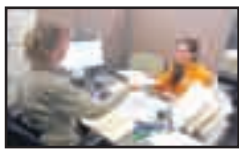


**CLOSEOUT**  
Tax center wraps up  
2012 season



**GEMS**  
Youth science  
program returns this  
summer



**PROFICIENCY**  
Soldiers compete for  
gold, silver, bronze  
German badges



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# ARMYFLIER

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

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FORT RUCKER ★ ALABAMA

APRIL 11, 2013

## Fort Rucker earns ACOE Gold

By Sara E. Martin  
*Army Flier Staff Writer*

Fort Rucker gained nationwide recognition and proved that it truly is above the best when it was announced in late March that the installation won top Gold honors in the 2013 Chief of Staff of the Army Communities of Excellence Award program.

The ACOE program is an annual assessment of garrisons across the Army to foster a culture of continuous improvement and identify those organizations that epitomize installation excellence, according to Cynthia Ranchino, lead plans specialist, Plans, Analysis and Integration Office.

“The competition looks at how your organization embodies what is found in the [highest] performing organizations. Things like: if you have visionary leadership and a focus on the future; how good is your organizational performance and learning; how you value your workforce, members and partners; that you manage for innovation and by fact; that you focus on results in creating value; and that you have agility, societal responsibility, a systems perspective and customer driven excellence. So we have to explain how the garrison embodies that,” she said.

The garrison was graded by a package, which consisted of an organizational profile and a 30-page narrative assessment. The narrative assessment described the garrison’s systematic approach to leadership; strategic planning; customers; measurement, analysis and knowledge management; workforce; and operations and results, she said.

Winning the award means more than getting national recognition, though, according to Col. Stuart J. McRae, garrison commander.

“The ACOE Gold award recognizes the installation, across the entire Army, whose performance system and workforce interact with each other better than every other installation. The way in which Fort Rucker takes care of our Soldiers, Family members, and civilians is recognized at the chief of staff of the Army level, [and is] the best in the Army,” he said.

Fort Rucker had previously earned ACOE Chief of Staff, Army Finalist in 2000, 2001 and 2002, and ACOE Army Exemplary Practice in 2010 and 2011.

The installation is, though, a first-time recipient of the Gold award for installation excellence.

“It has been a journey, it is all about continuous improvement and striving for excellence in everything we do. Every year we get feedback on what our strengths are and where we can improve, and that becomes the building blocks of what we do. We address those areas that we can fix so it is



PHOTO BY NATHAN PFau

Col. Stuart J. McRae, right, Fort Rucker garrison commander, speaks with Secretary of the Army John McHugh, as Timothy Laster, director of Family, Morale, Welfare and Recreation, and Toni Hampton, child development center, look on during the secretary’s visit to Fort Rucker March 18-19. Fort Rucker earned Army-level ACOE Gold honors recently.

better next time,” said Ranchino.

In the commander’s narrative portion of the package, highlights of different things the garrison has done and improvements Fort Rucker has made in the last year are laid out.

“Some of our improvements [were] in quality of life, energy, unit morale, communications, and safety and health,” said the lead plans specialist.

When it comes to making changes on post, officials said that it all starts with pulling in the voice of the customer and then taking action.

“We have a lot of people that think and work out of the box. So that has helped us get an e-cycling program going,

SEE GOLD, PAGE A7

## Vietnam veteran recognized for valor

By Nathan Pfau  
*Army Flier Staff Writer*

A former Fort Rucker Aviator received the Distinguished Flying Cross more than 40 years after his heroic acts during the Vietnam War.

Charles H. “Butch” Grafton, a former Chief Warrant Officer 2, received the prestigious award during a graduation ceremony at the U.S. Army Aviation Museum April 4, but earned the recognition by going above and beyond the call of duty 42 years ago, according to Col. Shawn Prickett, U.S. Army Aviation Center of Excellence director of training and doctrine.

“Grafton’s personal, professional flying skill, and personal dedication to his fellow man is credited with saving the life of [a] wounded



PHOTO BY NATHAN PFau

Retired Maj. Gen. Lou Hennies, former commander and long-time friend of Charles “Butch” Grafton, recipient of the Distinguished Flying Cross, speaks during a graduation ceremony April 4 after presenting Grafton with the award.

man,” said Prickett during the ceremony.

“Today, we honored a genuine

American hero,” said retired Maj. Gen. Lou Hennies, award presenter and Grafton’s former commander.

“Butch was a remarkable Aviator and Soldier who was flying a pretty tough mission. They got into a lot of trouble, but he really pulled the fat out of the fire.”

Grafton was drafted into the Army in 1970, unlike Soldiers of today who are volunteers, said Prickett. In his time as an Army Aviator, he flew more than 10,000 flight hours with 1,000 of them during the Vietnam War.

On April 10, 1971, during a mission in Vietnam, Soldiers of the 2nd Battalion, 503rd Infantry came in contact with enemy forces and sustained casualties requiring immediate emergency evacuation, Prickett explained to the audience. Evacuation helicopters were requested, but due to the amount of enemy activity in the area, the extraction could not be made for several minutes.

“At this point, Grafton courageously volunteered his ship to enter the contact area and make the emergency extraction,” he said. “As he maneuvered in, his ship came under heavy automatic weapons fire and his ship was badly damaged.”

This didn’t stop Grafton, however, and he continued on with his mission and remained in control of his aircraft, despite his crew chief being wounded by enemy fire, until the critically wounded individual was onboard.

“That aircraft go shot up very badly and a crewman got shot up too, but Butch continued the mission,” said Hennies. “And after he took care of the guy, he brought himself and the rest of his crew-

SEE DFC, PAGE A7

## Commanding general talks leadership with junior leaders

By Nathan Pfau  
*Army Flier Staff Writer*

Fort Rucker’s commanding general spoke with junior leaders at the Landing Tuesday about what it takes to become a senior leader in today’s Army.

Leaders ranging from captains promotable to majors came together at the Commanding General’s Officer Professional Development training to listen to Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, give advice and talk about his experience coming up through the ranks.

