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ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

JULY 17, 2014

SECDEF VISITS FORT RUCKER



Brig. Gen. Michael Lundy, commanding general of USAACE and Fort Rucker, gives Secretary of Defense Chuck Hagel a tour of UH-72 and TH-67 helicopters July 10.

Hagel talks budget, Aviation restructure

By Cheryl Pellerin
Defense Media Activity

On the last stop of his two-day trip to military bases in the Southeast, Defense Secretary Chuck Hagel stopped July 10 at the home of Army Aviation, hopping onto the grass of Howze Field from the backward-sliding door of a UH-60M Black Hawk helicopter.

That morning, Hagel had visited for the first time Eglin Air Force Base on the Florida panhandle, home to the Air Force's first full squadron of F-35A Lightning II joint strike fighter aircraft, to meet with F-35 pilots and

maintainers and base leadership, and host an all-hands event with Eglin troops.

The secretary's first stop the previous day had been Naval Submarine Base Kings Bay, Ga., the east coast homeport for six Ohio-class fleet ballistic-missile and two guided-missile submarines. There, he met with 14 female submarine officers, toured the fleet ballistic-missile submarine USS Tennessee and the base's Trident Refit Facility before speaking with Navy, Marine Corps and Coast Guard troops.

Hagel made the trip to ensure the department stays focused on long-

term concerns affecting American interests and allies in Asia, Europe and around the world.

Defense officials characterized his visit to Fort Rucker and the U.S. Army Aviation Center of Excellence as an effort to highlight the Army Aviation Restructure Initiative, a key component of the fiscal year 2015 budget proposal.

The initiative allows the Army to meet drawdown targets, but retain the fleet's most capable platforms and was developed as an alternative to across-the-board cuts to Army Avia-

SEE AVIATORS, PAGE A7

1-on-1 Q&A with Chuck Hagel

By Nathan Pfau
Army Flier Staff Writer

Secretary of Defense Chuck Hagel visited the home of Army Aviation July 10 and took time to speak with senior leaders, visit and hold a question-and-answer session with hundreds of Soldiers and discuss the Army Aviation Restructure Initiative.

The Army faces the challenge of meeting drawdown targets while retaining the fleet's most capable platforms, and Hagel spoke on the importance of the initiative to Army Aviation programs.

He also made time to speak one-on-one with the *Army Flier* staff for a Q&A session.



Secretary of Defense Chuck Hagel

PHOTO BY JIM HUGHES

Q: What do you see as the major advantage that Army Aviation brings to the nation's fighting force?

A: It brings mobility that really can only be achieved through this Aviation effort – the helicopter. It brings agility, it brings immediacy, it brings options – many different variations of responsibilities and options come off of this platform, so it's a critical, critical part of our national defense apparatus and our efforts everywhere in the world.

Q: As budgets continue to decline and manning is reduced, what effect does this have on how we train our Soldiers?

A: I think we're always looking at that value added. How do you get more value added in training, capacity?

SEE Q&A, PAGE A7

iWATCH promotes awareness effort

By Nathan Pfau
Army Flier Staff Writer

When it comes to the safety and security of people on Fort Rucker, law enforcement can only do so much, so one program encourages people to keep a watchful eye for suspicious activity.

iWATCH Army is an antiterrorism program that's focuses on encouraging Army-wide community awareness and outreach efforts to address important topics related to protecting communities, not just from terrorist acts, but all crime, said Cory Greenawalt, the Fort Rucker Training and Doctrine Command antiterrorism officer.

"iWATCH Army is a community program to help your neighborhood stay safe from terrorist activities (and crime)," he said. "People and their fellow Army community members can report behaviors and activities that make them feel uncomfortable or just don't look right."

Greenawalt said people on the installation need to remain vigilant because it's up to everyone to keep Fort Rucker safe.

The weblink for the iWatch website is: www.myarmyonesource.com/familyprogramsandservices/iwatchprogram/default.aspx.

"Parents need to talk to their children about this, as well," he said. "Although school is out, there are plenty of summertime activities that go on throughout the installation, so people need to watch out for suspicious behavior everywhere," adding that parents can find information papers for themselves and teenagers on the iWatch website.

SEE IWATCH, PAGE A6



Sneak a Peek into new year

Parent, student participation vital to 'fantastic' experience

By Sara E. Martin
Army Flier Staff Writer

Fort Rucker Elementary School officials are ready to welcome students back to school Aug. 5, and even though teachers return July 31 there is much to do before the bells ring to begin class.

FRES will hold its annual Sneak a Peek Aug. 4 from 3:30-4:30 p.m., which is the parents' and students' opportunity to get a look at the school, meet teachers and find rooms before the first day of school, said Vicki Gilmer, principal.

"Sneak a Peek is great way for us to open our doors and invite parents and students in and make this a true community," she said. "Parent and student participation is vital to student success, and we provide every opportunity possible to help welcome our Families and provide them with an easy transition and a fantastic school experience."

It is also a great opportunity to open up the line of communication right from the start, she continued.

"Parents and students are welcomed into the classroom prior to school starting, and are instantly encouraged to become valuable partners with the school and staff," she said.

Sneak a Peek helps to ease some of those first-day jitters for children and parents, and Gilmer added that it is also great for working parents who may not get an opportunity to come on the first day of school.

"Students do not have to worry about 'where do I go?', 'what does my teacher look like?' and more," added the principal.

Parents can open a lunch account or reload an account, join the parent teacher association and look at other

services provided for FRES Families at Sneak a Peek.

"This event really helps to make the new year start off on a positive note and allows more participation," said Gilmer.

Student registration for the new school year is currently open, and office staff is at the school Mondays-Fridays 7 a.m. to 3:30 p.m. to welcome Families.

Parents can pick up the registration packet and can fill it out at home or on site. Items needed for registration include: housing lease, orders from the sponsor, birth certificate and immunization card.

"Registration time varies from Family to Family. Some members choose to sign up quickly and head back to work, while others have questions about procedures at FRES and wish to take a school tour," said Gilmer. "Whatever is needed to provide the Family with a good registration experience is provided."

With the first day of school approaching, Gilmer said that the best way for parents and children to prepare is to think, act and be positive.

"It is difficult, at first, to get back into the routine of getting up early and getting ready for a full day. I encourage parents to be positive and also help organize their student for success," she began. "An easy strategy is to pick out outfits the night before and gather school items – lunch boxes, backpacks – before the morning rush. Plan ahead on what is for breakfast or plan to eat breakfast at school. Doors open for breakfast eaters at 7:15 a.m."

Parents are welcomed to join their students when taking them to their class. All students may enter the school



COURTESY PHOTO

Cheryl Evans, office automation, helps Jennifer Cooper, Army spouse, to register her children for the 2014 school year as her daughters, Sienna and Evelyn, look on.

at the 7:30 a.m. bell unless they are eating at school. There are three entry points into the school in the morning – the car rider gate and second grade hall, which are on the Farrell Road side, are open from 7:15-7:45 a.m.

"Parents who wish to come inside the building must enter through the front door, for security purposes," added Gilmer.

Staff members are located at all three entry points to help guide and supervise the students, and each hallway is also supervised to help students, as well.

The side doors and gates are shut at 7:45 a.m., and all visitors after that must enter through the front door.

"We are looking forward to another fantastic year serving the Families of Fort Rucker. FRES has been ranked No. 2 out of all Department of Defense Education Activity schools stateside and overseas by AdvancED," said Gilmer. "We know serving our military Families is both an honor and privilege. At FRES, we always strive to provide the best education and support."

This year's school supply list can be picked up at the school or online at www.dodea.edu/Americas/Georgia-Alabama/FortRucker/FortRuckerES.

PERSPECTIVE

CID launches online application portal

By Colby T. Hauser
U.S. Army Criminal Investigation Command

QUANTICO, Va. — The U.S. Army Criminal Investigation Command recently launched a new centralized recruiting program, part of which features an online application process aimed at recruiting qualified Soldiers to become CID Special Agents.

CID agents are sworn federal officers, responsible for investigating felony-level crime where there is an Army nexus. Agents in the field routinely conduct protective-service operations for the Department of Defense senior leadership, counter-narcotic operations, develop criminal intelligence, and work with other federal, state and local law enforcement agencies worldwide to solve serious crime.

To start the online application process, Soldiers must access the Common Access Card-enabled recruiting portal through the CID website at www.cid.army.mil, and click on the “Join CID” link.

Currently, the online application process is only open to active-component Soldiers.

Special Agent Frank Jeppe, recruiting operations cell team’s NCO in charge, explained that the initial questionnaire takes only minutes to answer.

“There are 13 basic qualification questions,” Jeppe said. “If the Soldier is qualified, an alert message is sent to the recruiting operations cell at CID Headquarters and we contact the candidate.”

Once contacted by the ROC, Soldiers are then given access to the CID-APP where they will build their CID application packet online. The process consists of filling out the special agent application forms and uploading supporting documents, such as their enlisted records brief, driving record, credit reports and letters of recommendation.

During this phase of the application process, the ROC team can monitor the candidate’s progress and is available to answer questions or provide assistance to Soldiers while they build their application packet.

The ROC team will also conduct the various name and background checks required for potential special agent candidates, as well as coordinate with the applicant should any additional documentation need to be added to their application.

After the application packet is complete, the ROC will then notify the closest CID office to the applicant’s duty station to schedule a meeting with the Soldier and initiate the applicant’s autobiography, medical screening request form, security clearance request and to conduct a required panel interview by current CID special agents.

Following the panel interview, results and final documents are uploaded into the applicant portal and verified by the ROC. Completed packets are then referred to the Special Agent Accreditation Division at CID Headquarters for final quality control check and referral to the selection panel.

What it takes

“Being a special agent is an opportunity to be a part of something significantly larger than oneself,” said Special Agent David Eller, a special sexual assault investigator with the Fort Carson, Colo., CID Office. “You are often placed in a position of great responsibility, whether it’s protecting a dignitary at a foreign summit, to working a murder case, you have to be on your ‘A’ game every day.

“We need agents who’ll take ownership of their investigations, but the most important thing we’re looking for is unquestionable integrity,” he added.

Serving a population of more than 1 million Soldiers, civilians, contractors and Family members – both at home and deployed – CID provides an invaluable resource to the Army and commanders at posts, camps and stations.

“Many people don’t realize the impact we have on a person’s life and the impact we have on the Army,” said Special Agent Edgar Collins, the assistant operations officer for the CID Washington Battalion. “In a sense, we are defending the honor of the United States Army.

“These are people who have had a crime committed against them, not just to their property, but them. So what we do, day in and day out, is extremely important,” he said.

Prospective CID agents attend the CID Special Agent Course at the U.S. Army Mili-

tary Police School in Fort Leonard Wood, Mo. For 15 weeks, candidates receive advanced training in various specialized investigative disciplines and upon graduation become sworn federal law enforcement officers.

Advanced training opportunities are available for selected special agents at the FBI National Academy, Metropolitan Police Academy at Scotland Yard, the Defense Academy of Credibility Assessment and the Canadian Police College.

Enlisted CID agents have tremendous opportunities to become warrant officers. After accessing into the warrant officer ranks, special agents also have the opportunity to pursue a master’s degree in Forensic Science or a master’s degree in digital forensics from George Mason University.

A unique aspect of these programs for CID special agents is that they are offered to those who need it most – the agent in the field. Some other law enforcement agencies and major police departments often reserve this type of training for just their senior investigators or chiefs of police.

Find out more

For more information on the new online recruiting process, send an email to the CID Recruiting Operations Cell at USArmy.JoinCID@mail.mil, or call 571-305-4348.

For more information on Army CID, visit www.cid.army.mil.

Veterinary facility reiterates changes

By Capt. Janas Gray
Fort Rucker Veterinary Facility

Thank you Fort Rucker Family for allowing us to continue to serve you and your pets. I hope all is well and you all had a great July 4.

This letter is to reiterate changes that have been implemented from higher headquarters for all military veterinary treatment facilities that are also affecting the Fort Rucker VTF. As stated in the letter that was published earlier this year, due to the implementation of the Wellness 3, which took away our technician appointments and the implementation of Remote Online Veterinary Records, we have fewer appoint-

ments available.

The Wellness 3 allows every pet to be seen/examined by the veterinarian. This allows the opportunity for early detection of problems that may have gone unnoticed with your pet. In addition to the fewer appointments, ROVR may also result in appointment delays due to periodic issues with the system.

This system is still very new. Solutions to problems with the system are being addressed as they arise and ROVRs information technology personnel are making updates to the system as timely as possible to help the system run more efficient.

Your pet and time are very important to us. We are doing our best

to honor as many appointments as we can and our best to maneuver through the system in a timely manner when the system is running at its maximum.

We ask that when making an appointment, please provide the receptionist with a thorough history of what’s going on with your pet so they can schedule accordingly. So if you are presenting your pet for a wellness exam for annual vaccinations and your pet is having some other issues, please inform the receptionists so they can schedule a longer appointment to allow all concerns with your pet to be addressed. I know the limited appointment availability and all the other

changes are very frustrating, however, these changes are not locally implemented. I can assure you that we are doing our best to accommodate.

We are still currently requesting you call in for a prescription refill at least 72 hours in advance to decrease the possibility of you having to wait for the prescription to be filled. Also, regarding prescriptions, please check all your pets’ prescriptions that may need refilling during the month of July.

There will not be a veterinarian available the week of July 28-Aug. 1. Please have all your prescription refill requests in no later than July 24 to ensure the veterinarian has

time to honor your prescription request. If requests are called in after the veterinarian has left the office, you will not be able to get the prescription refilled until Aug. 4-8.

Please take special note that if you will need a health certificate for a PCS move there will not be a military Veterinarian available. To make arrangements for a health certificate for your animal, contact the nearest military veterinary treatment facility to schedule an appointment, if possible. If no appointments are available, contact your local VTF for additional guidance.

Thank you again for your patience and consideration. Have a safe and great summer!

Rotor Wash



2nd Lt. Matthew Udermann,
D Co., 1st Bn.,
145th Avn. Regt.

“Check out the rock climbing wall at Fortenbery-Colton, it is pretty fun and you get a good burn.”



2nd Lt. John Janigian,
D Co., 1st Bn.,
145th Avn. Regt.

“Go play a game of basketball at the gym.”



Alison Fales,
civilian

“Just do little exercises around the house or make sure you’re not sitting on the couch watching TV all day.”



Troy Golden,
military Family member

“You could go indoor skating or even find an indoor swimming pool to stay in shape.”



Joy Robinette,
civilian

“Try to find a good gym to workout in, or invest in a home gym system, that way you don’t have to get outside on the hot days to get your workouts in.”

“The Fort Rucker Physical Fitness Center hosts a racquetball tournament July 19 from 8:30-10:30 a.m. What other indoor activities do you suggest to keep in shape while avoiding the summer heat?”

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FORT RUCKER COMMANDING GENERAL

Col. Stuart J. McRae
FORT RUCKER GARRISON COMMANDER

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FORT RUCKER PUBLIC AFFAIRS OFFICER

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

Dinner-and-a-movie

Post theater offers something old, new

By Sara E. Martin
Army Flier Staff Writer

It has been a little less than a year since the Fort Rucker Post Theater reopened its doors after a complete digital renovation, and theater officials are finding innovative ways to fulfill the needs of the community’s movie goers.

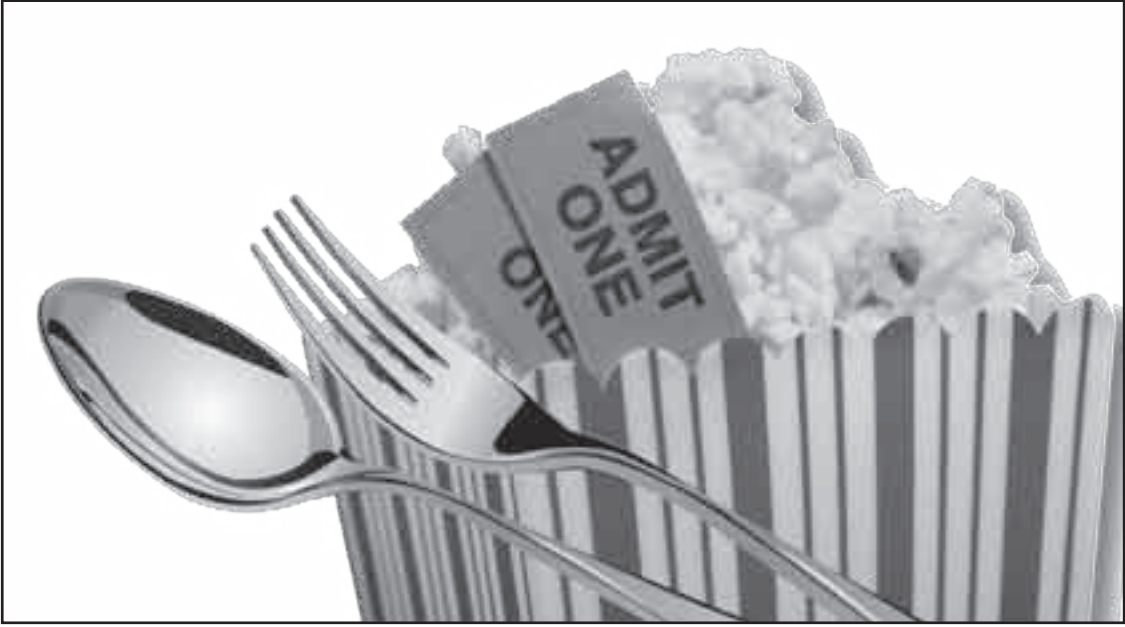
Offering free movie screenings and dinner-and-a-movie specials, the post theater is everything but an old building with a new coat of paint.

