrong way.
7 Cheating, slangily.
8 Part of NCAA: Abbr.
9 "Like, fer —".
10 Model Banks.
11 Singer Harry.
12 Pronoun in the South.
13 Era.
14 A bit brainy.
15 British bars.
16 Norse hub.
17 Adolescent.
20 Caribbean country.
23 Natives of New Zealand.
25 Flying stinger.
29 Alley hisser.
31 Very hungry.



See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D3 for this week's answers.

KID's CORNER

Junior Whirl

by Hal Kaufman

CATCH FISH Names of eight different fish may be found in the letterhouse below. Write each fish in a box. (You may use the same letter more than once.)

ALLEY OOP BOWLING Find the names of the bowling balls in the letterhouse below. Write each ball in a box. (You may use the same letter more than once.)

NET RESULTS Our colorful friend has a dozen butterflies to choose from. Write the names of the butterflies in the boxes below. (You may use the same letter more than once.)

Wishing Well

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

HEARTILY

Write the words in the boxes below. (You may use the same letter more than once.)

Try to score at least 30 points.

Wishing Well

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

HOCUS-FOCUS

BY HENRY BOLTROFF

Can you trust your eyes? There are all kinds of other words in every word below. Find and write them in the boxes. (You may use the same letter more than once.)

Lyster switches to 24/7 Nurse Advice Line

By Katherine Rosario
Lyster Army Health Clinic Public Affairs

Knowing when to seek medical assistance for acute health problems is about to get easier thanks to the new TRICARE Nurse Advice Line.

Lyster Army Health Clinic patients will soon be able to call 24 hours a day, seven days a week and speak with a registered nurse by using the TRICARE Nurse Advice Line.

The new service, which starts Friday, will provide free advice to patients to help them make informed decisions about their health-care.

“The nurses on the line will ask patients a series of questions about their specific health concern and advise if self-care at home is

adequate or if they need to see a healthcare provider,” said Alexa Fling, clinical nurse officer in charge of the Department of Primary Care at LAHC.

The TRICARE Nurse Advice Line supports almost all TRICARE beneficiaries except those enrolled in the U.S. Family Health Plan. Patients enrolled in the TRICARE Overseas Program who call the advice line while traveling within the United States will receive free healthcare advice, but must contact their TOP Regional Call Center to coordinate care.

The TRICARE Nurse Advice Line can be accessed by calling 1-800-TRICARE (1-800-874-2273) and selecting Option No. 1 for urgent healthcare questions.

“Those calling about health concerns for their child will be routed to nurses with spe-

cial pediatrics training,” she said. “Parents wanting a follow-up call may request one and the nurse will arrange a time to call back to check in on the child a few hours later.”

LAHC patients who call the advice line are able to get either a same-day or next-day appointment with their primary care manager based on their health concerns. If the nurse cannot book a same-day appointment for an urgent health issue during duty hours, they will transfer you to your PCM’s team registered nurse who will assist you with care.

After duty hours, the Nurse Advice Line will assist you in finding a TRICARE-approved urgent care clinic in the local area. Visits to local urgent-care clinics must be approved through TRICARE or the patient will be financially responsible for the visit.

After each call to the advice line, the nurse will notify your PCM of the call and let him or her know what was advised.

“Patients can always call the clinic or their PCM during duty hours to speak to a nurse on their team,” said Fling. “The TRICARE Nurse Advice Line is just another option to access healthcare advice.”

Patients with non-urgent questions can also use Relay Health’s Secure Messaging Service to e-mail their doctor. The turnaround time for an e-mail response is usually 24 hours. To sign up for Relay Health, visit <https://app.relayhealth.com> and click Register.

“We truly hope our patients find this new service beneficial and encourage them to give us feedback about the advice line,” Fling said.

GOLDEN ARM

70 years later, WWII veteran showcases arm at MLB tribute

By Scott Gibson
U.S. Army Combined Arms Center

KANSAS CITY, Mo. – All eyes were on retired Col. Jack Brooks as he took the field at Kauffman Stadium, the home of the Kansas City Royals, May 26 to throw out the ceremonial first pitch. With more than 37,000 baseball fans on site, that’s a lot of eyes.

“I wanted to get this right,” Brooks said, adding that he practiced throwing the ball in his back yard a few times to prepare for the day.

Preparing for important days is something that Brooks knows better than most. Seventy years ago, Brooks was a company commander at the Normandy Invasion of World War II, and was assigned to the 1st Battalion,

16th Infantry Regiment, of the 1st Infantry Division Big Red One. His company landed on the Easy Red Sector of Omaha Beach. For anyone, that single day on the beaches of Normandy would be enough to round out your resume, but Jack Brooks continued to serve not only for the remainder of World War II, but again in Korea, and once more in Vietnam. In each of these three conflicts, he served as a proud member of the 1st Infantry Division.