Mangum started by talking about his experience as a captain in the Army, a

rank he held for nine years with positions as a battalion S-3, company commander and other joint assignments, but he said it wasn’t until he was promoted to major that he realized how much there really was to learn.

“I don’t know that I really learned how to learn until I became a major, and I truly mean that,” he said. “I started learning about how to communicate. It doesn’t matter how charismatic or dynamic of a speaker you are, if you’re message isn’t packaged correctly, you’re going to have a challenge conveying what it is you want to do — particularly up the chain.”

He said communication is key, and when officers are conducting a brief as leaders, they should keep it brief,

which can be a challenge.

“The most complex thing we’ve got to do as human beings is take a series of complex steps that are required to accomplish a mission and articulate them simply, clearly, directly and completely so that everybody understands,” said the general. “You’ve got to determine what’s important.”

Before moving on, Mangum touched on the issue of basic leadership and said he was astonished at how little people in the Army know about leadership.

By Army regulation definition, leadership is the process of influencing people by providing purpose,

SEE LEADERS, PAGE A7



PHOTO BY NATHAN PFau

Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, speaks with captains promotable and majors during his Officer Professional Development training at the Landing Tuesday.



# PERSPECTIVE



PHOTO BY JIM HUGHES

James Washington and Melissa Ammons, E-911 dispatchers for Fort Rucker DPS, in the E-911 center.

## 911 dispatchers — ‘The team behind the scenes’

By **Peggy Contreras**  
*Fort Rucker Directorate of Public Safety*

The nation’s 911 dispatchers, collectively known as the team behind the scenes, have one of the most valuable and underappreciated jobs in America.

The emergency dispatcher – the person who calmly and coolly handles dozens of 911 calls per day and coordinates the emergency responses with emergency services personnel — saves lives, protects property and helps others.

The week of Sunday through April 20 is National Public Safety Telecommunications Week. It is a time when citizens can thank the public safety men and women who respond to emergency calls, and dispatch emergency professionals and equipment to help them during times of crisis.

Americans can show gratitude to 911 call takers, dispatchers, technicians that maintain radio and emergency phone systems, communications staff trainers, communica-

tions center personnel and other public safety telecommunications staff across the country who work tirelessly, often behind the scenes, to help them during emergencies.

America’s public safety telecommunications serve our citizens daily in countless ways. The work of these unseen first responders is invaluable in emergency situations, and each of these dedicated men and women deserves our heartfelt appreciation.

This week is a time for a grateful Nation to show its appreciation and to recognize that our health, safety, and well-being are often dependent on the commitment and steadfast devotion of public safety telecommunications.

Dispatchers have existed for about as long as the phone has, although they used to be called switchboard operators and connected all calls – not just emergency ones. At that time, operators were often the ones who found the best emergency support, provided additional contact information and even set off the town fire alarm.

Dispatchers continue to adapt to new circumstances, implement new technologies and save countless lives.

Today, they are the first line of defense between a frantic population and imminent disaster.

During the week, the Fort Rucker Public Safety E-911 Center will be open for tours and an opportunity to meet the people behind the scenes. This is a good opportunity for the public, young and old alike, and groups, to show their appreciation to those heroes behind the scenes. During this week, children can pick up a coloring book to help learn more about proper use of E-911 and see firsthand how 911 calls are handled.

The Fort Rucker Directorate of Public Safety is located in Bldg. 5001, at the intersection of Andrews Avenue and Lucky Star Street. It will be easy to find, just look for the fire trucks.

In honor of National Public Safety Telecommunications Week, DPS would like to offer special appreciation to our E-911 dispatchers: Carol Penn, Melissa Ammons, Dorothy Pauls, Johanna Howell, M. Ward, Robert Bedford, James Washington, David Wilson and Justin Weaver for jobs well done.

## Rotor Wash

“April 21-27 is National Volunteer Week.  
How do you feel volunteers play a role in  
strengthening the nation?”



**Shane Rogers,**  
assistant fire chief  
“It makes the nation come together and unite.”



**Sgt. 1st Class Brian Davis, C Co., 1st Bn., 13th Avn. Regt.**  
“We need more volunteers simply because what workforce we have now is being stretched beyond their capabilities. And if it was not for volunteers we wouldn’t get a lot of stuff done.”



**Amy Burns,**  
Army spouse  
“I feel it is important because it helps save the government a lot of money, because you don’t pay for their services. Plus, it teaches our youth how important giving is and how beneficial it can be for others.”



**Vincent Rodriguez,**  
DOD contractor  
“They do it for a sense of patriotism and pride. You know if you’re volunteering you are not doing it for the money.”



**2nd Lt. Nicholas Vain,**  
D Comp., 1st Bn., 145th Avn. Regt.  
“For me it helps the military world coincide with the civilian world. It feels good to help out the community when I volunteer and we always get asked questions about what we do. So, it gives a better understanding of both worlds.”

### COMMAND

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FORT RUCKER COMMANDING GENERAL

**Col. Stuart J. McRae**  
FORT RUCKER GARRISON COMMANDER

**Lisa Eichhorn**  
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](mailto:jhughes@armyflyer.com).



# Tax center wraps up 2012 season

By Sara E. Martin  
*Army Flier Staff Writer*

As tax season comes to an end, the Fort Rucker Tax Assistance Center helped about 1,200 people and saved the military community more than \$248,098 in federal and state income tax preparation fees.

“We saw more people this year and so far we received Federal and State refunds in excess of \$2,482,608,” according to Tod Clayton, tax coordinator at the center..

The center will continue to see people until Monday, and one last-minute patron appreciated the opportunity to be seen.

“It was readily and easily available. I liked it and I will defiantly use [it] again,” said 1st Lt. Frank Gamsby, D Company, 1st Battalion, 145th Aviation Regiment.

Though Gamsby did not have any difficulties filing, many Soldiers did this year. And many dealt with the same problems, according to Clayton. But, they were able to educate Soldiers and their Families and get everything worked out in the end.