“Army and Air Force Exchange services in general has been willing to explore new opportunities to see where challenges can lead us. They are willing to see what resonates with our community,” said Col. Stuart J. McRae, garrison commander. “(For) every dollar that comes into the theater, a portion goes back into Soldier programs, so make a visit there if you haven’t yet.”

One of the newest opportunities at the theater is a partnership with The Landing Zone.

The Landing Zone is currently offering patrons the opportunity to buy a \$2 movie ticket to the theater with the purchase of a dinner entrée.

“We thought working together would be a great opportunity for both businesses to increase awareness about what we have to offer here at Fort Rucker,” said Lauren Jenkins-Fazio, Directorate of Family, Morale, Welfare and Recreation promotions and marketing assistant. “We wanted to give our customers the chance to enjoy great food and great movies. This is a fantastic way



COURTESY GRAPHIC

for friends and Families to spend time together.”

Whether going on a date night, spending time with Family or just hanging out with friends, Jenkins-Fazio said this is a great chance to do something local and inexpensive.

“The theater here on post offers great movie options, including first run,” she continued. “Patrons should take advantage of this opportunity for as long as they can. This encourages people, especially those who are new to the area, to become better acquainted with their options here instead of having to drive to surrounding areas and spending more money.”

The movie tickets acquired through this promotion do not expire. So tickets may be held onto for a future movie that is not released yet. The promotion is for dine-in only patrons on Fridays from 4-9 p.m.

It is also not uncommon for

the post theater to show free screenings of new movies. Its latest showing in this manner was “Transformers: Age of Extinction.”

“(AAFES) partners with distributors of new films in order to present the new movies at no cost. We are given one-time permission to show the film in our theater at no cost,” said Susie Antonello, AAFES visual merchandiser. “We feel it is important to provide these movie-going opportunities to show customers that we appreciate them and want to take every chance to give them a one-of-a-kind movie-going experience.”

Antonello continued by saying the Fort Rucker Reeltime Theater gives an excellent value to the military community.

“In addition, the theater has gone through a thorough renovation, featuring a new Dolby digital sound system, Christie digital

projection, along with 3-D capability,” she added.

One way the garrison team is ensuring that the post theater stays relevant and resilient is by offering a new way to watch old, classic movies.

Casablanca will play at the post theater Tuesday at 7p.m. with free admission. Classic movie night is a collaborated effort by the garrison command and AAFES. A public performance license was purchased for the one-time showing of Casablanca and has no connection with Reeltime.

“We want to find a sweet spot for viewership in order to make the theater as competitive as possible. Our intention is to make the theater more resilient, and the more viewership we have the better,” said McRae. “We are working to try different things to see if there are other markets we can tap into. We are just exploring what our

community wants to see.”

If showing old movies exhibits large promise, McRae said the garrison will try to show more.

“My goal in everything we do is to make as many of the services self sustainable, and that is what we are trying to do with the theater,” he continued. “I am excited to see where this goes. Trying new things is always fun and exciting. I hope it really takes off and we begin to set a trend across America and across AAFES theaters.”

Instead of watching a classic movie on a small screen at home, McRae encourages everyone to have the movie experience again, or even for the first time if the film came out before viewers were old enough to see it at the theater.

“You can enjoy an old-time type movie as it was meant to be seen, on the big screen,” said McRae.

The post decided to try the classic movie night to reach out to classic-movie buffs, and also to introduce classic movies to a new audience and generation, said Antonello.

“As a way of reaching out and strengthening our relationship with the community, the post and AAFES has scheduled this one-time showing to bring back the nostalgic feel of the movie experience,” she said. “These movies have not been on the big screen for a long time and we hope to give the community a chance to come together and enjoy a Family-friendly social event.”

For a full list of what is playing at the post theater visit, www.shopmyexchange.com/ReelTimeTheatres/Movies-FtRucker.htm.

IMCOM commander visits Redstone Arsenal

Redstone Arsenal Public Affairs
Press Release

REDSTONE ARSENAL — In meetings with Team Redstone leadership June 26, Lt. Gen. David Halverson received feedback about the job the Installation Management Command’s garrisons are doing on Army posts.

Halverson took command of Army Installation Command, headquartered at San Antonio, Texas, April 8. He is also assistant chief of staff for installation management. In his new position, he oversees an organization that handles day-to-day operations of Army installations around the globe, including fire and police protection, housing and dining facilities, Family support services and child care.

A quick trip to Redstone Arsenal included visits with the Army Materiel Command’s commander, Gen. Dennis Via, and deputy commander, Lt. Gen. Patricia McQuiston, who is also the Arsenal’s senior commander; and with Lt.

Gen. David Mann, commander of the Space and Missile Defense Command/Army Forces Strategic Command. Via, McQuiston and Mann serve as senior leaders on various Army posts where AMC and SMDC/ARSTRAT are senior tenants.

Halverson also met with garrison leadership.

Since April, Halverson has held various meetings with IMCOM employees and Army installation tenant leaders to introduce IMCOM’s new mission and vision, and to stress the importance of trust and teamwork.

Today, more than ever, IMCOM’s mission is vital, Halverson said, at a time when the Army is facing increasingly complex challenges, such as unseen global conflict in the face of tight finances and force reduction. IMCOM’s revised mission and vision statements reflect the need for innovation and leadership at every level, he said.

The new vision statement reads: Inno-

vative professionals committed to effectively delivering extraordinary services and facilities for our premier Army.

“IMCOM is ‘dooah,’ not just hooah,” Halverson has said.

It’s about what IMCOM does – “not just words,” he said. “I expect every one of my people to be a leader developer himself. Leader development will be an area of emphasis. As such, education, training and broadened development are important. I want to make sure we all have time to talk, to discuss ... to listen, empower and most importantly offer solutions.

“We have to have new ideas and partnerships to solve today’s complex challenges and keep up with changing times,” he said.

IMCOM’s revised mission statement reads: IMCOM delivers and integrates base support to enable readiness for a self-reliant and globally responsive all-volunteer Army.

Positive attitude and trust will help bring the team together, Halverson said.

Leadership, innovation, partnerships and high standards of service will help IMCOM provide the right services to Soldiers today and in the years to come.

IMCOM employees, working through the Army’s garrisons, must understand their role in delivering customer service to Soldiers, Army civilians, wounded warriors, retirees, Families and survivors, he said.

“The IMCOM team builds a ready and resilient Army. We take care of people and make them self-reliant,” Halverson said. “Soldiers, Family members, Army civilians, wounded warriors, retirees and survivors depend on the Army and the IMCOM team to enable them through installation services. Soldiers are committed to the Army profession and expect others in the Army to be as passionate about the mission as they are. The Army has made a promise to champion Soldiers, civilians and Families. Everyone on the installation management team helps fulfill this promise and delivers to standards.”

News Briefs

Pharmacy closure

The Lyster Army Health Clinic Pharmacy is closed until it reopens Monday in its new space inside the clinic.

Club house open house

The Fort Rucker Riding Stables will host an open house for its newly renovated club house Friday from 1-2 p.m. Light refreshments will be served.

For more information, call 598-3384.

Throwback Tuesday

The Fort Rucker Theater will host its first Throwback Tuesday free classic movie showing Tuesday at 7 p.m., with the first feature being “Casablanca.” According to Army and Air Force Exchange Service officials, back in the day it would have cost a person at least a dime to see this classic film, but now people can view it for free, adding they hope to make it a night of making new memories and recalling old ones.

Retiree ceremony

Fort Rucker will host its quarterly retirement ceremony July 25 at 2 p.m. in the U.S. Army Aviation Museum. All are invited to attend and honor Fort Rucker’s latest retirees.

Veterinary closure

There will not be a veterinarian available at the Fort Rucker Veterinary Facility July 28-Aug. 1. People are asked to put in their prescription refill requests no later

than July 24 to ensure the veterinarian has time to honor the requests. If requests are called in after that, people will have to wait until Aug. 4-8.

Chaplain Corps birthday

In honor of the 239th U.S. Army Chaplain Corps anniversary, the Fort Rucker Ministry Team will host a short celebration with cake and refreshments July 29 from 10-10:30 a.m. in the Atrium of the Soldier Service Center, Bldg. 5700. The gathering will celebrate the work of the Chaplaincy of Fort Rucker while also honoring all Army chaplains that have served as religious and spiritual leaders for Soldiers and their Families since 1775. The event is open to the public.

Opportunity knocks

The following internal positions are available on Fort Rucker: Health Technician (Chiropractic), GS-0640-05, Vacancy No. SCEG140397881154389, with a closing date of Friday; Human Resources Specialist (Classification, Recruitment and Placement), GS-0201-09/11, Vacancy No. SCEG141356091158459, with a closing date of Friday; Human Resources Assistant (Classification, Recruitment and Placement, GS-0203-05, Vacancy No. SCEG141498911157227, with a closing date of Monday; Assistant Inspector General, GS-1801-11/12, Vacancy No. SCEG141143911153732, with a closing date of Tuesday; Management and Program Analyst, GS-0343-11, Vacancy No. SCEG141145081142948, with a

closing date of July 25; and Human Resources Assistant (Recruitment and Placement/OA), GS-0203-05, Vacancy No. SCEG141541491161003, with a closing date of July 25.

For more, check out www.usajobs.gov.

Marriage 101

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

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

Thrift shop

The Fort Rucker Thrift Shop is open Wednesdays-Fridays from 10 a.m. to 2 p.m. The thrift shop needs people’s unwanted items. People can drop off donations at any time in the shed behind the shop (former Armed Forces Bank building) located in front of the theater next door to the bowling alley. Donations are tax deductible.

For more information, call 255-9595.

Siren test

The Installation Operations Center conducts a test of the emergency mass notification system the first Wednesday of each month at 11 a.m. At that time people will hear the siren over the giant voice. No actions are required.

Think tank

CSA taps captains for talent-management ideas

By David Vergun
Army News Service

FORT LEAVENWORTH, Kan. — The Army wants to put the right people in the right jobs at the right time — especially with shrinking budgets and manpower and an uncertain global security environment — but does it do that very well?

Chief of Staff of the Army Gen. Ray Odierno asked a group of captains how they think those talent-management efforts are working and what improvements, if any, are needed.

Better interaction between the Soldier and his or her branch manager is necessary and the process needs more transparency, said Capt. Paul Lushenko, noting this has been a perennial and festering problem.

He added that the Army would, of course, need to balance the aptitude and interests of the officer against operational requirements. Commanders would also need to play a role in the decision-making process.

Odierno cautioned that although it's important that commanders play a part in talent decisions and scouting, given a choice, they would choose the best 10 captains to be in their command.

That wouldn't be fair to the captains, who would be competing against their peers for promotions and other opportunities, and it wouldn't be fair to other units where they might be drawn from.

"Certain units have a history of drawing good officers," Odierno said, adding that "as chief, I want to spread talent across the Army."

The topic of talent management was one of several discussed at the Army's second solarium. The first was convened by President Dwight D. Eisenhower in 1953 across the defense establishment to formulate Cold War strategy.

Solarium 2014 dealt with pressing issues with which the Army is grappling. One hundred five captains from across the Army met at Fort Leavenworth July 9-11 to wrestle with problems, and brainstorm ideas and solutions, after interacting with their teams for a month online. The event culminated in each team presenting its findings to the chief.



PHOTOS BY DAVID VERGUN

Chief of Staff of the Army Gen. Ray Odierno asked a group of captains how they think talent-management efforts are working and what improvements, if any, are needed.

Seven teams, each with about 15 members, were divided into two teams focusing on talent management, and one team each for vision and branding, culture, mission command, education and training. This is the first of several articles that will cover the topics discussed.

Odierno said he values inputs from junior officers, many of whom will still be around when the Army of 2025 matures. He used the Socratic method of discussion, which encouraged the captains to contradict his own views, and argue their own points in a back-and-forth discussion.

"My biggest fear in life is [is that] no one's telling me what's going on, so I focus on understanding how other people are seeing things and getting their perspectives," Odierno said, acknowledging that duties and responsibilities in his role as chief often isolate and prevent him from having candid conversations with Soldiers in the field.

Lushenko continued to explain his team's thoughts on talent management, using captains as examples, offering that the approaches discussed could also apply to other Army ranks.

Career pivoting

At what point in an officer's career should talent-management evaluations or re-evaluations take place, he asked: at accessions, after five years, 10, all of the above?

At some point in his career, an infantry officer might realize he'd be better suited at cyber or intelligence, Lushenko said, and there's also the possibility he may not even realize that latent talent.

Odierno remarked that Soldiers' talents might evolve at some point in their careers after basic, as they acquire skills, knowledge and experience. That could point to the need for assessment gates at various points.

"People do change, by the way, and you may not realize the talents you have until you get out there," he said.

The first seven years are formative, with officers developing their "officership and branch fundamentals," he continued. After that, officers and enlisted often seek growth outside their specialties. Fostering and cultivating that growth is a retention issue as well, since specialty burnout could occur without it.

A problem that's solvable, Odierno said, is designing the most accurate test that measures abilities, skills and interests with a correspondingly high degree of predictive validity. Those types of tests may already be out there and could be tailored for the Army.

Talent transition is a weighty decision for the Soldier and the Army, Lushenko said. Soldiers pondering this move should have an experienced mentor who can assess and advise. Perhaps the protégé could choose his or her mentor.

Yes, senior leaders reaching out to junior leaders in a mutually agreed-upon way seems to be the right path, Odierno responded.

Besides having mentors, there

would need to be facilitators or talent managers within organizations to manage this relationship, Lushenko said. Perhaps senior-officer branch representatives at the unit or installation level or division engineers or staff officers in the G-2 and G-4, he suggested.

Their roles would be facilitating the dialogue between Soldiers, mentors and commanders and they could also champion successful outcomes to representatives at Human Resources Command, Lushenko continued. This process should be standardized and talent managers would take this on as a formal responsibility.

This type of system was in place prior to 2005 when the Army became brigade-centric, Odierno replied. "We lost this when we assigned people to brigades and left it up to the brigades to handle. There are only so many positions in each brigade" for talent to migrate to "so this is a big problem."

The Army began efforts to correct this gap in talent management last year, he said. "I directed that the senior mission commander is the one responsible for managing captains, majors, lieutenant colonels, so in a sense we're going back to the future. We just have to formalize it. We have to correct this. We can do this."

LinkedIn militarized

Talent management team members then discussed talent identification tools that could make the process more effective.

The business social networking site LinkedIn was mentioned frequently as a useful tool that allows users to share profiles and skills with each other, and with talent scouts and employers.

If such a system were implemented by Human Resources Command, it could match posi-

tions with talents and would allow Soldiers to get in the loop, as well. Jobs and opportunities would become visible, as well.

This type of fluid and dynamic interaction would require buy-in from leaders and managers and a culture shift, the captains said. They suggested that the Army isn't capable of building such a system and partnering with industry would be needed.

As it stands, iPERMS, Army Career Tracker System and the Officer Evaluation Reporting System are cumbersome, not interconnected and can be unfriendly to the user at times. There needs to be a centralized, one-stop shop to visit, they said.

Soldiers also need report cards to see where they are at a glance so they're not surprised by results of promotion or assignment selection boards, they said. The report cards would be accessible at any time and would include professional development scores, as well as other data that are fed into the decision matrix used by board members.

Such a system would allow officers to extrapolate their strengths and weaknesses, and would encourage self-improvement.