At Kauffman Stadium, the crowd roared at the announcement of the 94 year-old pitcher. All remained standing as he aligned the ball in his hand to form a two-seamed fastball and let it fly. The ball may have bounced once or twice on its way, but the aim was right on



PHOTO BY SCOTT GIBSON

Retired Col. Jack Brooks, a three-war veteran who commanded a company on D-Day at Normandy Beach, France, flanked by representatives from each service, throws out the first pitch during an armed forces pre-game tribute at Kauffman Stadium in Kansas City, Mo., prior to a Memorial Day game between the Kansas City Royals and the Houston Astros.

target as it made its way to Brett Hayes, catcher for the Kansas City Royals. The ovation was

deafening. “I am honored just to be a part of this,” Brooks said as he

walked out onto the field. “I am proud to represent some really great men.”

Fighting suicide: spotlight on male Soldiers

By Laura Vasquez
U.S. Army Public Health Command

With the surge of U.S. military suicides following a decade at war, many people have heard stories of a struggling Soldier or news reports of Soldier suicides.

In fact, in 2012, the number of Soldiers who died from suicide exceeded the number of Soldiers who died in combat. June is Men’s Health Month and an opportunity to focus on male Soldiers.

Suicide is a special concern for male Soldiers because men comprise the overwhelming majority of the force, and men are four times more likely to die from suicide than women.

Why are men more likely to die from suicide?

Men are much more likely to die from suicide, even though women attempt suicide more often. Men often choose more lethal methods or have access to firearms, are less likely to seek help or social support, may show fewer warning signs to others and may exhibit symptoms of emotional distress via anger instead of sadness, masking their intentions.

Why is suicide a special concern for male Soldiers?

Studies have shown that male veterans younger than



ARMY PHOTO

June is Men’s Health Month and an opportunity to focus on our male Soldiers. Suicide is a special concern for male Soldiers because men comprise the overwhelming majority of the force, and men are four times more likely to die from suicide than women.

30 are three times more likely to die from suicide than civilian males in the same age bracket. The risk factors for Soldier suicides mirror the risk factors for suicides in the civilian population, yet Soldiers face unique stressors that can increase their suicide risk, such as deployments, potential loss of rank and pay, or the inherent hardships of being a junior enlisted Soldier.

Combat exposure is a risk factor for behavioral health issues that may increase a Soldier’s suicide risk. However, like civilians, Soldiers can experience suicidal thoughts or actions without any exposure to combat.

Soldiers are often concerned that seeking help or taking medication will affect their careers. In 2008, the Secretary of Defense successfully advocated for Soldiers to seek behavioral health treatment related to familial or occupational stressors, without jeopardizing their career, just as they would seek help for physical health conditions.

What else can influence suicidal thoughts or actions?

Family or interpersonal issues, such as break ups of significant relationships, financial problems, Family history or behavioral health disorders can

lead to suicidal thoughts. It’s important to remember that there does not need to be a specific triggering event to experience suicidal thoughts, and suicidal thoughts or high-risk behavior should always be taken seriously.

How can I help?

Suicide prevention is a high priority for the Army.

The Army has made efforts, such as suicide stand-down events, to reduce suicides. Participating in initiatives like these can help in the fight against suicide.

However, the war against Soldier suicide is far from over, and suicides can be prevented at all levels, starting with individuals who are closest to the person struggling. Individuals like you can help by educating yourself about suicide prevention and learning the warning signs to take action.

What are the warning signs of suicide?

Warning signs include:

- talking about wanting to die or wanting to kill themselves;
- discussing plans for suicide;
- feelings of hopelessness, desperation and shame;
- thoughts of being trapped or a burden to others;
- intense emotional


- suffering;
- emotional numbing or loss of interest in pleasurable activities, social withdrawal, and isolation from Family, friends or team;
- sudden relationship changes; and
- access to lethal means, like firearms.

Suicide is a preventable cause of death.

Most individuals who are suicidal give clues to people around them without ever reporting their symptoms to a healthcare provider. Picking up on warning signs and getting someone help can save a life.

If you know of a service member or an individual in a crisis, call 911, escort them immediately to the nearest emergency room, or contact your chaplain or behavioral health provider. You may also contact the National Suicide Prevention Lifeline (800-273-TALK) 24 hours a day.

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Answers

MACS	AGHAST	BYE	SPOT
AFRO	BROTHY	HEAP	MUSE
DREAMCATCHER	ALLOWABLE		
REALAST	RACIAL	CARSON	
ASTRO	INA	ATF	HIST
SHEAR	IN	SECTION	PITAS
VING	FILE	NED	SILU
WISER	HAILED	TO	THE
ARUN	ELIAN	AGE	ISM
HALO	ROT	DICE	EDAMS
TURN	THE	OTHER	SHEIK
PHASE	RIDS	URU	SNAP
ION	FITS	IN	ATOM
QUALIFY	ING	MASH	AMATIS
UNTO	ILL	RPM	ON
EDENS	OVER	STUFFED	CHEER
GLES	ETH	DIFF	LEONE
RIGHT	TO	SHOES	SLOE
OPPOSED	TO	WISHING	HOUR
SOAR	AIR	ENCINO	OREM
ASSN	MEI	REINER	WEDD

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

1. John Jay
2. North Carolina
3. Nosebleed
4. Hymie
5. Louis L'Amour
6. Egypt
7. 14
8. 48
9. Thomas Adams (1871)
10. Frederick Douglass

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