“We saw a problem of Soldiers not withholding enough, so they actually had a balance due. And, because of Congress, a lot of refunds took more time to be distributed,” he said.

Another problem that the tax coordinator said they encountered this year is problems with Social Security Cards.

“Now is the time to start planning to get a card if you do not have one, and we require you to have one to use our services,” he said. “Make sure your name matches the numbers. People forget that they got married or divorced and didn’t change their names,” he said.

Though tax season is wrapping up, Clayton said that people should think about their taxes all



PHOTO BY SARA E. MARTIN

Grace Gibbens finishes her taxes with the help of Erin McGlone, tax preparer, at the Fort Rucker Tax Assistance Center Friday.

year long.

“People need to look at their wages and their withholdings and make sure they have at least 10 percent taken out. That is about the average rate, you can be pretty safe calculating that way,” he said.

People also need to be aware of major life changes and how it affects taxes.

“If you get married then you may want to change your withholdings from single to married. It is also really important for Soldiers who get a divorce or for spouses that are separating and will file separate to change their withholdings as well,” he said. “If you get a divorce on Dec. 30, then you are considered single for that tax season.”

This day and age a lot of things are done online and taxes are no different, according to Clayton.

“Soldiers do have access to changing withholdings on their W-2s electronically. You should have an equal amount of withholdings if you are making a decent amount of wages,” he said.

In preparation for next season, Clayton said that people need to make sure they organize all of their W-2 forms, their interest rates and dividends, and all their other tax documents.

“Set a folder aside and when you buy something this year, such as a car that you paid taxes on, put it in there with your tax statements and all your deductions that you acquire throughout the year, such as a donation to a

charity,” he said.

“Plan throughout the year, not everyone thinks about taxes when it matters, they think about it at the end when it is too late,” he added.

Some people like large payouts during tax season because they are not the best savers or organizers, but Clayton suggests that those people review their taxes so they have more money in their pocket during the year.

“When we give a refund to someone who is getting back, say \$10,000, that is almost \$1,000 a month that you could have had in the bank making interest instead of giving the government a free loan,” he said.

For Soldiers and Family members who may not be on the top

of things, they can request up to a six month extension to file their income tax return by using IRS Form 4868, according to Clayton.

“This is not an extension to pay taxes due, only to file your taxes. You may be subject to additional interest and penalties for not paying by the deadline,” he said.

Clayton does taxes year round and if someone realizes a mistake was made he advises to not wait until next season to fix it.

“Come back in if there is a problem. Now is the time to handle amendments to your return,” he said.

To reach Clayton for tax preparation information, call 763-0831.

## Post fights drug abuse with Prescription Take-Back Day

By Nathan Pfau  
*Army Flier Staff Writer*

Prescription medication addiction and abuse is a problem that plagues both military and civilian life, but Fort Rucker is bringing back a program to help fight against drug abuse.

Fort Rucker will participate in the Drug Enforcement Administration’s fifth National Drug Take-Back Day April 27 from 10 a.m. to 2 p.m. in front of the main post exchange, according to Jesse Hunt, Army Substance Abuse Program prevention coordinator.

“This program is really simple,” said Hunt. “The individual will take their medication to one of the drop points and drop them off. We’re trying to clean out the cabinets so that [these unused prescription drugs] don’t become an attractive item for drug

abuse.”

Last year, the DEA reportedly collected almost 500,000 pounds of prescription medication in more than 5,263 locations across the U.S., and according to the 2011 Substance Abuse and Mental Health Services Administration’s National Survey on Drug Use and Health, more than six million Americans abuse prescription drugs.

Other locations that people can drop off their unused or unwanted medications include Daleville Grocery Outlet parking lot, Enterprise police station’s hallway entrance, Ozark Wal-Mart parking lot and the Dothan police station’s walkway entrance.

This will be Fort Rucker’s fourth time participating, and the program is in place to help promote awareness about drug abuse, as well as educate people on the proper ways to use their

medications.

“People need to know when to take their medications properly,” said Hunt. “They need to know where they are on the pain scale and decide if they really need that medication or not,” adding that people shouldn’t take medications just because they have them, but make informed decisions whether it’s the right choice.

People should be taking “get well” doses of medication, not the “get high” doses, which can lead to addiction, he said.

Just because a person is prescribed a certain type of medication doesn’t mean they must take it, he explained, and that’s why a Lyster Army Health Clinic pharmacy representative will be on-hand at the Fort Rucker drop-off point — to answer questions.

“The pharmacy at Lyster has been very supportive and has

provided an individual that will be out at the collection point at the PX to answer any questions that people might have about the medications,” said Hunt.

Some of the questions people might have about medications are how long they last, said Hunt, who explained that it depends on the type of medication.

“Most pain relievers will probably still be good after a couple years, but things like antibiotics start to break down and lose their potency,” he said, adding that medications that people are unsure about should be properly disposed of.

“This is why this is a good program because you can’t just throw these things in the trash,” said Hunt. “You shouldn’t dump it down the toilet or throw it in the trash because it’s unsafe for the environment and prying eyes that might dig it out of the trash.”

Once the medications are collected, they will be incinerated, and what’s left or cannot be incinerated will be properly disposed of in accordance with environmental law, he said.

Although police will be on hand at the drop points, some people may be hesitant when turning in their unused medications for fear of legal ramifications, but Hunt assures people that law enforcement is there only to make sure the medications are properly collected and disposed of.

They will not be checking people’s personal belongings or anything of that nature, he said, and it is even safe for people to turn in medication that has been obtained illegally, and encourages people to do so.

“There is no paperwork that people need to fill out, they can just drop of their medications and be on their way,” said Hunt.

## News Briefs

### Furlough seminar

Army Community Service offers its Preparing for Furlough: A Seminar for Federal Civilian Employees Friday, and April 19, 24 and 30 from noon to 1 p.m. in Bldg. 5700, Rm. 284. Federal civilian employees and their spouses are invited to attend the seminar designed to provide proactive financial options related to personal money management.

The agenda includes: Review Cash Flow, Review Financial Goals, Reduce Expenses, Ensure Access to Credit.