Although Officer Evaluation Reports have recently been modified to better reflect an officer's standing and potential, "commanders are not making the tough calls" when they fill them out, Odierno said, meaning the marks and remarks are inflated. "OERs look too much alike" and that makes the board selection process very difficult.

So more work needs to be done in the area of performance reviews and evaluations, Odierno acknowledged.

Recent changes to the OER have been a marked improvement, however, the captains said.

SEE THINK, PAGE A5



Capt. Paul Lushenko tells Chief of Staff of the Army Gen. Ray Odierno what his team thinks about the Army's talent management and what improvements are needed.

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Posts to open SHARP Resource Centers

By Libby Howe
Army News Service

WASHINGTON — The Army's Sexual Harassment/Assault Response and Prevention program aims to synchronize and professionalize victim advocacy services by establishing SHARP Resource Centers on military installations across the globe.

The Army intends to launch 11 pilot SHARP Resource Centers within the coming months, using the center already at Joint Base Lewis-McChord, Wash., as a model to analyze the effectiveness and assess costs needed to provide SHARP services in centers on other military installations.

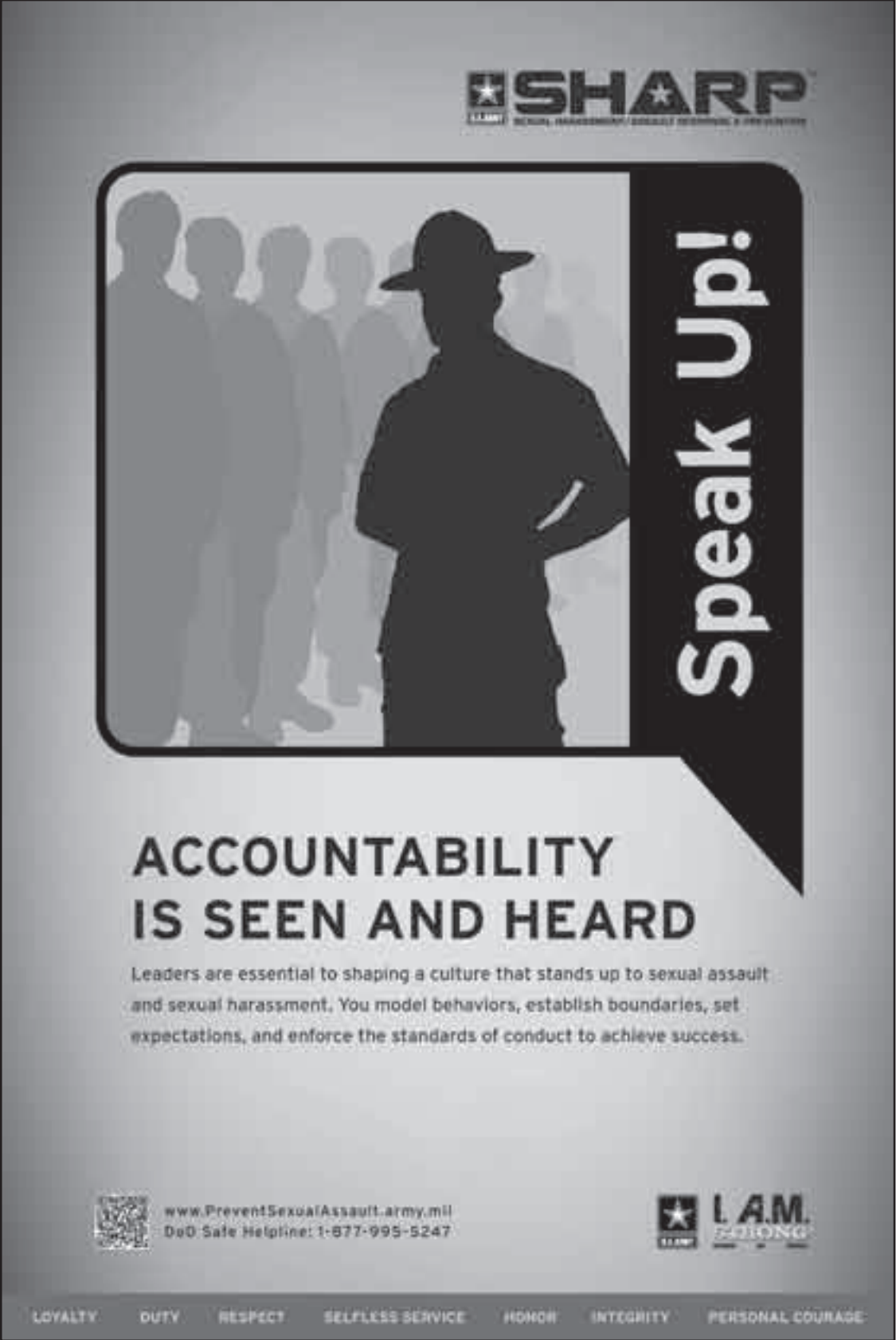
SHARP Resource Centers will "bring together all of the response system proponents in the Army into one single location," said Lt. Col. Geoff Catlett, with the Army G-1 office.

The centers, Catlett said, will act as a "one-stop" consolidation of services. "You'll have lawyers, investigators, medical personnel and advocates all working together as a community of practice in order to support each other professionally."

SHARP Resource Centers will also house Sexual Assault Response Teams. Each SART consists of four primary responders, including victim advocates from the military community's SHARP programs, medical providers from the military treatment facility, criminal investigators from the supporting Criminal Investigation Division and military prosecutors from the supporting Staff Judge Advocate offices.

"Now you have one place to go where all [these resources] are brought together. They get a very seasoned, professional team to support them and they also don't have to go to a half dozen locations across the installation," said Catlett of how the SHARP Resource Centers ease the process for victims. "Having that professional team all in one place working together is synchronizing our efforts to professionalize and expedite our response to victims."

Catlett expressed the Army's



ARMY GRAPHIC

excitement about the new model of response systems.

"If we, in any way, shape or form, fail people who are dealing with this experience, we are failing as leaders across the Army. We just can't accept that," he said. "You can't legislate your way out

of this problem. You can't regulate your way out of this problem. You can only lead your way out of this problem."

The program is on schedule to launch 11 pilot SHARP Resource Centers, in addition to the one on Joint Base Lewis-McChord, after

the publication of the SHARP-RC "Tool Kit" later this month.

These pilots will operate on installations such as Fort Hood, Texas; Fort Campbell, Ky.; Schofield Barracks, Hawaii; Camp Arifjan, Kuwait; and seven other installations through February

2015. At that point, an assessment of effectiveness and recommendations for additional implementation will be presented to the chief of staff of the Army.

"What we're trying to do is put the systems in place and provide the tools to commanders, in order to change the culture and create an Army where everyone is treated with dignity and respect," Catlett said. "If the Army can't do it, then nobody can do it."

The origins of the SHARP program date back to 2008, when the Army's leadership decided to focus prevention efforts on eliminating the behaviors that create an environment conducive to sexual assault.

Today's SHARP program aligns with the Department of Defense Sexual Assault Prevention and Response Strategy and the Strategic Direction to the Joint Force on Sexual Assault Prevention and Response. Implementation of SHARP follows the five imperatives set forth by the chief of staff of the Army.

These imperatives focus on preventing offenders from committing crimes; reporting every allegation and ensuring it is professionally investigated; creating a positive climate and an environment of trust and respect; holding every individual, unit, organization and commander accountable for their actions; and maintaining a fully engaged chain of command.

Despite fiscal hardships, SHARP continues to expand.

"As we're reducing the Army staff due to budget constraints, this program is actually expanding," said Catlett.

"Our effort right now is about, in the simplest terms possible, professionalizing the force," he said. "We have world-class professional investigators, prosecutors, and medical personnel." Now, work is being done to bring advocacy services, victim advocates and sexual assault response coordinators to the same level of professionalism.

For more information about the Army SHARP Program, visit www.preventsexualassault.army.mil.

iWatch: Program urges community to 'see it, report it'

Continued from Page A1

There are a number of different reasons to report suspicious activity, but Greenawalt said that keeping the installation safe is first and foremost. It's people's awareness that can help predict and prevent attacks before they happen, he added.

"Our law enforcement is the reactionary force to (reported activities), but they need more eyes and ears out there to help them — every person a sensor" said the anti-terrorism officer. "(Authorities) can't be everywhere at once.

"We're here to protect our country and our neighborhoods," Greenawalt continued. "We're the frontline of defense and then we call the proper authorities to take care of the issue. We see it, we report it, and we get the experts and the professionals to deal with it. That is how we protect ourselves."

Some things people should look out for include: people drawing or measuring important buildings; strangers asking questions about security forces or security procedures; briefcases, suitcases, backpacks or any packages left unattended; cars or trucks left in no-parking zones in front of important buildings; intruders in secure areas; persons wearing clothes that are too big or bulky, or too hot for the weather; and even chemical smells or fumes that don't seem right.

"People need to trust their instincts," said

Greenawalt. "We rely on our senses every day of our lives. If a behavior or activity makes you feel uncomfortable, report it."

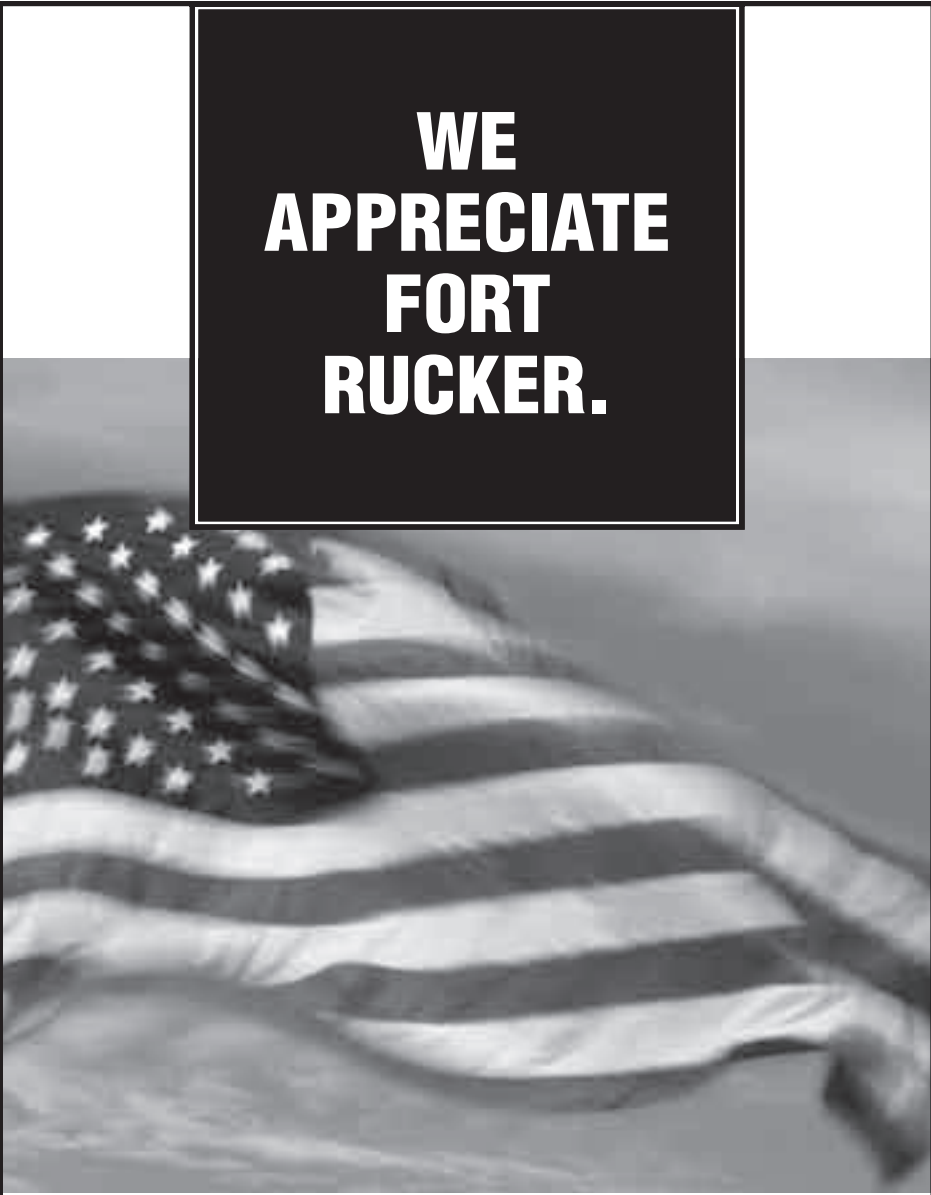
When people report an incident, they should try to give as many details as possible. Greenawalt provided a checklist that people can use to make sure they get the necessary information: date and time; where it happened; what they witnessed; description of people involved including gender, height, build, ethnicity, hair color and age; and license plate numbers if available.

Greenawalt also advises people not to get directly involved unless there is an immediate threat or if it's the only action available, and for them to allow the proper authorities to handle the situation.

He also advises that people share information regarding iWATCH Army to everyone they know.

"Everyone needs to get this kind of information out to their neighbors," said Greenawalt. "This is not the kind of information that should be kept to themselves, but shared with the world. We strongly encourage people to share this information with each other so that they know what to do if they see something out of the ordinary."

Greenawalt also stressed that 911 should only be called for emergency situations, but people can call the non-emergency line at 255-2222 to report any suspicious activities.



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Aviators: Hagel deems Army Aviation ‘essential’

Continued from Page A1

tion programs.

In written testimony June 18 before the Senate Appropriations Committee’s defense subcommittee, Hagel said the Army would streamline its helicopter force from seven to four airframes. Aging Kiowa helicopters and older training helicopters will be retired and replaced with more advanced Apache helicopters that will move from the National Guard to the active force, the secretary said.

The Guard will receive Black Hawk helicopters that are critical for war fighting, and more adaptable for such Guard missions as disaster relief and emergency response, Hagel told the senators.

In the past decade of war, Apache helicopters have been in high demand, he added.

“We need to put the Apaches where they will be ready to deploy fast and frequently when they’re needed,” the secretary said. “This decision will help the Guard’s helicopter force ... adhere to state and federal requirements for homeland defense, disaster relief and support to civil authorities while still serving as an important operational and strategic complement to our active-duty military.”

Hagel said the Guard’s helicopter fleet would decline by 8 percent and the active Army’s by 25 percent, but “the overall fleet will be significantly modernized under the president’s budget plan.”

The Army’s four remaining airframes will be the Apache attack helicopter, the Black Hawk, the Chinook and the Lakota light utility helicopter, used mainly for training and for use within the National Guard.

The Lakota helicopter is a dual engine, glass cockpit similar to modernized Army aircraft like the Chinook, Black Hawk and Apache helicopters. Commercial off-the-shelf aircraft is maintained according to Federal Aviation Administration requirements, and the Lakota needs only a few modifications to serve as the Army’s training helicopter, the defense officials said.

Active Aviation brigades will be reduced and reconfigured from 13 to 10, officials said. The Reserve component will retain 12 Aviation brigades, but they will be restructured and optimized for homeland security and combat assault, lift and medical evacuation missions.

Hagel had a roundtable discussion and lunch with Army Aviators, and then inspected and received briefings on several Army helicopters displayed on Howze Field.



PHOTO BY AIR FORCE MASTER SGT. ADRIAN CADIZ

Secretary of Defense Chuck Hagel enters the U.S. Army Aviation Museum to address Soldiers during a question and answer session during his visit to Fort Rucker July 10.

Later, at the Army Aviation Museum, Hagel addressed nearly 200 Fort Rucker troops, offering remarks, thanking them and their Families for years of dedication and sacrifice, and taking a few questions from the audience.

But first, the secretary wanted to express a long-time personal appreciation that was apparent in his voice, understandable to any former infantryman, of combat helicopter pilots everywhere.

“What you do here is essential,” Hagel said to the troops of USAACE and Fort Rucker. “I saw it firsthand when I was in Vietnam in 1968 and I saw some of the photos on the wall of what we used to refer to as Eagle Flights.”

In that war, helicopters took infantrymen like Hagel into remote jungle areas that were hard to reach by other means.

“The helicopter would hover 4 feet to 6 feet off the ground, and we would jump out of the helicopters,” the secretary recalled, “and then five or six days later, we’d find our way out of wherever we were.”

Very early in life, Hagel added, he established a significant appreciation for the work performed at Fort Rucker.

“I saw amazing courage and commitment from all of you and those who went before you,” he said, “and that was, in your opinion, not anything special. It was just who you were, what you did and that was just expected.”

The secretary added, “I think often that’s taken for granted, but I want you to know with this secretary of defense it’s not, and I know our leaders in all our services feel the same way. I know President [Barack] Obama feels the same way.”

When Hagel invited questions from the Soldiers, topics included the severe budget cuts known as sequestration, and what the department will do about the lack of military personnel available when the next conflict arises.

“If sequestration continues – and it is the law of the land and it will come back in 2016 unless the Congress changes it – then it will affect everything we do and every decision we make,” Hagel said.

Sequestration, part of the 2010 Budget Control Act, will make it necessary for the Defense Department to go back to taking another \$50 billion-a-year cut from the base budget in addition to a 10-year, \$490 billion cut that two years ago began to come out one year at a time for 10 years, he said.

“Last year, we took about a \$37 billion cut,” Hagel explained. “We had to furlough people. There was a government shutdown for 16 days that further complicated everything, hurt your training [and] hurt your operations. You were not able to fly, nor was anyone else in training.”

Army and Navy were unable to train, the secretary added, and the

shutdown affected defense maintenance, operations, all training and directly affected readiness.

“So sequestration will come back in 2016 unless Congress changes it, and we have been making the case in our budget presentations in all the committees that they’re going to have to do something about this, because it will affect everybody,” Hagel said. “We can [reduce the budget] now in a gradual way, but if we’re forced into sequestration again, where we’ve got no other recourse, then it will get a lot tougher than it is.”

In response to the question about a lack of military personnel for a future conflict, Hagel said that in future years the military services will have a fully capable force in every service and the necessary capacity in numbers of service members.

“Historically – you all know this – when this country comes out of war ... there’s always a resetting, a reposturing. There is always an examination of how you handle not just current threats and realities you’re dealing with in the world, but the future,” Hagel said.

The secretary said he’s even heard people say that the U.S. Army may, through sequestration cuts, get to the lowest point in terms of capacity that it has reached since just before World War II.

“I don’t know if that’s true, but we’re still going to have a

big Army and Marine Corps, and Navy and Air Force components. But let’s just take that comparison,” he said, looking around the audience. “Does anybody seriously believe that you can equate a Soldier in the United States Army in 1940 to a Soldier in this [2014] Army in terms of capability, capacity, technology, weaponry, training, leadership or motivation? Come on,” he said.

He looked at them briefly in theatrical disbelief before warming to his argument.

“I don’t buy into a quantifiable, capacity-to-capacity, number-to-number comparison. Our ships, our platforms, our helicopters – it’s a whole different world, the capability we have. We can do more things than ever before with actually fewer numbers of people,” Hagel said.

But the secretary said he understood the Soldier’s point.

“You can’t ever allow a force to get too low ... and we don’t intend to do that,” he said.

“When you look at the big numbers, we’re talking about 480,000 depending on how bad sequestration gets. If Congress doesn’t change sequestration, then we’re going to be faced with more reductions – we won’t have any choice. So, I get exactly your question, and I, too, am concerned,” Hagel said. “But we won’t allow those numbers to go down to anywhere near any even questionable number. We’ll have the capacity.”

Q&A: SECDEF ‘grateful’ to Army Aviation

Continued from Page A1

How do you prepare them better? I think you take lessons learned from every experience, every war. You listen to people. It’s a combination of all the different experiences that you have. Our platforms are becoming more sophisticated with more capacity, more capability, and it’s those things, as well. The things that we used to rely on for certain areas of manpower we can now do through improved technology, so it’s increasing the efficiency, the effectiveness and the value of your Soldier.

Q: Is there any advice you would offer to a new Army Aviation Soldier who is just starting their career?

A: First, I’d thank them and tell them I think they are in one of the most exciting careers in the defense enterprise.

What we do now with these platforms is really quite astounding and I think we’re just going to get better. It’s the same advice I’d give anybody – work hard, believe in what you do, play it straight and do the things that interest you, but always have a purpose for everything you do.

Q: Conversely, for seasoned Aviators, there is a lot of concern regarding the restructuring of the Army. What would you tell them to help them stay relevant during this transition?

A: Restructuring, resetting, re-posturing is not new in an enterprise. Certainly it isn’t new with the Defense Department. Threats emerge, threats change. The world is dynamic, and we have to stay ahead of that as much as we can. So, you’re constantly adjusting in your strategies and your platforms and your priorities. I think, quite frankly, that’s

one of the more exciting parts of this enterprise – to be part of that because you’re constantly defining and redefining as you go along. That’s why we are the most capable force the world has ever seen.

Q: Is there anything else you’d like to say to the Army Aviation community and Fort Rucker?

A: First, thank you. We are grateful for what you do, appreciate what you do, we know what you do. We know that without their leadership, without their capacity, without their commitment, we would not have near as agile and ready a force, so their piece of our enterprise is tremendously important. I just remind them of that and tell them how proud we are, and I know that they are all proud of what they do.

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Army UAS carries jammer



By Adrienne Moudy
Army G-3/5/7

DUGWAY PROVING GROUND, Utah — In June, within the mountainous terrain of the Great Salt Lake Desert at Dugway Proving Ground, the Army conducted flight testing of an unmanned airborne electronic attack capability known as the Networked Electronic Warfare Remotely Operated.

The NERO project has conducted engineering analysis and aircraft alterations for more than two years. The tests that took place from June 2-19 proved that it is technically and tactically feasible to field an effective jammer on an unmanned aircraft system.

NERO is the combat-proven Communications Electronic Attack Surveillance and Reconnaissance jamming capability currently deployed on a C-12 aircraft. The only difference between the two systems is the NERO jamming pod is attached to the Gray

View of the NERO jamming payload attached to a Gray Eagle.

PHOTO BY DOUG MCDANIEL

SEE UAS, PAGE B4

OUT OF SIGHT

Air traffic controllers conduct blind approaches

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

FORT CARSON, Colo. — Aircrews learned quickly during last year’s fire and flood rescues how bad visibility can affect their missions.

Air traffic controllers from 4th Combat Aviation Brigade spent the last year perfecting and training hard on a radar system that can help mitigate the risks with missions involving low visibility.

Air traffic control specialists from F Company, 2nd General Support Aviation Battalion, 4th Aviation Regiment, 4th CAB, 4th Infantry Division, conducted training throughout June on the Air Traffic Navigation, Integration and Coordination System at Butts Army Airfield on Fort Carson.

“We are going through our readiness level progression stages,” said Sgt. 1st Class Erik Wacker, F Co. “After a year of training on the equipment, most of our personnel are RLP 1 certified, which makes our radar team fully functional.

“We are trying to get our controllers rated to Rejected Landing Procedure 4, so our ATCs can be extremely efficient and knowledgeable at controlling the airspace,” said Wacker.

“There are four RLP stages,” he said. “To complete Stage 1, the ATC has to know how to use the radar equipment. Stage 2 includes directing air traffic efficiently. Stage 3 involves getting an exam from a certified examiner. Finally, Stage 4 involves the successful completion of guiding blind and emergency approaches.”

The ATNAVIC system is a tactical radar system that provides a rapid air traffic control response for conditions that keep the air traffic control tower from working effectively.

“I remember using this system when I was in Basra, Iraq,” said Wacker. “There was a big sandstorm with a large amount of rain behind it. This made it very hard for aircrews to see. I had to guide in a 737 aircraft containing more than 200 people. I don’t rate any radar system above another, but this system is really great.”

The ATNAVIC system would work well in domestic emergency missions, said Spc. Kenneth Jones, F Co.

“Although we did not get to use the system during last year’s [Black Forest] fires and [Boulder] floods, I believe it could be useful in any emergency that we may be called to in the future,” said Jones. “It would be useful in situations in which aircrews are traveling through smoke, debris and inclement weather.”

“We look forward to getting our entire terminal platoon rated on the ATNAVIC system,” said Wacker.

“I’ve been training on this system for a year,” said Jones. “I am very confident in our abilities, which makes it easier if we are called to use this equipment. I love working with this system and being able to



PHOTO BY SGT. JONATHAN C. THIBAUT

Spc. Michael Elizondo and Spc. Kenneth Jones, both air traffic controller specialists from F Company, 2nd General Support Aviation Battalion, 4th Combat Aviation Brigade, prepare to run simulated aircraft landing approaches during ATNAVICS radar system training at Butts Army Airfield on Fort Carson, Colo.



PHOTO BY SPC. BRYAN RANKIN

U.S. Soldiers of the 12th Combat Aviation Brigade fly in an AH-64 Apache Longbow helicopter over Romanian soldiers of the 284th Tank Battalion in a TR-85M1 Bizonul main battle tank during exercise Combined Resolve II at the Grafenwoehr Training Area in Grafenwoehr, Germany, June 27. Combined Resolve II was a multinational decisive action training environment exercise that took place May 1 to June 30 at the Joint Multinational Training Command's Hohenfels and Grafenwoehr Training Areas that involved more than 4,000 participants from 15 partner nations. The intent of the exercise was to train and prepare a U.S.-led multinational brigade to interoperate with multiple partner nations and execute unified land operations against a complex threat while improving the combat readiness of all participants.

Combined Resolve

LIFELINERS

Soldiers conduct sling load training

By Sgt. Leejay Lockhart
101st Airborne Division
Public Affairs

FORT CAMPBELL, Ky. — Soldiers from the 372nd Inland Cargo Transfer Company, 129th Combat Sustainment Support Battalion, 101st Sustainment Brigade, 101st Airborne Division, concluded a two-day air assault training mission June 26 at Fort Campbell.

The purpose of the exercise was to further develop the company’s competency at providing logistical support through sling-load operations, according to unit officials.

The Soldiers linked up with an aircrew from B Co., 6th Bn., 101st Aviation Regiment, 101st Combat Aviation Brigade, 101st AD, which flew a CH-47 Chinook helicopter to the training site. After exiting the helicopter, the troops joined other members of their unit already on the ground and immediately went to work finishing sling-load preparations on two Humvees and a cargo bag.

The 372nd ICTC had a mix of Soldiers who had no previous experience conducting a sling-load mission along with Soldiers who had graduated from the Sabalauski Air Assault School and proved their proficiency in the task. The Soldiers with air assault qualifications took the lead and ensured everyone properly rigged the equipment.

Spc. Kyle J. Hennick, an Army cargo specialist and forklift operator with the 372nd ICTC, described his role as an air assault-qualified Soldier.

“The most important thing was inspecting the loads. That way we can tell if they’re correct loads and if they’re done correctly or not,” he said, adding that they also needed to verify the Soldiers who had prepared the vehicles had properly taped the windows and lights for safety reasons.

After the Soldiers verified the loads with the aircrew, the helicopter ascended from the ground in a



PHOTO BY SGT. LEEJAY LOCKHART

Soldiers from the 372nd Inland Cargo Transfer Company, 129th Combat Sustainment Support Battalion, 101st Sustainment Brigade, 101st Airborne Division (Air Assault), prepare to attach a Humvee to a CH-47 Chinook helicopter June 26 at Fort Campbell, Ky.

cacophony of blaring engines and rotors. It repositioned itself then descended close to the first vehicle, as it neared the ground its powerful rotors kicked up a whirlwind of dried grass and other debris.

Hovering feet above the field, the pilot and ground guide established contact and the Chinook carefully took position over the first Humvee. The Soldiers on the ground rushed to attach it to the helicopter. However, before they could connect the vehicle, a Soldier used a static probe to safely discharge any static electric charge that built up on the aircraft.

“Like they’re keeping the helicopter a foot over the troops to make sure they don’t come down any lower,” said Hennick, a native of Charles City, Iowa. “It’s a safety issue to have a ground guide and it’s there for proper instructions.”

The Chinook, guided by the ground guide, gracefully moved in a triangular pattern lifting the vehicles and cargo box one at a time, lowering them back to the ground and then moving on to the next item. As it moved around the field, Soldiers would reset

at each item and prepare for the next repetition.

Making the training flow seamlessly took a great deal of preparation, said 1st. Lt. Matthew Jones, a transportation officer and platoon leader for the 372nd ICTC.

“We did a number of rehearsals,” said Jones, a native of Schwab City, Texas. “First, key leader walk-throughs – all the NCOs in the platoon went physically to the locations, and saw them and talked through it and learned their jobs. The Soldiers had a [rehearsal of concept] drill so that they learned all the ins and outs of what was going to happen. Then my platoon sergeant made sure that everybody actually practiced rigging.

“None of them are going to have all the information they need 100 percent memorized, but going to air assault [school] they had an idea and they knew where to look to get information they had forgotten,” Jones continued. “So when they knew they were going to have sling loads, they

SEE TRAINING, PAGE B4

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UAS: Recent conflicts reveal need for capability

Continued from Page B1

Eagle UAS.

The Joint Improvised Explosive Device Defeat Organization funded the NERO project. The project manager for the Army's UAS program collaborated with Naval Surface Warfare Center in Crane, Ind., Raytheon and General Atomics to design and execute proper modifications to accommodate the jammer and to operate the Gray Eagle aircraft.

"It's clear that control and exploitation of the electromagnetic spectrum will strongly influence future conflicts," said Travis Slocumb, vice president of Electronic Warfare Systems for Raytheon Space and Airborne Systems. "Programs like NERO help equip the U.S. Army to achieve its future electronic warfare missions."

Clay Ogden, a subject-matter expert for airborne electronic attack programs for the Army's Electronic Warfare Division at the Pentagon, was at Dugway for the testing.

"The payload was able to operate at

full power without adverse effects to the UAS," said Ogden. "This demonstrated the viability of a Gray Eagle-based high-powered jamming capability to support the Army's (electronic warfare) counter-communications and broadcasting EW requirements in the future. Results of the flight testing will inform development of the Army's organic Multi-Function Electronic Warfare capability, which is an integral part of the integrated EW System of the future."

The recent conflicts in both Iraq and Afghanistan have increased the demand from deployed troops for airborne electronic attack capabilities. The Army recognized this demand in 2009 and the CEASAR pod was developed for the C-12 aircraft to support combat operations. It was only a matter of time until the idea to put the same pod on a UAS was born and, several years later in 2012, JIEDDO funded the NERO project.

"The Army quickly realized it had a need for an organic beyond line of sight

communications jamming capability, and so developed the CEASAR airborne electronic attack aircraft to support ongoing overseas operations," said Ogden. "The next logical step was to put the capability on an unmanned platform to realize cost savings and increased mission times, much as we have done with cameras and other [intelligence, surveillance and reconnaissance] equipment."

According to Ogden, NERO flew for a total 32 hours during the flight testing, 20 of which while the jammer was operating. With a constantly evolving strategic environment, the Army will continue to use NERO for experimentation for airborne EW.

"The NERO capability may well be part of the Army's future Integrated Electronic Warfare System, if it meets the Army warfighter's requirements," said Col. Jim Ekvall, chief of the Army Electronic Warfare Division at the Pentagon. "Airborne electronic attack provides an enormous amount of support to troops on the ground,

and with the NERO payload on a (UAS), mission times are increased and are more cost effective for the Army."

Currently the Army does not have immediate plans to place a jammer on a smaller UAS, however the Army's Intelligence and Information Warfare Directorate has experimented with smaller UAS jammers.

"The Army is contemplating what platform is best suited to conduct airborne electronic attack in the future," said Ogden. "The CEASAR C-12 aircraft were rapidly developed for a specific mission to meet the warfighter's immediate needs outside of the normal acquisitions process, and now we know that Army relevant airborne electronic attack works on the Gray Eagle UAS."

The successful results of NERO testing will be an important asset for developing the Army's Multi-Function Electronic Warfare capability and the payloads will be used for additional testing for airborne electronic warfare.

Training: Soldiers build confidence, sharpen skills

Continued from Page B1

got the proper [field manuals] and information and then that plus their recollection of how to do things, fell together perfect."

At the conclusion of the training both the Soldiers and leaders expressed confidence in the quality of training.

"I think it was really great training especially with the Chinook and the variety of different things we had," said Hennick. "I think we did a lot and everybody got enough rotations. Everybody filled each position at least once or twice."

"Everybody did their job and did it exceptionally," Jones stated with pride. "As a platoon, most of the guys

have never done this before, especially the ones who've never been to air assault school. The one's who've been to air assault school they've did it once, and it's been awhile, so it will just help them feel more confident that they actually do know what they're supposed to be doing and if they're called upon to do sling loads they'll be confident to do that. They'll deliver."

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A HORSE IS A HORSE

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By Sara E. Martin
Army Flier Staff Writer

Many Army garrisons have conveniently located horse stables with a variety of equestrian services, and while some offer guided trail and pony rides others offer stall and pasture board, but none of them offer the amount of services that Fort Rucker does.