Seating is limited. Reservations will be on a first-come, first-served basis. Registration is required by calling 255-9631, 255-2594, 255-2341 or 255-0679. People can also send an email to edwin.o.burden.civ@mail.mil.

Once classroom capacity is reached, individuals may register for other dates.

### 1-58th AOB CofC

The 1-58th Airfield Operations Battalion hosts its change of command Tuesday at 10 a.m. in the U.S. Army Aviation Museum.

### Birthday ball

The U.S. Army Aviation 30th Birthday Ball takes place April 19 from 6-9 p.m. at The Landing. Cost for the event is \$25 for E-6 and below; \$30 for E-7, WO1, CW2 and O-1-2; \$35 for E-8, CW-3 and O-3; and \$40 for E-9, CW-4-5, O-4 and above, and civilians. Meal choices will include chicken, pork with glazed apples and vegetarian pastry pie. Uniform for the event is dress mess, ASU or Class A with white shirt and bow tie for military; and formal wear for civilians.

For more on the event, contact your unit representative or call 255-2418.

### AER campaign

The Fort Rucker Army Emergency Relief fundraising campaign is under way. To donate to the program designed to help Soldiers help Soldiers, people should see their unit representatives. Upcoming events include the AER Jail-a-Thon, April 18 from 8:30 a.m. to 3 p.m. in the post exchange parking lot, and the Army Aviation Federal Credit Union 23rd annual Golf Tournament for AER May 10 at Silver Wings Golf Course. More information will be provided on both events in future editions of the “Army Flier.”

### Farmers market

The Fort Rucker Commissary Farmers Market and Plant Sale takes place April 19-20. The commissary will have a variety of fresh fruits and vegetables, and tropical plants for sale. Also, April 20 from 10 a.m. to 2 p.m. the Alabama Watermelon Queen will be on hand at the event.

### 1-212th AVN CofC

The 1st Battalion, 212th Aviation Regiment will host its change of command April 19 at 8:30 a.m. on Howze Field, or the U.S. Army Aviation Museum if it is raining. During the ceremony, Lt. Col. Raymond J. Herrera will assume command from Lt. Col. Ronald L. Ells.

### Retirement ceremony

Fort Rucker hosts its quarterly retirement ceremony April 26 at 2 p.m. in the U.S. Army Aviation. All are invited to attend and honor the service of the Soldiers, civilians and their Families.

### Father-daughter ball

The Fort Rucker Religious Support Office will host its annual Father-Daughter Purity Ball April 27 from 5-8:30 p.m. at the Spiritual Life Center in Bldg. 8939. The event will feature a dinner and dance designed to give fathers and daughters an opportunity to build and strengthen their relationships. The guest speaker will be Rev. Nick Peebles, Center Pointe Community Church in Orlando, Fla. Tickets are available at suggested donations of \$12 per person for father-daughter, and \$10 for each additional daughter. The event is for daughters ages 4 and older. Attire is formal or Sunday best.

For more, call Jorge Jimenez at (931) 220-6017.

### DENTAC hours

The dental clinic’s hours are Mondays-Fridays from 7:30 a.m. to 4:15 p.m., with sick call and examinations from 7:30-10 a.m. The clinic does, however, see Aviators in the afternoons for sick call and examinations because of their flight hours.

The contact number for after hours and weekend emergencies is 1 (877) 418-0983. Soldiers will speak to a triage nurse who will record the contact information of the caller. The nurse will give the contact information to the on-call dentist who will contact the Soldier. The doctor and the charge of quarters Soldier have access to the clinic for emergency care.

The clinic is closed during duty hours once per quarter for training. A sign is placed outside the front entrance to inform visitors on these days.

To reach the dental clinic, call 255-2367.



# Army releases accident data

**By Julie Shelley**  
*Directorate of Communication and Public Affairs*  
*U.S. Army Combat Readiness/Safety Center*

Accident statistics from the second quarter show the Army continues to improve its safety performance well into fiscal 2013, according to data released by the U.S. Army Combat Readiness/Safety Center.

Overall, accidental fatalities declined 13 percent from figures for the same time frame in fiscal 2012. Based on recent updates to

existing accident reports, fiscal 2012 is currently tied with fiscal 2000 as the second-safest year on record, not third as previously reported.

“The fact that accidental deaths are down by double digits from one of our most historic years is remarkable,” said Brig. Gen. Timothy J. Edens, director of Army Safety and commanding general, U.S. Army Combat Readiness/Safety Center. “Our leaders and Soldiers are putting in the hard work to keep one another safe.”

The second quarter saw signif-

icant reductions in fatal on- and off-duty ground accidents. Deaths occurring in privately owned vehicles dropped 21 percent from the same quarter in fiscal 2012, and tactical ground fatalities declined by nearly half. Aviation was the only area to experience a substantial increase, with seven fatalities reported during the quarter as compared to zero the year prior.

Combined with data from the first quarter, fatal accidents thus far in 2013 are down 17 percent off duty and 19 percent on duty. In addition, civilian employee in-

jury claims have fallen nearly 20 percent.

While they welcomed the positive news, both Edens and USACR/Safety Center Command Sgt. Maj. Richard D. Stidley cautioned against complacency during the spring and summer months.

“Historically speaking, these last two quarters are where we’ll see our numbers rise,” Edens said. “Some years, fatalities have doubled or tripled during the second half of the fiscal year.”

“That’s obviously an unacceptable situation,” Stidley said. “Our

first-line leaders have the greatest influence on their Soldiers, and we’re relying on them to increase visibility and awareness of warm-weather hazards.

“The greatest risk Soldiers will face is on the road, so that’s where leaders’ primary focus should be,” he added.

The Army Safe Spring Campaign, an annual effort designed to raise awareness of driving hazards and other seasonal safety issues, is currently available at <https://safety.army.mil>. The Army Safe Summer Campaign will kick off May 23.