The Fort Rucker Riding Stables offers a full range of services to horses and their riders, such as boarding, entertainment for seasonal events, birthday pony parties, Western- and English-style riding competitions and lessons, and trails, said Martie Haverfield, recreation aide at the riding stables.

"We are truly a one-of-a-kind facility because of the variety of things we offer," she said. "We have just too many amenities. We offer it all here in one place, and you can't get that anywhere else, military wise or civilian wise."

There are more than 10,000 acres of wooded trails, a clubhouse with bathroom and kitchen facilities, four community pastures, a hay barn, 40 duplex barns with individual tack rooms, 67 stalls, multiple segregated paddocks, two regulation dressage rings, two breaking pens, a lighted western and English style jump and show arena, a covered farrier's shed and double wash stalls with warm water.

A feed service program is also available for patrons, along with a facility use program for those who board their horses on their land. Hay and stall bedding may be purchased from there, as well. The jump trails offered are cross-country preliminary, cross-country beginner novice, cross-country novice and cross-country training.

The boarding of privately owned horses is open to the public, but active-duty military have priority, and pricing depends on a person's rank and the type of stall they wish to have their horse boarded in, said Haverfield, adding that immunization for all horses that are boarded is required and proof must be furnished to the stable office.

"We are Family oriented here, and for someone in a stressful job taking care and riding a horse is both hard work and relaxing. This is a good place to come and get away from stress," she said. "Being one-



PHOTOS BY SARA E. MARTIN

Hannah Francis, Army Family member, takes a break from riding her horse, Cede, Friday at the Fort Rucker Riding Stables.

on-one with a horse in nature is one of the best feelings in the world."

Horseback riding also has many benefits for children, as well, such as exercise, responsibility, concentration, motor skill function, confidence and how to face fears.

"People and horses create an unusual bond. You are on a 1,200-pound animal that is letting you guide them, and they are trusting you to steer them safely and protect them from harm," said Jennifer Dean, horse trainer and lesson instructor. "They honestly enjoy being ridden, as well."

The riding stables offers riding lessons in English and Western styles. The price is \$35 per lesson and is taught in a one-on-one style. Lessons range from beginner to advanced, and horses are provided for the lessons, if necessary.

"Most of my students are really young and they all love it once they get over how

nervous they are," she said, adding that the freedom of riding a horse is a feeling that cannot be found anywhere else.

"The great thing about the facility is that it is on post, so we can really cater to the military, and the needs of Soldiers and Families," continued Dean. "People don't have to drive across town for a lesson, so many parents will drop their child off and spend the time doing errands or catering to their other children's needs."

The riding stables is also a place where Families can enjoy children's birthday parties with a birthday pony party with Tony the pony.

The birthday pony party consists of access to the facility and the clubhouse for three hours, and one hour with Tony the Pony and his handler, said Aida Stallings, business manager for the community recreation division.

The pony parties are for toddlers and

preschoolers up to 40 pounds. Price is \$85 per party for up to 10 children.

The clubhouse has bathrooms, grills, refrigerators and a kitchen for people to use during parties, Stallings added. The stables will hold an open house for the newly renovated club house tomorrow from 1-2 p.m. Light refreshments will be served and everyone is invited.

The facility is looking for volunteers to sign up and help with the stable's annual Fright Night Haunted Hay Ride that is held in October. Anyone over the age of 16 can volunteer to help with building, make-up and costumes, and acting to scare patrons.

The stables are located near Bldg. 20090 on Hatch Road, and the office is open Mondays through Saturdays from 8 a.m. to 5 p.m.

For more information on boarding, pricing, riding instruction, volunteering or birthday parties, call 598-3384.

Body Mechanics offers retreat from stress

By Nathan Pfau
Army Flier Staff Writer

The stress of Army life, whether for Soldiers, Family members or the civilian workforce, can become overwhelming, but Fort Rucker offers a way that people on the installation can pamper themselves and find relief.

Body Mechanics Day Spa, located in the Fort Rucker Physical Fitness Facility on Andrews Avenue, offers relaxation and luxury for a reasonable price, said Barbara Leger, licensed massage therapist with Body Mechanics.

"Everyone can (and should) be treated to a special occasion and be pampered, and Body Mechanics has extremely competitive prices and a service available for every income level," she said.

Anyone who is an authorized patron of Directorate of Family Morale Welfare and Recreation services is allowed to make an appointment with Body Mechanics. The spa offers several different services, which include a 30-minute massage for \$25, a 60-minute massage for \$45, a 90-minute massage for \$70, facials for \$30, a retreat for the feet for \$30, a body polish for \$30 and chair massages that are \$1 per minute.

"The benefits of massage go hand-in-hand with



PHOTO BY NATHAN PFAU

Barbara Leger, licensed massage therapist with Body Mechanics, gives Elizabeth Ryan, military spouse, a back massage Tuesday at the Fort Rucker Physical Fitness Facility Body Mechanics Day Spa area.

fitness," said Leger. "Massage, historically, has been used to help circulation, muscle soreness and tenderness, and chronic pain to include fibromyalgia and arthritis.

"Blood pressure can be lowered after a massage, and massages increase the

chemicals that induce feelings of happiness, as well," she continued. "The sleep cycle can also improve."

The European-style facial is a cleansing facial that includes a facial massage, which creates a healthier look.

"Our retreat for the feet

is a 30-minute treatment just for the feet," she said. "It includes massage, hot towels and a mud wrap for the feet. It helps with the health of the skin and tissue, as well as with stress."

The body polish is a 30-minute exfoliation service. The skin on the arms, legs

and back is exfoliated with a citrus scrub and is followed by hot towels and moisturizer.

"It is great for people who are getting ready for a special occasion or if they have dry skin. It gives the skin a bright, healthy glow," said the massage

therapist.

There are several different styles of massage people can choose from, including pregnancy, Swedish, deep tissue, neuromuscular and hot stone.

It is no secret that Fort Rucker is dominated by flight students, and Leger said that flight students in particular seem to enjoy the relaxation massage.

"I think that they are aware of how much physical stress they are under, but when they come in they are surprised at the amount of mental stress that can be relieved through a little pampering," she said.

The act of getting a massage for the first time may seem embarrassing for some and even nerve wracking, but Leger said that the client is in charge and if there is an uncertainty about something the therapist will answer any questions.

The spa is open for appointments Mondays through Thursdays from 8 a.m. to 7 p.m., Fridays from 8 a.m. to 5 p.m. and Saturdays from 8:30 a.m. to 2 p.m.

When asked about gratuities, Leger said that tips aren't expected, but are always appreciated, and patrons can leave any tips in the room where the massage took place.

For more information or to set up an appointment, call 255-2296.

ON POST

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

Newcomers welcome

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

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

Photo scavenger hunt

People are welcome to grab their favorite social media device, fire up Instagram, Facebook or Twitter and embark on the Directorate of Family, Morale, Welfare and Recreation’s first photo scavenger hunt – Tag, You’re It! – for a chance to win prizes from Wild Adventures, Shipwreck Island or WonderWorks. People should do their hunting and tagging any time now through July 31. People can find the scavenger hunt list and details on the contest at www.ftruckermwr.com and submit their entry form. Winners will be selected Aug. 1.

For more information, call 255-3433.

Grape Stomp Festival

Leisure travel services will host a day trip to Arlington, Ga., (about an hour and 40 minutes away) Aug. 2, leaving at 8:30 a.m. and returning at 4:30 p.m. for the annual Grape Stomp Festival. There are 27 seats available and cost is \$15 per seat. People can reserve their seats now. This Family-friendly area offers food, drink, a water slide, hayrides through the vineyard and live music.

For more information and where to sign up, visit leisure travel services, or call 255-2997 or 255-9517.

Dale County Pro-Rodeo Classic tickets

Tickets are on sale at leisure travel services for the annual Dale County Pro-Rodeo Classic Aug. 15-16 at the Dale County AgPlex Arena. Doors will open at 6 p.m. and the rodeo will begin at 8 p.m. Advanced tickets cost \$8 for ages 13 and older, \$6 for ages 6-12, and children 5 and younger are admitted for free.

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

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.

Employment Readiness Class

Army Community Service is giving people the chance to build and enhance their careers at one of the Fort Rucker’s Employment Readiness Program Orientation Sessions, held monthly in the Soldier Service Center, Bldg. 5700, Rm. 371A. The next session will take place July 24. People will first meet in



PHOTO BY SARA E. MARTIN

Splash! discounted season passes

Splash! pool has a new back-to-school bonus. Now through Sept. 1, Splash! season passes are available at discounted prices. For more information, call 255-9162.

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.

Right Arm Night

The Landing Zone will host Right Arm Night July 24 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.

Self defense workshop

Army Community Service, the Sexual Harassment and Assault Response Prevention program, Family Advocacy Program and Directorate of Training and Doctrine NCO Academy will host a self defense workshop July 24 from 4:30-6 p.m. at The Commons. The workshop will cover topics such as personal protection, environmental awareness and practical self defense techniques. Registration is required by Monday. 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 ACS at 255-8103 or SHARP at 255-0960.

Financial readiness training

Army Community Service will host financial readiness training Aug. 1 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.

International spouses get together

Army Community Service will host its International Spouses Get Together Aug. 1 at 9 a.m. in the Allen Heights Community Center to help those who may need help understanding the American culture and military life. Spouses can meet other spouses from other countries, and gain support and knowledge with finding the resources for obtaining U.S. citizenship, education, drivers licenses and more. Multilingual volunteers are available.

For more information, call 255-3735.

U.S. Army Soldier Show

The U.S. Army Soldier Show makes a tour stop to the Wiregrass Aug. 12-13 at 7 p.m. each night at the Enterprise High School Performing Arts Center for its free show, “Stand Strong.” The Soldier Show performs across the country, entertaining Soldiers, Families, retirees and civilians with its all-Soldier cast. The event is open to the public and no tickets are required.

For more information, visit www.ftruckermwr.com or call 255-9810.

Beach themed craft

The Center Library will host a beach-themed craft making activity Aug. 12 from 3:30-4:30 p.m. for children ages 3-11. Light refreshments will be served. Space is limited to the first 65 children to register.

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

DFMWR

Spotlight

Fort Rucker Family & MWR
Upcoming Events & Activities

Silver Wings Golf Course
Post Championship
Saturday, July 26th
Tee times begin at 7 am

\$5.00 Entry Fee
(plus greens & cart fee if applicable)

USGA Handicap Required
Must register by 4 pm on July 24th.
Sign up today at the Silver Wings Golf Shop!

Awards will be given following the tournament.

Different divisions will be determined based on the number of participants to sign up. Post Championship open only to authorized patrons.

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August 22, 23 & 24

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Open to the Public

Fort Rucker Silver Wings Golf Course

Friday: Practice Round (All Day)
Saturday & Sunday: Shotgun Start at 9 am

Entry Fee: \$125 Member, \$150 Non-Member
Includes course fees, range balls, tee gifts, tournament meals and prizes.

Entry Deadline: Friday, August 15th by 5 pm

SILVER WINGS GOLF COURSE, (334) 598-2449
Bldg. 20067, Combat Rd., www.ftruckermwr.com

FORT RUCKER MOVIE SCHEDULE FOR JULY 17-20

Thursday, July 17

A Million Ways to Die in the West (R)
.....7 p.m.

Friday, July 18

Planes: Fire and Rescue (PG)
.....7 & 9:30 p.m.

Saturday, July 19

Planes: Fire and Rescue (PG)
.....4 & 7 p.m.

Sunday, July 20

Planes: Fire and Rescue (PG)
.....2 p.m.

Build safety into summer fun

By Monica Bullock
U.S. Army Public Health Command

Summer is here and it's time to whip out the shorts and spatulas and enjoy the warm sunshine.

However, summer fun could be hindered by unintentional accidents if people do not make safety a priority.

The U.S. Centers for Disease Control and Prevention states that from 2005 to 2009, the number of drownings in boating-related accidents was 347. The Hearth, Patio and Barbecue Association has even estimated that barbecue grill accidents send nearly 18,000 people to the emergency room and cause more than 6,000 fires and more than six fatalities annually.

To prevent such unfortunate events, here are some valuable safety tips to help keep Soldiers, Families and civilians healthy and out of harm's way while still enjoying a relaxing summer vacation.

Water safety

It always feels refreshing to plunge into turquoise pools, deep lakes and the crashing waves at beaches when your skin gets a little too sun-kissed. Earl Whitley, USAPHC safety intern who enjoys fishing and canoeing in the summer, advises when at the beach to "research your area to know when high tide rolls in, and if you get caught in rip tide do not try to fight it – swim parallel to the shore."

Additionally, Roy Valiant, U.S. Army Public Health Command safety manager, cautions individuals to "drink responsibly in all water sports, whether in the boat or on the water."

Here are some additional tips to be safe near the water.

- Always be cautious when dealing with deep waters and ensure that everyone can swim or uses floatation devices, especially children.

- Always check to see if there is a life-guard or a form of supervision present. If you want to walk or run on the beach, always wear shoes to protect your feet from hot sand, and critters or shells with sharp edges.
- Constantly hydrate yourself and reapply sunscreen.

Grill safety

Who doesn't love the savory smell of juicy burger patties and skewered kabobs steaming on the grill? If you safely prepare and cook your backyard barbecues, you won't have to worry about your delectable dinner going rancid or even up in flames.

Valiant, who enjoys beaching, golfing and a good barbecue during the summer, said, "Never start a charcoal grill with gasoline – you would be surprised how many people do."

If you use starter fluid, only use charcoal starter fluid and light it with a long-necked lighter, not matches. Additionally, Whitley advises, "Remember to replace the hoses in a propane grill annually."

Here are some additional tips for grilling in a safe manner.

- Keep the cold food cold and the hot food hot. The U.S. Food and Drug Administration counsels to never allow meat, poultry, seafood, eggs, produce or any other refrigerated foods to sit at room temperature for more than two hours.
- Check your grill often. The National Fire Protection Association has this to say about propane grills: "Check the gas tank hose for leaks before using it for the first time each year. If you smell gas while cooking, immediately get away from the grill and call the fire department. Do not move the grill."
- Safely dispose of charcoal. When you are finished grilling, let the coals completely cool before disposing them in a metal container.



PHOTO BY AMANDA MILLS

The Hearth, Patio and Barbecue Association has estimated that barbecue grill accidents send nearly 18,000 people to the emergency room, and cause more than 6,000 fires and more than six fatalities annually.

MEDCOM: Protect your natural body armor

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

Attention sunbathers, golfers and outdoor enthusiasts: skin cancer is the most common form of cancer in the United States with more than 3.5 million cases diagnosed annually. Ninety percent of all skin cancer diagnoses are associated with sun exposure.

If you think your risk for developing skin cancer is low, the fact that one in five Americans is diagnosed in their lifetime may prompt you to better care for your own skin and that of your Family members.

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

exposure.

Precautions

- Wear clothing that covers skin – to include wearing a wide-brimmed hat and sunglasses that advertise ultra-violet radiation protection.
- Wear protective clothing that contains a UV Protection Factor of 30 or greater — a UPF 30 garment allows 1/30th of the sun's UV radiation to penetrate the cloth.
- Spend periodic time under a UPF umbrella.
- Take advantage of shaded areas when possible, particularly between 10 a.m. and 4 p.m. when the sun is the most intense. On overcast days, 70-80 percent of UV rays penetrate through the clouds.
- Use plenty of sunscreen.

Sunscreen tips

- Choose a broad-spectrum sunscreen – UVA/UVB.

- Choose a water-resistant sunscreen.
- Select a sunscreen with a Sun Protection Factor 30 or higher. SPF 30 provides protection from 97 percent of UVB rays.
- Apply it to the entire body — before you put on a bathing suit to ensure full coverage — 30 minutes before sun exposure.
- Re-apply every two hours or immediately after swimming, toweling off or excessive sweating.
- Sunscreen is recommended for use on infants who are six months or older.

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

In addition to sun exposure protection, the American Cancer Society and the Skin Cancer Foundation recommend avoiding

UV tanning booths, examining your skin once per month and seeing a physician once per year for a professional skin evaluation.

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

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

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



CDC PHOTO


The U.S. Army Public Health Command says that you and your Family can still enjoy the great outdoors this summer while protecting yourselves from excess risks associated with sun exposure if you take a few precautions.

Church Directory

First United Methodist Church
Traditional Worship Service
8:30AM & 11:00AM
Contemporary Worship - New Connection
8:45AM & 11:00AM
The Gathering - Youth
5:45PM
Sunday School
10:00 M
Nursery Care: During all services
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efumc@adelphia.net
Prayer Line (24 Hours) 334-393-7509

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1 Corinthians 11:1

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Milestone

Army doctor looks back at half-century of service

By Lisa Ferdinando
Army News Service

FORT BELVOIR, Va. – During more than a half-century of military service, an Army doctor who once served with the 1st Combat Aviation Brigade has helped service members and Families across the globe.

From his office at Fort Belvoir Community Hospital, Col. Arthur Wittich looked back at his career that began in 1956, when his father, a World War II naval officer, enlisted him into the Navy.

“It’s like yesterday,” said Wittich, who is an obstetrics and gynecology staff physician at Fort Belvoir. “I consider myself blessed. I’ve enjoyed my career.”

He served six years in the Navy as a hospital corpsman, went to college and medical school, and earned his doctorate of osteopathic medicine degree in 1971.

While he did enjoy his time in the Navy, he said, the Army showed “a little bit more interest” in him, and he liked the location of Army posts better. His father then helped commission him into the Army.

“I came into the Army and I’m very happy,” he said.

Having such a long career afforded Wittich, 75, a place of honor at the Army’s annual birthday cake cutting at the Pentagon, as the oldest Soldier in the Military District of Washington.

“I’ve done it five times,” he said, showing the pictures where he is beaming alongside Army leadership and the youngest Soldier in the MDW.

His many posts have included Germany, Honduras, Iraq, Korea, and Saudi Arabia; stateside assignments have taken him to Arizona, Colorado and Hawaii, to name a few.

“I’ve enjoyed all the places. I could live in a tent. I could be anywhere,” he said. “I’ve enjoyed it because I’ve enjoyed being a military doctor.”

He had great experiences, he said, even if the posting was in



PHOTO BY MARC BARNES

Col. Arthur Wittich has worked at Fort Belvoir Community Hospital in Virginia for the past 16 years. Here, he is seen on the job, in 2011.

a location he didn’t particularly care for, or was heavy with the administrative duties that this hands-on, personable doctor would rather avoid.

“I’m blessed that I have two professions,” he said about being a doctor and a military officer. “As long as I can do both well, I’d like to continue doing this.”

He was the brigade surgeon for the 1st CAB, in Tikrit, Iraq; hospital commander and task force surgeon in Honduras; and assistant program manager in Saudi Arabia, with the Saudi Arabian National Guard.

Other assignments include the OB/GYN staff physician at Tripler Army Medical Center in Honolulu, Hawaii; division surgeon, 2nd Infantry Division in Korea; and the chief of surgery at the R.W. Bliss Army Hospital, Fort Huachuca, Ariz.

If he had to pick one post as his

favorite, he said, it would probably be Hawaii. He enjoyed the fast-paced nature of the job and seeing military personnel and their Families from not just Hawaii, but also Guam, Korea and throughout the Pacific Rim.

And he delivers babies. Lots of them.

People are sometimes curious about how many little ones he has brought into the world over the decades, he said. It’s enough to fill a town.

“I would say maybe 8,000-9,000 babies in all the places I’ve been – I’ve been in pretty busy places sometimes,” he said, noting that the number includes deliveries he has supervised with residents. “I’ve delivered a lot of babies.”

The medical world has certainly changed over the decades since he was a young Navy corpsman, he said, from amazing medical

advances in surgery, prosthetics and battlefield care, to the inclusion of more women and minorities in the medical field.

“There were no females in my medical school class. There were no females in my residency. In my first assignment, there were no female doctors in the hospital I was in. I’m talking about Landstuhl (the largest U.S. Army hospital in Germany), so it’s changed a lot,” he said.

Wittich, who has previously done medical mission trips in Africa and Latin America, would like to do more international medical projects to help populations in need and train foreign practitioners, he said.

The need for medical care in other countries is incredible, he said, noting he traveled to Nigeria to remove large tumors from patients, and to Niger to perform fistula repair on women who suf-

fered genital mutilation.

With a list of publications, medical honors, academic appointments, certifications and numerous military awards, Wittich is recognized in the military and medical community for his work.

For most of the past 16 years, he has worked at Fort Belvoir, where he keeps a busy schedule of delivering babies, performing surgery, instructing residents and responding to medical emergencies.

Outside the hospital, he enjoys time with his wife, Lucy, his high school sweetheart who he has been married to for nearly six decades. They are the proud parents of a son and the doting grandparents to two girls, now in their 20s, he said.

Looking back, it has been a great journey, he said, and he’s enjoyed all of it.

Directory guides parents of special-needs children

By Terri Moon Cronk
Defense Media Activity

WASHINGTON – A permanent-change-of-station move prompts its own challenges, but Family members with special-needs children face another complexity when looking for the right schools at their new home, a Defense Department official said July 2.

Ed Tyner, acting deputy director of DOD’s special needs program, told DOD News that service members and their Families can find a comprehensive tool in the newly updated Education Directory for Children with Special Needs, which addresses opportunities in all 50 states and the District of Columbia.

Available on the Military OneSource website, the directory gives parents guidance to make informed decisions on new school districts, programs and services for special-needs children.

“DOD is supportive of all Families with special needs,” Tyner emphasized.

The directory has been available for about four years. It initially covered 15 states with the largest military populations and certain special needs, such as autism, intellectual deficits and behavioral concerns, Tyner said.

In addition to those needs, the new directory includes “the whole gamut,” from speech and language to learning disabilities to physical impairments, he said.

The new directory, Tyner said, is “much more comprehensive.”

Tyner noted that the directory is an education resource that’s also useful to Families without special-needs children.

Navigational tools provide Family members with tips on transitioning between schools by providing questions to ask and offering forms to download.

“It’s organized in a way that makes it very [user-friendly]. The feedback we’ve gotten from Families has been great,” Tyner said.

The directory comprises two components: one on early intervention for children up to age 2, and another for school-aged children and young adults up to age 22, and both provide a substantive guide of tools and resources to make education transitions easier during a PCS move.

While the directory on Military OneSource neither compares nor rates schools, it will walk Family members through school districts near the new installation

and lists what schools offer for special-needs education opportunities and services, as well as enrollment numbers, Tyner explained.

“Contacts are listed so Family members know who to call for more information,” he said.

Other tools in the directory include a checklist to give Family members questions to ask at the new school, and tips for organizing school records and other advice to help in the transition.

A common theme is that Families look for special-needs education opportunities that are comparable to the school resources from which they’re moving,

Tyner said. Laws ensure that special-needs education must provide comparable services, he added.

“Parents need to be sure the individualized needs, goals and objectives for their child are being met,” he said, even though the new school might be organized differently.

“The directory has been designed to help parents make better decisions, and it gives them information and tools as they work with their Family members’ special needs,” Tyner said. “It shows the commitment by DOD to really put resources where they need to be for these Families.”



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VA GRAPHIC

VA ‘distressed’ by allegations

By Claudette Roulo
Defense Media Activity

WASHINGTON — Leaders at the Veterans Affairs Department are deeply concerned and distressed about allegations that whistleblowers are routinely retaliated against, VA’s acting principal deputy undersecretary for health said in a prepared statement for Congress July 9.

VA’s core values are integrity, commitment, advocacy, respect and excellence, Dr. James Tuchschiidt wrote to the House’s Committee on Veterans Affairs.

“To get to excellence, we rely on the integrity, experience, observations, insights and recommendations of VA’s front-line staff, those who work professionally and compassionately with veterans each and every day,” he said. “We value that input and rely on it to help us better serve veterans.”

The department will not toler-

ate an environment where employees who seek to report deficiencies are either ignored, or worse, intimidated into silence, Tuchschiidt continued. Leaders are responsible for creating a workplace atmosphere in which employees are comfortable sharing success and identifying areas for improvement, he said.

“Across VA, we expect workplace environments that protect the rights and enable full participation of all its employees,” the acting undersecretary wrote.

To achieve this goal, all 330,000 VA employees receive anti-discrimination and harassment prevention training biennially, Tuchschiidt noted.

“We also recognize that supervisors and managers bear a heightened responsibility in maintaining a fair, safe and inclusive culture,” he added.

VA executives, managers and supervisors must complete additional training on diversity and

inclusion, equal employment opportunity and conflict management, Tuchschiidt said.

“We expect employees to bring to the attention of their managers and supervisors shortcomings in the delivery of our services to veterans, any perceived violations of law, rule or regulation, official wrongdoing, gross mismanagement, gross waste, fraud, abuse of authority, or any substantial and specific danger to public health or safety,” he wrote. “Intimidation or retaliation against whistleblowers — or any employee who raises a hand to identify a legitimate problem, make a suggestion, or report what may be a violation of law, policy, or our core values — is absolutely unacceptable.”

Everyone at VA has the responsibility to enforce appropriate workplace behavior, he said.

“Protecting employees from reprisal is a moral obligation of VA leaders — a statutory obligation — and a priority for this depart-

ment,” Tuchschiidt said.

VA will take prompt action to hold accountable anyone who takes reprisal against whistleblowers, and that includes appropriate disciplinary action, he noted.

All VA employees are notified of whistleblower protection rights through an annual policy statement from the VA secretary, Tuchschiidt wrote.

Employees of the department have several options if they feel they are being retaliated against, the acting undersecretary said.

“Employees may file a com-

plaint with the Office of Special Counsel, or appeal directly to the Merit Systems Protection Board. Employees are also always free to report whistleblower reprisal to a VA management official, to VA’s independent Office of Inspector General and to the Congress,” he said.

VA is committed to ensuring that all allegations are properly investigated, Tuchschiidt said.

“We also will not tolerate retaliation against any employee who raises a hand to identify a legitimate problem or suggest a solution,” he added.

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Children invited to ‘explore the outdoors’



COURTESY PHOTO

By Lori Ceier
Publisher, Walton Outdoors
Florida Master Naturalist

DEFUNIAK SPRINGS, Fla. — Walton Outdoors hosts The Outdoors Festival Oct. 11 from 10 a.m. until 3 p.m. at the lake yard on Circle Drive in DeFuniak Springs.

This fun-filled day is geared towards introducing children to the wonders of exploring the outdoors. Hands-on activities include fishing, boating, kayaking, wildlife encounters, interactive educational exhibits, nature-based crafts and more. The event is free. Water activities are designed for children age 6 and older. Food vendors will be on hand.

Activities and exhibits include:

- Fish Florida rod/reel giveaways
- Fishing from the pier with experts
- Fishing education with Florida Fish and Wildlife Conservation Commission
- Kayaking with Snaggy Bend Outfitters
- Emerald Coast Wildlife Refuge wildlife exhibit
- Birding with the Choctawhatchee Audubon Society
- Florida Fish and Wildlife Conservation Commission wildlife interactive

- Wildlife and education with E.O. Wilson Biophilia Center
- South Walton Turtle Watch exhibit
- Topsail Hill Preserve State Park exhibit
- Henderson Beach State Park exhibit
- St. Andrews State Park exhibit
- Northwest Florida Astronomy club
- Choctawhatchee Basin Alliance touch tank
- Smokey the Bear and his friends from Forestry
- Deitrich’s Honey Farm
- Mattie Kelly Environmental Education
- Eglin Aero Modellers demonstrations
- Tri-County Head Start fun
- Florida Public Archeology Network
- Nature based crafts.

About Walton Outdoors:

Walton Outdoors is the online resource for outdoor adventure in Walton County, Fla., and surrounding area. Our mission is to educate and share news about great places to explore and showcase outdoor Family-oriented events. For more information, call 850-267-2064 or visit www.waltonoutdoors.com/explorefest/.

WIREFGRASS 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

JULY 26 — A watermelon sampling will be held at Landmark Park beginning at 10 a.m. Free with paid gate admission. For more information, visit www.landmarkpark.com.

ONGOING — The American Legion Post 12 holds their monthly meetings on the second Thursday of each month at 7 p.m. Meetings are held at the VFW on Taylor Road. For more information, call 400-5356.

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

ONGOING — The Tri-States Coin Club

meets the third Monday night of each month at 7 p.m. in the back room of Interco Coins located at 2314 Ross Clark Circle. Described as fun for all ages, event begins with a short meeting followed by a coin auction. For more information, call 393-2376.

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

ENTERPRISE

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 406-3077, 393-6499 or 347-7076, or visit the VFW Post 6683 on Facebook.

ONGOING — The Enterprise Public Library Christmas in July mini-book sale at the Enterprise Public Library will be held in the month of July during normal operating hours. For more information, call 347-2636.

ONGOING—BeginningandContinuing Classes in the Taoist Tai Chi Society Internal Arts and Methods are currently held at the Enterprise YMCA. A Thursday night beginning class is available at the Episcopal Church from 5:45-7:15 p.m. until Sept. 25. The beginning class covers all 108 moves of the Tai Chi set. Anyone interested in joining a class is encouraged to join any time. Ongoing continuing classes are offered at the YMCA Saturdays 12:15-1:45 p.m. and Mondays 1-2:30 p.m. Continuing class offers individuals the opportunity to improve their Tai Chi as well as explore the health benefits. Tai Chi is an ancient Chinese exercise that promotes health and relaxation. It is suitable for all ages and

physical conditions. All classes are taught by accredited volunteer instructors. For more information, call 348-9008 or visit www.alabama.usa.taoist.org.

GENEVA

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

MIDLAND CITY

ONGOING — Residents are invited to Town Hall meetings the first Tuesday of each month at 5:30 p.m. at Town Hall, 1385 Hinton Waters Ave. For more information, call 983-3511.

NEW BROCKTON

ONGOING — Disabled American Veterans Chapter 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 — Every Thursday at the Ozark Chamber of Commerce the Somersizers Weight Club meets at 5 p.m. to shed weight. For more information, call 774-9321.

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

ONGOING — Every Monday through Friday aerobic classes are open to the public at the Autrey Recreation Center from 8-10 a.m. Please call 334-774-2042 for more information.

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.

ONGOING — The Samson City Council meets monthly on the first and third Tuesdays at 5:30 p.m. at the Samson Community Center.

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.

WIREFGRASS AREA

ONGOING — Veterans Of Foreign Wars Post 3073 Wiregrass Post membership meetings are at the post headquarters at 1426 Taylor Road every third Tuesday of the month at 6:30 p.m. There is a fish fry every Friday night from 5-7 p.m. then karaoke begins at 6 p.m. The post will be celebrating its 80th anniversary on August 1. The event is open to members and guests only. For more information, call 793-7912.

Beyond Briefs

Pig roast

The 29th annual Pig Roast and Poker Run will be held in Ponce de Leon, Fla. At 10 a.m. with registration at 8 a.m. at Vortex Spring, Inc. The Poker Run is a fund raiser to support the Soldiers Undertaking Disabled Scuba organization. Admission to the pig roast is \$30, and includes a T-shirt and swimming at Vortex Springs. Poker run cost is \$10 for first hand per player and \$5 for each additional hand. For more information, visit www.facebook.com/events/250962038427622.

5K Cool Summer Race Series

The inaugural Panama City Beach Cool Summer Series is set on a 5K course that weaves through Pier Park now through Aug. 13 at 8 a.m.

The Cool Summer Series is a celebration of all things summer — fun in the sun, good friends, family and a little friendly competition. This 5K is a run/walk course open to everyone. Registration is \$25 cash or \$30 debit card day of

the races.

For more information, call 850-890-4775.

Summer Concert Series

Aaron Bessant Park at Pier Park in Panama City Beach, Fla., holds a concert series now through Aug. 14 from 7-9 p.m. Visitors are asked to bring coolers, lawn chairs and friends for an evening of music under the stars. For more information, visit www.visitpanamacitybeach.com/things-to-do/events.

Poker Run

Fleet Feet Sports Montgomery hosts a poker run every second Thursday in July. The poker runs start at 6 p.m. at the store. The event is free to participate.

Visitors can stay afterwards and fellowship with running and walking friends. For more information, call 356-5412 or visit www.fleetfeetmontgomery.com/fun-runs/poker-run.

River Festival

Every second Saturday now through August visitors are invited to Riverfront Park in Montgomery for a Family-

friendly event from 5-9 p.m. The fun includes live entertainment, games for all ages, food vendors and adult libations. Admission is \$1 per person. For more information, call 625-2100 or visit www.funinmontgomery.com.

Boating and Outdoor Expo

The Bay Point Boating and Outdoor Expo will be held in Panama City Beach July 18-19 from 10 a.m. to 8 p.m. at Bay Point Marina. Patrons can visit boat dealers and outdoor retailers and then stay for music, food and fun. Tickets are \$15 a day or \$39 for VIP tickets a day. Concerts include Daryle Singletary, Steve Ariner, Sara Evans and Ashton Shepherd. For more information, visit baypointexpo.com or call 850-872-7760.