# Selective Early Retirement Board could affect 1,200 field grade officers

**By C. Todd Lopez**  
*Army News Service*

WASHINGTON – In August, the Army will convene a Selective Early Retirement Board for lieutenant colonels and colonels. The move is just one part of a larger Army effort to meet its congressionally mandated end strength reduction.

Currently, about 500 colonels and 700 lieutenant colonels in the Army Competitive Category meet the criteria for the Selective Early Retirement Board. While the board may select up to 30 percent of those officers for early retirement, it’s expected many officers may opt instead to apply for voluntary retirement.

Those who meet the criteria for the August SERB include active duty colonels in the Army Competitive Category who have been a colonel for more than five years; and lieutenant colonels who have been at least twice non-selected for promotion to colonel.

While the SERB is necessary to both reduce the size of the Army and appropriately shape the officer force for the future, it is a difficult action for the Army to take, said Lt. Gen. Howard B. Bromberg, Army G-1.

“It’s hard to do, because we’re doing it to people who have supported us tremendously with great honor and service to the nation and service to the Army over the last 12 years while we have been engaged in the fight,” Bromberg said.

Bromberg said the SERB is not just about force reduction, it’s also about force shaping and about ensuring op-



PHOTO BY C. TODD LOPEZ

**In August, the Army will convene a Selective Early Retirement Board for lieutenant colonels and colonels. The move is just one part of a larger Army effort to meet its congressionally mandated end strength reduction.**

portunities for other officers to move up in rank.

“What we have seen in the last 10 years or so is that the average officer is staying about 10 percent longer than the norm,” Bromberg said, saying that colonels that might have retired 25-26 years, a decade ago are now staying for 28 or 29 years in service. “It’s just because they want to serve, which is very commendable. But unfortunately, in order to shape the Army, we are going to have to bring that down.”

Promotion rates to colonel over the last two years have been low, he said, at about 35 percent or lower. He said asking some colonels to leave will clear up spots for new

officers to put the eagle on their shoulder.

“Younger lieutenant colonels will still see that opportunity to continue to serve,” he said. “What we don’t want to do is have people say ‘oh, [I] won’t ever get promoted.’”

For the Army to meet the mandated end strength goal of 490,000 Soldiers by fiscal year 2017, it must start making cuts now, Bromberg said.

The SERB will meet on or about Aug. 13. When the results of that board are approved by the secretary of the Army, which is expected to happen in early January 2014, those officers selected will have no more than seven months before they must retire. It’s expected the retirement date for officers selected by the 2013 SERB will be no later than Aug. 1, 2014.

Officers who know they meet the criteria for the SERB, but who choose to volunteer to retire instead of facing the SERB, can benefit from an extended advance-time for submitting retirement paperwork. Typically, an officer can put in retirement paperwork a year in advance. Bromberg said that has been extended.

An officer could put in retirement paperwork in June, for instance, before the August SERB, and plan his retirement date for September 2014. Officers who choose to voluntarily retire must have their requests in to Human Resources Command no later than July 8.

McHugh first notified general officers of the SERB late last month, and Bromberg followed that up with a message to personnel officers and staff Army wide, shortly after. Additionally, a Military Personnel message on the subject was released April 4.



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# Army kicks off Sexual Assault Awareness Month

By J.D. Leipold  
Army News Service

WASHINGTON – The Army launched its official recognition of National Sexual Assault Awareness and Prevention Month in the courtyard of the Pentagon Friday with the announcement of a new theme meant to convey how the service hopes to eradicate sexual assault within the ranks.

“We own it, we’ll solve it, together,” said Lt. Gen. Howard B. Bromberg, reciting the new theme. He served as keynote speaker at the kickoff.

Bromberg explained the new theme is designed to strengthen the collective moral and ethical commitments of Soldiers, in keeping with the Army values and the warrior ethos, to preserve the respect and the dignity of every Soldier, civilian, and Family member in the Army.

According to G-1 statistics, there were 1,695 cases of sexual assault in the Army in 2011. Of those assaults, more than half were Soldier-on-Soldier. Nearly half of the assaults occurred on weekends, with 84 percent of the victims in the rank of E-4 and below, and 59 percent of the alleged offenders also being E-4 and below.

Since September 2008, when the Army launched its Sexual Harassment/Assault Response and Prevention program, the service has sought to reduce the stigma of reporting and increase prevention, investigation and prosecution capabilities while ensuring protection of sexual assault survivors from retaliation and threats. Bromberg said the Army would continue to enhance training and increase resources while refining response capabilities.

“Every Soldier should see sexual assault as a personal issue, an issue that he or she needs to be involved in,” he said. “This culture must have consistency from basic training to the halls of the Pentagon. We simply cannot have Soldiers preying on each other, because this rips apart the bonds of trust that hold our Army together in both war and at peace.”

The general noted that over the last year the Army had achieved “great progress” toward institutionalizing the



PHOTO BY J.D. LEIPOLD

Lt. Gen. Howard B. Bromberg, Army G-1, speaks at the National Sexual Assault Awareness and Prevention Month kickoff ceremony in the Pentagon courtyard Friday.

Sexual Harassment and Assault Response and Prevention program. He also said strides had been made in reducing the stigma associated with reporting violent crimes. He added that commanders are seeing significant growth in sexual assault reports.

“Sexual assault is the most unreported crime in the nation, and this increase or what we call a propensity of Soldiers to report is critical to ensure commanders can provide the support to the victims while holding offenders appropriately accountable,” Bromberg said. “In 2012, we implemented a policy to have two full-time personnel as sexual assault response coordinators and

victim advocates at every brigade level.”

The Army increased investigation and Judge Advocate General capabilities by adding 20 special investigators, 19 special victim prosecutors and five Trial Counsel Assistance Program attorneys to improve processes, training and offender accountability. JAG will add four special prosecutors before the end of September.

“Training is also essential to everything we do as a key component of our SHARP program,” Bromberg said. “With more than 30 SHARP life-cycle training courses, we continue to improve our force’s capability to address this issue at the very base of our Army.”