Fishing Rodeo

The 81st annual Alabama Deep Sea Fishing Rodeo will be held off of Dauphin Island July 18-20. More than 3,000 anglers from at least 24 states will fish in the Gulf of Mexico for three days for more than \$400,000 in cash and prizes across 30 categories. For more information, visit www.adsfr.com.

Cutting edge

Army invests in 3-D bioprinting to treat injured Soldiers

By Dan Lafontaine
*U.S. Army Research,
Development and
Engineering Command
Public Affairs Office*

FORT DETRICK, Md. – A team of scientists scans the surface of severely burned skin, creates a 3-D map of the wound with a laser and then prints skin cells onto the patient using a 3-D bioprinter.

Medical specialists are developing methods to transition this research from the laboratory to clinical trials.

The Army is a significant proponent and investor in regenerative medicine and 3-D bioprinting, according to officials. Scientists are aiming to advance this new research area to help injured service members recover from the wounds of war.

Dr. Michael Romanko, who provides science and technology management support for the Tissue Injury and Regenerative Medicine Project Management Office with the U.S. Army Medical Material Development Activity, said that improvements in body armor, vehicle design and advanced medical care during the past decade led to Soldiers suffering injuries that would have caused fatalities in previous conflicts.

Blasts from improvised explosive devices have increased the number of Soldiers experiencing the loss of limbs, catastrophic injuries to the face and severe burns.

“There was an increasing need to deliver therapies for wounded warriors. We saw a spike in the severity of the trauma that these Soldiers were receiving. As we increased the quality of battle armor, the injuries they were surviving were that much more debilitating,” said Romanko, who holds a doctorate in molecular medicine.

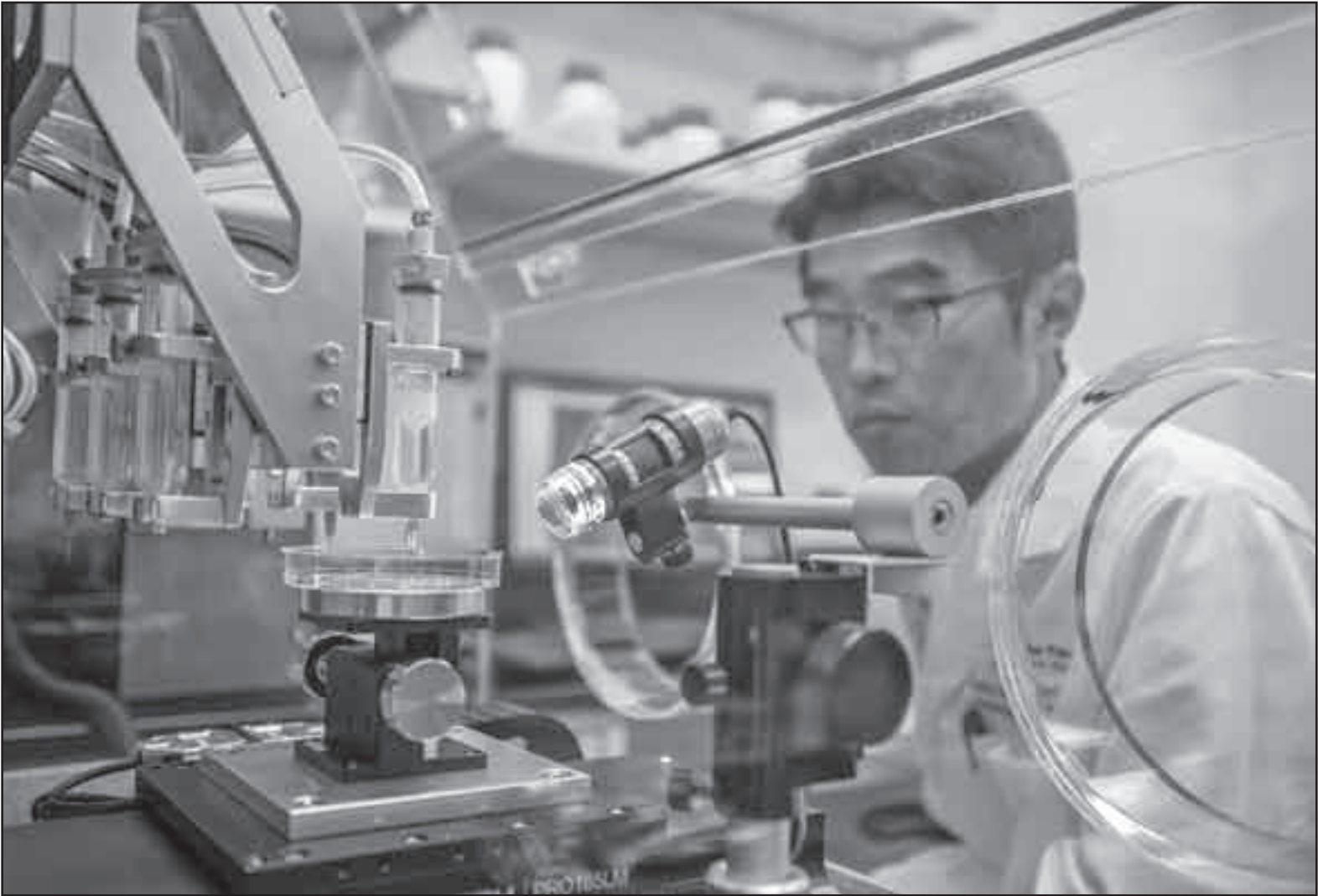
The Department of Defense, in turn, established the Armed Forces Institute of Regenerative Medicine in 2008. Regenerative medicine aims to replace or regenerate human cells, tissues or organs to restore or establish normal function.

The AFIRM is a multi-institutional, interdisciplinary network of universities, military laboratories and investigators under the framework of a cooperative agreement, Romanko said. The network is designed to promote integration of development, from basic science research through translational and clinical research, as the best means of bringing regenerative medicine therapies to practice.

The success of the first five years of the AFIRM led to the competition of a new cooperative agreement in 2013, he said, adding that 3-D bioprinting is one tool that scientists are developing in the field of regenerative medicine. It is an early discovery technology being used to address extremity injury and skin, genitourinary and facial repair by AFIRM investigators.

Skin repair is the most robust focus area addressed in the regenerative medicine portfolio, Romanko said.

“The scars that Soldiers develop as a result of burns constrict movement and disfigure them permanently. The initiative to restore



COURTESY PHOTO

Research fellow Dr. Young Joon Seol works on a project to print experimental muscle tissue for reconstructive surgery.

high-quality skin that is elastic and complete with sweat glands, appropriate pigmentation and hair follicles is incredibly important,” he said.

Romanko described how researchers are currently using 3-D bioprinters for skin repair research.

In translating this technology to the clinic, scientists will take healthy cells and, using a device similar to an inkjet printer, load the cartridges with two types of skin cells – fibroblasts and keratinocytes – instead of ink. Fibroblasts make up the deep layer of skin and keratinocytes compose the top layer.

After the team completes a scan of the burn and constructs a 3-D map of the injury, the computer tells the printer where to start printing and what type of cells to use, depending on the depth of the injury and the layer being reconstructed. The bioprinter deposits each cell precisely where it needs to go, and the cells grow to become new skin.

Early research results are promising and scientists hope this could be a viable solution in the future, Romanko said.

Addressing the need for skin repair is important because burns account for 10 percent to 30 percent of battlefield casualties. The precision available through 3-D bioprinting allows for a custom solution for each patient.

“Everyone has a different type of injury, and not everyone’s skin injury looks the same. Skin bioprinting would provide a scalable form of personalized medicine,” Romanko said.

An additional goal in regenerative medicine is bioprinting organs, limbs and vascular systems. Other early discovery 3-D bioprinting projects within AFIRM have focused on the generation of complex tissue components with bone and muscle.

3-D bioprinting is still in the early stages, Romanko said. More laboratory research is necessary, and several federal regulatory steps must be completed before patients could enroll in clinical trials.

About 30 universities, hospitals and additional partners, led by the Wake



COURTESY OF WAKE FOREST INSTITUTE FOR REGENERATIVE MEDICINE

Scientists at the Wake Forest Institute for Regenerative Medicine print ear, finger bone and kidney structure scaffolds using a 3-D printer.

Forest Institute for Regenerative Medicine, make up the consortium of AFIRM researchers.

Romanko works with the TIRM PMO, which supports AFIRM and other regenerative medicine programs.

AFIRM receives funding from the U.S. Army, the Office of Naval Research, Air Force Surgeon General’s Office, Veterans Health Administration, National Institutes of Health and the Office of Assistant Secretary of Defense for Health Affairs. AFIRM investigators also bring in funding from other federal, state and private sources.

Leveraging experts from across academic and medical research organizations allows the Army to pull together the range of specialties needed for this type of complex technology, Romanko said.

Engineers work with bioimaging experts to develop the actual bioprinters and technology to scan the topology of injury sites, like the skin, or recreate the 3-D structures of other organs. In turn, biologists and physicians who specialize in the specific organ or tissue being produced oversee the process to ensure the appropriate placement of cells and construction of tissue.

They all work together as a multidisciplinary team to advance bioprinting research.

Expanding the technology to a greater number of potential patients will also

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I DAWN OF THE PLANET OF THE APES - PG13
2D - 1:15, 4:00, 6:55 & 9:35

II PURGE - R
1:30, 4:00, 7:00 & 9:15

III TRANSFORMERS - PG13
Age of Extinction
1:00, 4:00 & 7:30

help to ensure its long-term viability, Romanko said.

“This has very widespread use, not only to the military audience, but also

to the civilian population. We need a larger commercialization audience in order to be a self-sustaining technology,” he said.



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Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday

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

Main Post Chapel, Building 8940
9:00 a.m. Catholic Mass Sunday
11:00 a.m. Traditional Worship Service
12:05 p.m. Catholic Mass (Tuesday - Friday)
4:00 p.m. Catholic Confessions Saturday
5:00 p.m. Catholic Mass Saturday

Wings Chapel, Building 6036
08:00 a.m. Latter-Day Saints Worship Service
9:30 a.m. Protestant Sunday School
10:45 a.m. Wings Contemporary Worship Protestant Service
1:00 p.m. Eckankar Worship Service (4th Sunday)

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

BIBLE STUDIES

Tuesday-
9:00 a.m. Protestant Women of the Chapel, Wings Chapel
5:30 p.m. Youth Group Bible Study, Spiritual Life Center

6:00 p.m. Protestant Women of the Chapel, Wings Chapel
7:00 p.m. Adult Bible Study, Spiritual Life Center

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



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




COURTESY PHOTO

Pick-of-the-litter

Meet Scout, a six week old, white and black long-haired male kitten who is available for adoption at the Fort Rucker stray facility. He is eating solid food and is super adorable. He loves trying to stay by people's sides. Adoption fees vary per species and needs of animal, which includes all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying or neutering. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the stray facility. Visit the Fort Rucker stray facility's Facebook page at www.facebook.com/fortruckerstrayfacility/ for constant updates on the newest animals available for adoption.



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GREAT OUTDOORS

Programs keep wounded warriors active

By Nathan Pfau
Army Flier Staff Writer

Outdoor recreation has a number of ways for people on the installation to take to the outdoors, and Fort Rucker makes sure that wounded warriors aren't left out when it comes to taking on the wilderness.

There are a number of ways that outdoor recreation provides wounded warriors with opportunities to enjoy outdoor activities from hunting, fishing and taking to the lake, and John Clancy, ODR program manager, said that ODR has taken feedback from Soldiers to find out what they can do better serve Fort Rucker's wounded warriors.

"I spoke with Soldiers and wounded warriors and asked them what they needed," he said. "They said they need the capability and that's why we got the equipment that we did."

Some of the equipment that outdoor recreation has for wounded warriors include two hydraulic elevated tree stands, called Carolina Growlers, that are handicap accessible, as well as a track chair, which is essentially a wheelchair with tracks — much like a bulldozer — instead of wheels, said Clancy.

"[The tree stands] are ground level, so that a gentlemen or lady that is wheelchair bound can go up to it independently," he said. "They can open the door, go inside and turn a key that will give them control to raise [the tree stand] up to any elevation they want to go."

Clancy said that the tree stands are also portable and have the capability to be hooked up to a trailer to be moved to desired locations.

"The Growler is solar powered and is fully capable of going anywhere on post, and also has full



PHOTO BY NATHAN PFAU

Mark Yoakum, outdoor recreation facilities manager, drives "The Warrior" on Lake Tholoccolast year with Tony Vilardo, a wounded warrior.

tilt capabilities on the go," said Lance Oliver, ODR maintenance. "It lifts up about 20 feet when it's fully extended and can hold up to 750 pounds."

The track chair, which is much smaller than the tree stands, is much more portable individually and works just like an electric wheelchair, added Clancy. It is battery powered and rechargeable, and can operate for up to four hours on a single charge.

There is also "The Warrior," which is a boat that was purchased last year that helps meet the recreation needs of wounded warriors and physically disabled people.

"The Warrior has been completely customized to fit the needs of a physically disabled boater to be able to operate the boat or be a passenger on the boat," said Janice Erdlitz, Directorate of Family, Morale, Welfare and Recreation marketing manager.

Some features on the boat include: a ramp that allows a person in a wheelchair to directly roll onto the boat, specialized controls, remote control anchor, wheelchair locking system and other specialized features.

Reservations must be made in order to use the boat, and reservations can be only one day at a time. At the end of the reservation day, patrons may reserve the boat for the following day if it hasn't been reserved.

Reservations are given according to priority, and priorities are listed in four categories.

- **Priority 1** is for Army Wounded Warrior Program Soldiers that have been classified by the medical profession to be a wounded warrior. These Soldiers must show proof of their AW2 status. There is no fee for these Soldiers to use of the boat, but gas must be reimbursed.

- **Priority 2** is for wounded warriors with severe injuries that limit their mobility. There is no fee for these Soldiers to use the boat, but they must reimburse for gas.
- **Priority 3** is for active-duty Soldiers with a physically disabled Family member. Those who fall under this priority must pay for use of the boat and reimburse for gas.
- **Priority 4** is for authorized patrons with a physically disabled Family member or guest. These patrons must pay for use of the boat and reimburse for gas.

The boat has a capacity of up to eight people (1,160 pounds), and can be used for various activities, such as fishing, and also can be utilized for different types of water sports, like tubing, said Clancy.

"It's also perfect to use to just spend a day on the lake with the

Family," he added.

All patrons wanting to utilize the boat must complete the Fort Rucker Boater Safety Course and can do so by visiting <http://www.ftrucker.mwr.com/recreation/outdoor-recreation/boating-safety-course/>, or by visiting the Fort Rucker Outdoor Recreation service center, said Clancy.

There will also be a separate safety briefing provided to people prior to taking the boat out, added Erdlitz.

All of the equipment available to wounded warriors was purchased using funds raised during the 2011 and 2012 Wounded Warrior Hunt.

"I just hope these recreational enhancements will bring the local communities closer together to support the wounded warriors and their Families," Clancy added.

For more information, call 244-4305.

Army surgeon general hosts virtual town hall meeting

By Libby Howe
Army News Service

WASHINGTON — The Army surgeon general and commanding general of the U.S. Army Medical Command hosted the first Army Medicine Virtual Town Hall on Facebook July 9.

Lt. Gen. Patricia Horoho opened the town hall at 1:30 p.m. by welcoming participants to the Army Medicine Facebook page and sharing that she was looking forward to answering as many questions as possible during the one-hour window.

Any questions not answered by her or the subject-matter experts working with her, she promised would be answered in the coming weeks.

Horoho also used the opening post to share her priorities for Army Medicine:

- combat casualty care;
- readiness and health of the force;
- a ready and deployable medical force; and
- health of Families and retirees

Horoho's opening post also announced the release of the Performance Triad app, version 1.0. This app provides easy access on iPhones, iPads, Android devices and Windows phones to the triad which emphasizes sleep, activity and nutrition as the foundation to health and personal readiness.

In the one hour that the town hall was live, a total of 133 comments were posted, asking questions ranging from medical innovation to budget-cut impacts, and various inquiries in between.

When asked about new military medical innovations, Horoho said, "the Biomarker Assessment for Neurotrauma Diagnosis



PHOTO BY MARLON J. MARTIN

Lt. Gen. Patricia Horoho and her staff of experts respond to 133 questions posted during the Army Medicine Virtual Town Hall on Facebook July 9.

and Improved Triage System program is developing a blood test for brain cell damage, which may aid in clinical assessment of patients with traumatic brain injuries."

In addition to BANDITS, she said the Army developed and implemented the Behavioral Health Data Portal to track clinical outcomes, patient satisfaction and risk factors.

"Research continues to determine how to optimize sleep, activity and nutrition to optimize the wellness of our Soldiers, Families and retirees," she added.

When asked to elaborate on the care being provided for wounded warriors, Horoho explained the functions of the Army Warrior Care and Transition Program.

"Wounded, ill and injured Soldiers, and

their Families, receive the care and support they require to heal and either return to the force or prepare to transition to civilian status," she replied. "As part of the program, the Army has established Warrior Transition Units, the Army Wounded Warrior Program, and an Adaptive Reconditioning Program to manage and assist Soldiers in their recovery."

When asked which initiatives she was most proud of, she shared that there are several that she is "extremely proud" of as she believes they are directly related to improving patient care. Patient Caring Touch System, Performance Triad and the Behavioral Data Portal were the three she chose to highlight.

When asked about the most significant

challenges facing Army medicine, Horoho shared that "one of the biggest challenge[s] is getting the good news stories out that accurately describe the advances in technology, patient safety, quality of care and standardization of business practices."

Additionally, supporting a nation as well as multiple operations abroad efficiently with such a significant military downsizing poses a challenge, she said.

Lastly, Horoho mentioned the movement toward a culture of health and increasing health literacy continues to be not just a challenge, but also an opportunity to enlighten the general public about healthy practices.

These and many more questions were addressed by the surgeon general and her staff of experts well after the scheduled end time for the event. Later that afternoon, Horoho posted another status on the Army Medicine page thanking participants for taking the time to voice their concerns.

She discussed plans to hold these town halls regularly with a commitment to answering all questions circulating in the Army Medicine community.

Horoho closed out the session by articulating the highest priorities of Army Medicine.

"Our primary focus is patient safety and quality of care, whether it is provided on the battlefield or in garrison. We are committed to providing timely access to care, quality care and safe care that is evidence-based to all of our beneficiaries in an environment of transparency and continuous improvement. This is at the forefront of everything we do and we are honored to do it."

DOWN TIME



Just Like Cats & Dogs by Dave T. Phipps



Trivia test by Fifi Rodriguez

T R I V I A

1. CITY NICKNAMES: What U.S. city's nickname is "The Biggest Little City in the World"?
2. ANIMAL KINGDOM: What is a group of vultures called?
3. SPORTS: Which sport might include a maneuver called a "closed choctaw"?
4. GENERAL KNOWLEDGE: What color is cerulean?
5. LANGUAGE: What is the U.S. equivalent of the British pram?
6. COMMUNICATION: In the international radio alphabet, what is the standard word that represents the letter "P"?
7. LITERATURE: What was the name of the family in "The Grapes of Wrath"?
8. TELEVISION: Who played the role of Gus McCrae in the 1989 "Lonesome Dove" television series?
9. THE BODY: What is a human's normal temperature in Centigrade?
10. PSYCHOLOGY: What fear is represented in the condition called nyctophobia?

See Page D4 for this week's answers.

Super Crossword E-BUSINESS

- ACROSS**
- 1 Hawaii's state bird
 - 5 Glossy varnishes
 - 12 Pub perch
 - 20 "This round — me"
 - 21 Using clear thinking
 - 22 Fit to be taught
 - 23 Hereditary information of an arboretum's species?
 - 25 The Milky Way and Andromeda
 - 26 Upper arm bones
 - 27 Deceive with untruths
 - 29 Prior to, in a sonnet
 - 30 Admonition against trying algebra problems after imbibing?
 - 38 Sigma follower
 - 41 Very draft-worthy
 - 42 Sure-footed equines
 - 43 — culpa
 - 44 One gawking at a Beatle?
 - 48 Sikhs' headwear
 - 52 Zeal
 - 53 Spiegel or Stern lead-in
 - 54 Pro — (some tournaments)
 - 57 Enable
 - 58 Track official with a gun
 - 61 Zero out solemnly?
 - 64 Abode and outbuildings
 - 67 Gives a grade to
 - 68 Less loopy
 - 69 Hid oneself expertly?
 - 72 Great grade
 - 77 Wrap-up
 - 78 Pine extract
 - 84 Gradual formation of Mars, say?
 - 87 Ljubljana native
 - 88 Old Chevy minivan
 - 89 Scrubbing-in sites, briefly
 - 90 10% of XXX
 - 93 Group jargon
 - 94 Jackie's Ari
 - 96 Crimson-painted biology lab display?
 - 99 Dept. VIP
 - 100 Japanese verse form
 - 104 Gorilla expert Fossey
 - 105 Commercials
 - 106 Danish explorer no longer going wild?
 - 113 — TURN (traffic sign)
 - 114 Give — of approval
 - 115 Finish dozing
 - 119 Grimly cynical
 - 123 Sibling's daughter having fun?
 - 127 Nissan luxury division
 - 128 Property recipient, legally
 - 129 Classic soda brand
 - 130 Kicks back briefly
 - 131 Autocrats
 - 132 North Carolina college
 - 5 Weather-changing currents
 - 6 Egg yolk
 - 7 Maturate
 - 8 60-sec. span
 - 9 Gut bacteria
 - 10 Arranged in thin plates
 - 11 Makes smooth and glossy
 - 12 Bard's "Gill"
 - 13 Cavity-fighting org.
 - 14 Governed
 - 15 Spook
 - 16 The IRS, e.g.
 - 17 — Wan Kenobi
 - 18 Jai-alai shout
 - 19 Arles article
 - 24 Ending for ranch
 - 28 Profs' aides
 - 31 Blowup stuff
 - 32 Extinct
 - 33 Tough to find
 - 34 Sept. hours
 - 35 Yardbirds hit of 1965
 - 36 Italian port
 - 37 Lent follower
 - 38 Junk
 - 39 — ground missile
 - 40 Allow to flow freely again
 - 45 Stab
 - 46 Meal bits
 - 47 Misstep
 - 49 1995-2006 TV channel
 - 50 Members of Cong.
 - 51 La — Tar Pits
 - 54 Kin of PDQ
 - 55 The Doors' "Love — Times"
 - 56 Sword metal
 - 59 Country in E. Africa
 - 60 Corp. shuffle
 - 62 Burst out
 - 63 Archipelago components
 - 65 Bygone Olds
 - 66 Wallpaper and such
 - 70 Cartoon voice Butler
 - 71 Online giggle
 - 72 Poise
 - 73 Nosedive
 - 74 Hody of films
 - 75 L'etats
 - 76 Beltway VIPs
 - 79 Toss the dice
 - 80 Pop singer Sands
 - 81 "I — Letter to My Love" (1980 movie)
 - 82 — We Trust
 - 83 Glowing signs
 - 85 Mail —
 - 86 Go hastily
 - 91 "... and — it again!"
 - 92 "The fix —"
 - 95 Moo — beef
 - 96 How farm kids are raised
 - 97 "Krazy —" (old cartoon)
 - 98 Incenses
 - 101 Adul rival
 - 102 Airport demands
 - 103 Persist in
 - 107 Film at a film festival, often
 - 108 Midday hours
 - 109 Put the pedal to the metal
 - 110 "The Cosby Show" mom
 - 111 "MYOB" part
 - 112 Cleo of song
 - 116 Part of a ship
 - 117 Canyon call
 - 118 No, in Berlin
 - 119 Create a lap
 - 120 Actress Ortiz
 - 121 Brother of DDE's successor
 - 122 Suffix with Israel or zinc
 - 124 Nay negator
 - 125 Hotel relative
 - 126 Insect trap



See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★ ★ ★

★ Moderate ★ ★ Challenging
★ ★ ★ HOO BOY!

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See Page D4 for this week's answers.

KID's CORNER

Junior Whirl by Hal Kaufman

NAME COUNT! Circle the letters in the words to the right that are the same as the letters in the word "WATER".

WATERED DOWN Bird words: 1. Gull, 2. Hawk, 3. Dove, 4. Crow, 5. Duck, 6. Eagle, 7. Finch, 8. Goose, 9. Heron, 10. Owl, 11. Pigeon, 12. Raven, 13. Sparrow, 14. Stork, 15. Turkey, 16. Vulture, 17. Woodpecker, 18. Zebra, 19. Kangaroo, 20. Panda, 21. Rabbit, 22. Squirrel, 23. Tortoise, 24. Unicorn, 25. Yeti.

YOUR CALL! The _____ is the greatest (funniest) animal in the world. (Hint: It's not a cat.)

WATERED DOWN Bird words: 1. Gull, 2. Hawk, 3. Dove, 4. Crow, 5. Duck, 6. Eagle, 7. Finch, 8. Goose, 9. Heron, 10. Owl, 11. Pigeon, 12. Raven, 13. Sparrow, 14. Stork, 15. Turkey, 16. Vulture, 17. Woodpecker, 18. Zebra, 19. Kangaroo, 20. Panda, 21. Rabbit, 22. Squirrel, 23. Tortoise, 24. Unicorn, 25. Yeti.

Wishing Well

3 5 8 4 7 8 2 5 8 3 8 3 7
B T N Y Y E L I G E O G O
5 2 4 5 6 2 3 6 8 2 4 8 6
M O O E A T E L T S U I O
2 8 4 2 4 7 6 5 4 7 2 6 5
O A A F R U V T E A G E O
8 2 5 2 8 3 8 6 5 8 3 6 5
T R C E I N O A H N E F A
4 6 3 7 2 6 2 8 4 7 8 6 8
C F R R E A N S H E G I O
3 8 7 6 3 8 7 8 7 4 7 8 4
O W O R U E N L C E O L R
7 4 5 4 5 3 5 4 7 4 7 4 7
U I N S G S E H R E S D E

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.

SPELLBINDER

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

INTRINCH

TRICK! Score 2 points each for all words of four letters or more found among the letters.

Try to score at least 10 points.

Wishing Well

3 5 8 4 7 8 2 5 8 3 8 3 7
B T N Y Y E L I G E O G O
5 2 4 5 6 2 3 6 8 2 4 8 6
M O O E A T E L T S U I O
2 8 4 2 4 7 6 5 4 7 2 6 5
O A A F R U V T E A G E O
8 2 5 2 8 3 8 6 5 8 3 6 5
T R C E I N O A H N E F A
4 6 3 7 2 6 2 8 4 7 8 6 8
C F R R E A N S H E G I O
3 8 7 6 3 8 7 8 7 4 7 8 4
O W O R U E N L C E O L R
7 4 5 4 5 3 5 4 7 4 7 4 7
U I N S G S E H R E S D E

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.

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

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TRICK! Score 2 points each for all words of four letters or more found among the letters.

Try to score at least 10 points.

HOCUS-FOCUS BY HELEN BOLTON

CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between the two pictures. How quickly can you find them? Check answers with those below.

Answers: 1. The boy's hair is different. 2. The girl's hair is different. 3. The boy's shirt is different. 4. The girl's shirt is different. 5. The boy's pants are different. 6. The girl's pants are different.

PUZZLE ANSWERS

Super Crossword

Answers

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

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. Reno, Nevada
2. Awake
3. Figure skating
4. Blue
5. Baby carriage
6. Papa
7. Joad
8. Robert Duvall
9. 37 C
10. Night or darkness

SPORTS BRIEFS

PGA Sports Academy
Silver Wings Golf Course will host a juniors PGA Sports Academy Tuesday-July 25. Session I, for ages 5-9, is from 8-9:30 a.m.; and Session II, for ages 10-13, is 10-11:30 a.m. Cost is \$50 per junior. The academy is taught by PGA Professionals and is designed to provide children with the foundation to enjoy golf, either socially or competitively, for life.
For more information, call 598-2449 or 598-1632.

Youth sports signups
Registration for youth tackle football, cheerleading, tennis and fall soccer will continue through July 31. Children must meet age requirements by Sept. 1, 2013. A current sport physical and valid child, youth and school services registration are required for participation. Cost for each sport is \$65 for tackle football, \$40 for cheerleading, \$40 for fall soccer \$40.00 (Ages 4-5 is \$20) and \$40 for tennis. A multiple child rate will be determined at parent central services during registration.
For more information and to register, call 255-2257 or 255-2254.

Silver Wings Post Championship
Silver Wings Golf Course will host its post championship July 26 from 7-9 a.m. It will cost \$5 for entry, plus green and cart fees, if applicable. People must sign up by July 24 to play.
For more information, including who is eligible to play, call 598-2449.

Zumba challenge
The Fortenberry-Colton Physical Fitness Center will host a two-hour Zumba challenge July 31 from 5:30-7:30 p.m. The cost will be \$3.50, or patrons may use their Fitness Card. Door prizes will be given and refreshments will be provided. The challenge is open to all authorized patrons.
For more information, call 255-3794.

Youth Extreme Fitness
Fort Rucker Youth Sports will host its Youth Extreme Fitness program now through Aug. 14, Thursdays from 6-7 p.m. at the Youth Sports Football Fields Complex, Bldg. 8923. Workouts include: low crawling, tire flipping, pulling rope, running, lawn mower pushing and sled pushing. This program is designed to be challenging and rewarding, but parents should keep in mind that this program is intended to push children beyond their normal comfort zones, both mentally and physically. The program is open to youth ages 8-18. There is no deadline to register, and people can sign up now at parent central services. To take part, youth must have a current sports physical and a valid Fort Rucker Child, Youth and School Service membership.
For more information, call youth sports at 255-2257 or parent central services at 255-9638.

Flag football coaches meeting
There will be a men's and women's intramural flag football coaches meeting Aug. 12 from 9:30 a.m. to 5:30 p.m. at the Fort Rucker Physical Fitness Center conference room.
For more information, call 255-2393.

Batting cages open
The Fort Rucker batting cages are open Tuesdays and Thursdays from 4-8 p.m., Saturdays from 10 a.m. to 6 p.m. and Sundays from 1-5 p.m. Reservations must be made prior to using the batting cages by calling youth sports and fitness at 255-2257 or 255-2254.

Free summer bowling
Rucker Lanes offers free bowling to youth all summer long. Each youth receives three free games of bowling and shoe rental for free – up to three youth, up to 13 years old – when at least one parent bowls with them for \$8.50. The offer is available Mondays-Fridays until Aug. 31. The offer is open to the public and exceptional-Family-member friendly.
For more information, call Rucker Lanes at 255-9503.

Basketball refs
The Greater Enterprise Basketball Association Officials is looking for anyone interested in officiating basketball in the Wiregrass area at the high school and lower level. Training will begin later this summer. Official must be at least 18 years of age.
People interested can call Scott Morgan at 379-7868 or Ronnie Burnette at 586-863-2363.

Enterprise baseball
Enterprise's semi-pro baseball is need of players. For more information on the team, call 347-4275 or 464-1729.

Spin Challenge
The Fortenberry-Colton Physical Fitness Center will host a two-hour Spin Challenge Aug. 19 from 5:30-7:30 p.m. The cost will be \$3.50, or people can use their Fitness Card. Door prizes will be given and refreshments will be provided. The challenge is open to all authorized patrons.
For more information, call 255-3794.

Run/Walk Program
The Fort Rucker physical fitness centers offers a Run/Walk Program. People can run or walk and record their mileage at the front desk of either of the PFCs. This is an ongoing program where each member's mileage total will be posted monthly and members will earn mileage patches based on their totals. People who reach 1,000 miles will win a water bottle.
For more information, call the Fort Rucker PFC at 255-2296 or the Fortenberry-Colton PFC at 255-3794.

Gym Rat workout program
Fort Rucker's physical fitness centers offers the Gym Rat, a new program open to all authorized patrons of both PFCs. People can join the elite with 100 days of fitness. People can obtain signatures from Fort Rucker gym staff on their form every time they work out or attend a group fitness class at either fitness center. When people get 100 signatures, they will receive an exclusive Gym Rat T-shirt. People can pick up forms from the front desk of either PFC to get started. Boot Camp participation will not be included in this 100-day event, but time in the gym and fitness classes during Boot Camp can be credited. People will have up to 365 days to complete program.
For more information, call 255-2296 or 255-3794.

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

SOLDIER BY DAY.
WARRIOR
BY NIGHT.

If anyone understands the warrior spirit, it's you. Strength and commitment are at the core of everything you do. Whether it's online or in-class, our public university is equally dedicated to helping you accomplish your career goals. Do what you love, and be great at it. That's the warrior spirit, and it's alive and well at Troy University.

Feel it in Dothan. troy.edu/spirit 1-800-586-9771

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