## Commitment to helping sexual assault victims earns honors

By Sgt. 1st Class Tyrone C. Marshall Jr.  
American Forces Press Service

WASHINGTON – The Defense Department is honoring six sexual assault response coordinators this month for their outstanding efforts in assisting victims of sexual assault and for their commitment to preventing this crime.

Led by Maj. Gen. Gary S. Patton, director of the Sexual Assault Prevention and Response Office, DOD officials considered the efforts of more than 1,000 qualified sexual assault response coordinators from each military service and the National Guard Bureau before selecting their “Exceptional SARC of the Year,” as part of National Sexual Assault Awareness and Prevention Month.

“I am privileged to work with such dedicated individuals who continue to strengthen the department’s prevention and response efforts,” Patton said in a statement. “The 2013 exceptional SARCs deserve recognition for their service on the front lines and for the quality care they provide for survivors of sexual assault. I am honored to acknowledge their accomplishments and commitment to victims of sexual assault.”

Since 2009, the Defense Department annually has recognized exceptional SARCs for providing noteworthy care and support in prevention and response efforts to military victims of sexual assault.

A SARC serves as the single point of contact for integrating and coordinating sexual assault victim care, from the initial report of sexual assault through



U.S. ARMY GRAPHIC

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disposition and resolution of issues related to the victim’s health and well-being.

The SARC is responsible for ensuring a victim support system is in place that provides around-the-clock sexual assault response capabilities for all victims within their designated area of responsibility.

This year’s honorees are

- Sgt. 1st Class Josalette Simmons, Fort Bragg, N.C.
- Kathleen Schofield, Naval Air Station Whidbey Island, Wash.
- Marine Corps Maj. Robyn Mestemacher, 1st Marine Expeditionary Force
- Janaee Stone, Hill Air Force Base, Utah

- Capt. Jennifer Hunt, National Guard Joint Force Headquarters, Fla.
- Kristin Cox, Coast Guard District 13

“It is truly an honor to receive this recognition; however, it is an even greater honor to work with exceptional SARCs, victim advocates and [Sexual Assault Prevention and Response] program managers across all 50 states and services,” Hunt said. “All services have made great strides over the course of the last several years, but there is still work left to be done in order to achieve the cultural change necessary to prevent sexual assault.”

Hunt urged a “greater understanding of victimology” and offender dynamics, moving past the error of blaming victims and ensuring offenders are held

accountable for their crimes.

“This cannot be accomplished without engaged leadership at every level,” she said. “I have been very fortunate to find that committed leadership in the Florida National Guard and [National Guard Bureau] command teams.”

Stone, who spent 12 years in the Navy and has served in her position at Hill Air Force Base for four years, said she was “extremely excited” to have been selected, but that she remains focused on helping victims.

“It’s something that I really wasn’t expecting,” she said. “This is not why I do this at all. Being active duty Navy and working the [sexual assault victim intervention] program for many years. It’s my passion.”

Each sexual assault victim is different, Stone said, so it is important to provide them all the support and resources available.

“I think it’s more just hoping that you can give them the best resources, because no victim is ever going to look the same,” she said.

So the resources required for one victim, Stone said, may be totally different for someone else. “It’s so important that each one gets the best resource,” she said.

The former Sailor also credited her team at Hill Air Force Base for their program’s success, calling her victim advocates “the backbone of our program.”

“I honestly believe the reason that our program is so successful is because of the victim advocates that I have in place,” Stone said.

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# Army sees potential in light-emitting monolayers

By Joyce P. Brayboy  
U.S. Army Research Laboratory

ADELPHI, Md. – Army scientists want to make sense of the fascinating properties of novel layered materials that can exist in a single or a few atom-thick layers, such as graphene.

Recently, Penn State researchers working with the Army Research Office showed that tungstenite, or WS<sub>2</sub>, formed from layers of sulfur and tungsten atoms has light-emitting properties that could be useful to plenty of Army applications, like optical sensors or even lasers.

University scientists saw an extraordinary glow from the honeycomb edges of monolayered triangular islands of WS<sub>2</sub> for the first time and knew this would be groundbreaking.

The discovery was one of several milestones for a small team of experts from four universities working on a Multi-Disciplinary University Research Initiative project.

Along with the principal investigator of this project, professor Pulickel Ajayan of Rice University, this team is helping the Army “make sense of the fascinating properties of novel layered materials that can exist in a single or a few atom-thick layers, said Pani Varanasi, Ph.D., program manager for the Physical Properties of Materials Materials Science Division of the U.S. Army Research Office, of U.S. Army Research Laboratory.

The MURI project, which explores the synthesis routes of 2-D atomic layers of nitrides, oxides and sulfides and characterization of these materials, is in its second year.

“The most recent finding forms the building blocks for improvements to future Army technologies such as sensors, transistors and flexible displays,” Varanasi explained.

Mauricio Terrones, Ph.D., a professor of physics and of materials science and engineering at Penn State, is one of the team members of the MURI and leads the present research on WS<sub>2</sub> materials.

“We wanted to work on a layered system that people were not working on already,” Terrones said. “There were several reports on [molybdenum disulfide] but not that much research regarding WS<sub>2</sub>, so we thought this could be a nice avenue to investigate.”

The research team used a method similar

to the one they developed in their earlier research.

“We were investigating previously the synthesis of WS<sub>2</sub> nanotubes using WO<sub>x</sub> nanorods and sulfur, therefore we thought thin films of WO<sub>3</sub> would be appropriate to start producing 2-D materials,” Terrones said.

They deposited tiny crystals of tungsten oxide, less than one nanometer in height, and then passed the crystals through sulfur vapor at 850 degrees Celsius. It led to one-atom thick WS<sub>2</sub> triangles, he said.

The idea was to grow monolayers of WS<sub>2</sub> using the chemical vapor disposition approach, and then try the experiment with molybdenum disulfide, known as MoS<sub>2</sub>. The results for both minerals were similar, but instead of the uniform film they expected, they got triangular islands, Terrones said. What astounded them from the first experiment was the “extraordinary photoluminescence from the edges of the triangles at room temperature.”

Photoluminescence occurs when a substance absorbs light at one wavelength and re-emits that light at a different wavelength, like what happens in fireflies. In the future, the structures could have plenty of applications in optical detectors, light emitting diodes, photo sensors, and even in the development of lasers, Terrones explained.

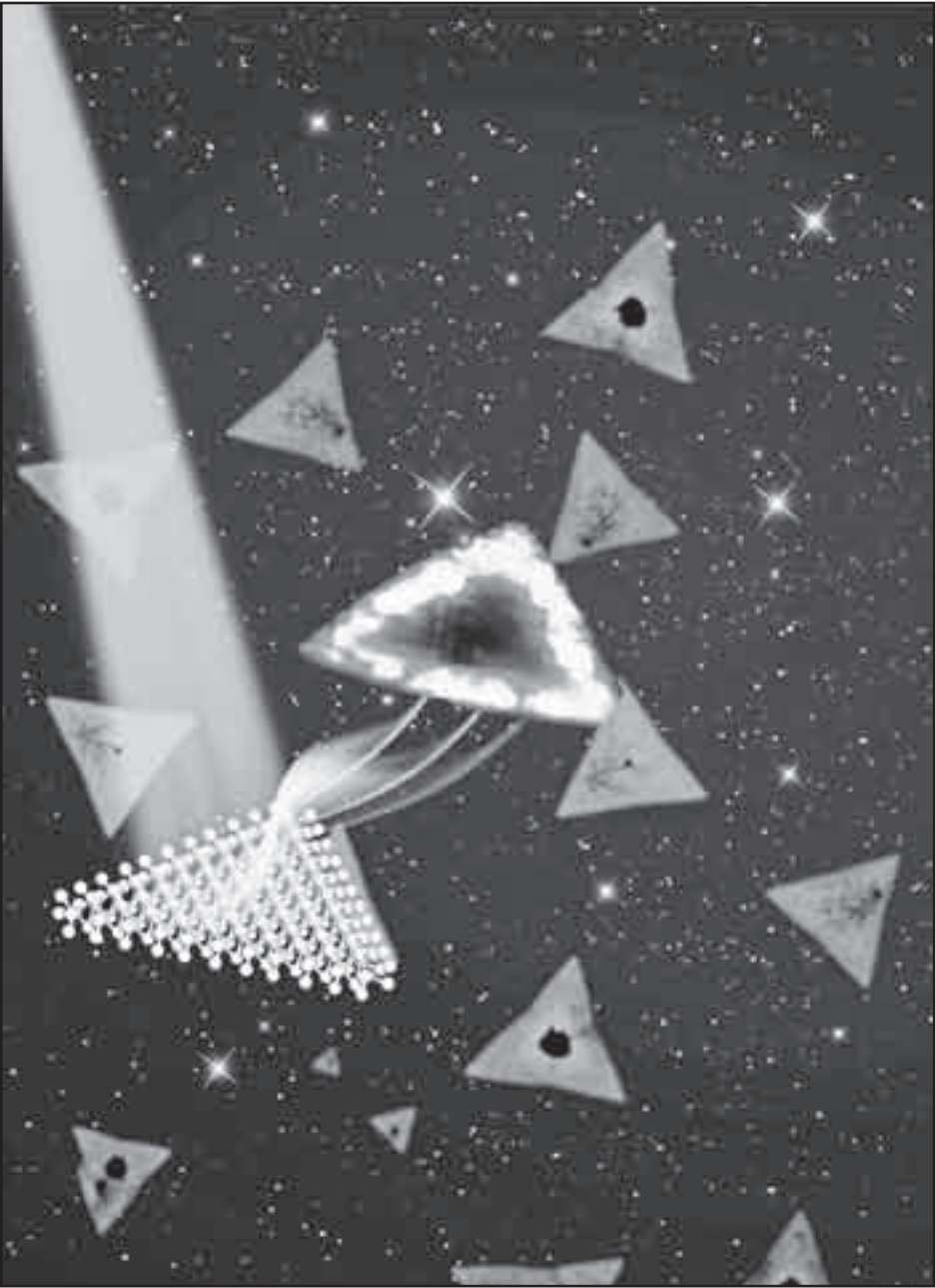
He explained that creating monolayers, or single, one-atom-thick sheets is of special interest to scientists because the chemical properties of minerals and other substances are known to change depending on their atomic thickness, paving the way for an infinite amount of possible materials.

The preliminary results of the WS<sub>2</sub> research will be published in a print edition of the journal Nano Letters and will also appear on the cover of the forthcoming issue.

Interest in the 2-D materials has grown significantly after scientists explored 2-D materials with groundbreaking results using graphene and earning the Nobel Prize in Physics for 2010.

“We are growing square inch single-, double- and triple-layered WS<sub>2</sub>, MoS<sub>2</sub> and others now,” Terrones said. “By controlling the number of layers, we could control their optical electronic properties and therefore different types of devices become possible.”

The Army wants materials that could help equip Soldiers with efficient



GRAPHIC COURTESY OF PENN STATE UNIVERSITY

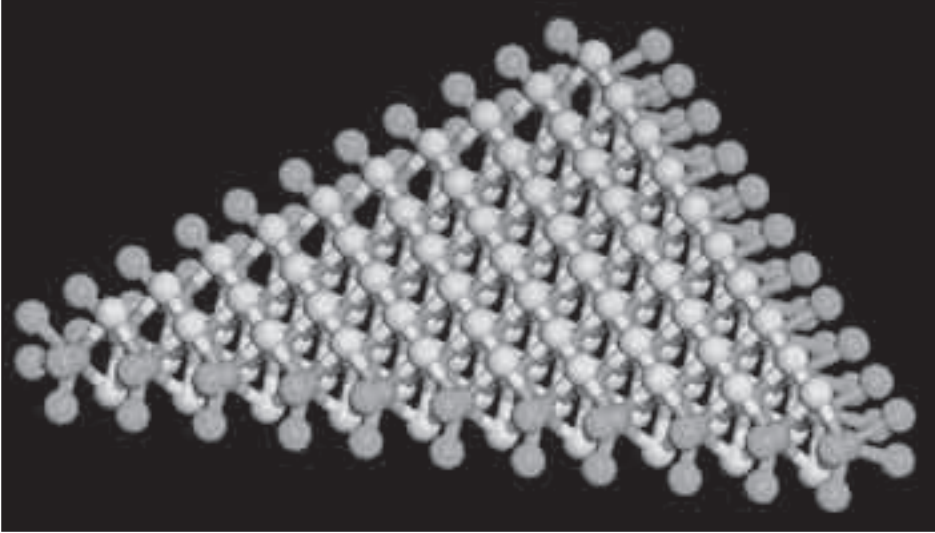
Penn State researchers working with the Army Research Office showed that tungstenite formed from layers of sulfur and tungsten atoms has light-emitting properties that could be useful to plenty of Army applications, like optical sensors or even lasers.

technology at the lightest possible weight. In fact, ARL recently started a Director’s Strategic Initiative, which is awarded based on its potential to result in emerging or alternative technologies, on Stacked 2-D Atomic Layered Materials. The primary investigator, Madan Dubey, Ph.D., was awarded the DSI to develop technologies to protect Soldiers and to design lighter-weight, energy-efficient electronic devices and batteries.

ARL is developing 2-D-enabling

technology for multifunctional transparent, high performance flexible/conformable electronics for future warriors. The research will enable creation of an unlimited number of material systems that will be unconstrained by conventional growth techniques, Dubey said.

The Army will continue looking from many angles at “novel materials with extraordinary properties like 2-D WS<sub>2</sub> that could benefit Soldiers into the future,” Varanasi added.



GRAPHIC COURTESY OF PENN STATE UNIVERSITY

Penn State researchers working with the Army Research Office showed that tungstenite formed from layers of sulfur and tungsten atoms has light-emitting properties that could be useful to plenty of Army applications, like optical sensors or even lasers.

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# Gold: Post competed among 35 installations

Continued from Page A1

and new facilities built like a new Better Opportunities for Single Soldiers building, get enhanced substance abuse prevention programs and electric carts on some of the airfields,” said Ranchino.

The voice of the customer, along with the day-to-day laborers combined is what made the achievement possible, according to Deena Jones, supervisory strategic planning specialist, Plans, Analysis and Integration Office.

“A lot of it comes from the personal excellence that people pursue on the front lines,

like the customers and attendants in the identification card department. It was a team effort post wide – Soldier and civilian,” she said.

McRae agreed that it is truly a team win for everyone on Fort Rucker.

“Individual superstars do not make a winning team if the team as a whole doesn’t play well together. At Fort Rucker, although we have many superstars, we work well together as a team,” he said.

The package is based on the Baldrige Criteria for Performance Excellence, which has a specific outline that has to be followed and, according to Jones, it is a huge accomplish-

ment for this installation to be recognized as the best.

“It’s not what we do, but how we do things. The post has to continually try to improve on itself on this system. It is how you mature in performance excellence,” she said.

There were 36 Army installations in the competition, but installations do not compete against each other necessarily, according to officials.

“It is not how we compare to Fort Campbell (Ky.) or Bragg (N.C.). It is how does Fort Rucker rate against that criteria. What we do with what we have and how we do it is what matters,” said Jones.

Even though many, if not all installations, are taking budget cuts, it is how those budget cuts are handled and how a garrison is able to continue to provide services for its workers that helps decide who wins Gold.

“It is a complex process. It is how a base decides to cut programs, and how and why it is done. Taking a difficult situation and handling it in a professional way while taking the customer’s opinion into consideration,” said the supervisory strategic planning specialist.

Because of Fort Rucker’s win this year, the post will not compete in the competition next year, Jones added.

# DFC: Aviator honored to receive distinguished award

Continued from Page A1

members home. When Butch went out [on a mission], you knew it was going to be done right.”

Grafton said at that time, he had no time to think, but only to act.

“When things are happening, you don’t think — it’s about the

training. The job just did itself — that’s the way the Army trains,” he said. “That award doesn’t belong to just me. It belongs to every one of those pilots who trained me here at Fort Rucker and all of the aircraft commanders that I flew with in Vietnam.”

Although it took 42 years to of-

ficially and publically receive the award, Grafton said he was happy to finally receive it, but it was his former commander and good friend, Hennies, who said the recognition was necessary.

“It’s important to do this because when people do something like [the things he did], they deserve

that recognition publicly,” he said. “We’re here today to prove that it’s never too late or too long to make a wrong right.”

After serving his time in the war, he returned to Fort Rucker in 1980 as a contract flight instructor, which he’s been doing now for 33 years. “Heroics happen by circum-

stance, and you’re either going to do the right thing our you’re not going to do it, and he rose up to [the challenge],” said Hennies. “I joke with [Grafton] and I always say that he came into the Army as a beach bum, but 17 months later, he left Vietnam as a highly decorated Aviator.”

# Leaders: Mangum stresses leadership a team effort

Continued from Page A1

direction and motivation to accomplish the mission and improve the organization, he said. He emphasized that the most important part of that definition were the last three words — improving the organization — and that failure to take those words to heart can lead to toxic leadership.

Mangum said that there is too much focus in the Army about what leaders are expected not to do rather than what they are expected to do.

“Toxic leaders tend to be more concerned about themselves and the mission, and not about the organization,” he said. “They don’t develop their subordinates, they don’t build processes that will outlive themselves, but are more worried about what the unit looks like than how well it performs.”

Throughout the session, Mangum spoke about key points in his leadership career where he often found himself hit by epiphanies, one of which hit him when he was promoted to brigadier general during his 26th year of service.

He explained that when becoming a general officer, other general officers often send congratulatory letters, and a few of the first letters he received said, “being a general officer is a team sport, so don’t hesitate to call if I can help in any way.”

“Why have I never heard this before?” Mangum asked. “You hear about being a team player all the time, but that’s different.”

Mangum said that it’s important for commanders to look beyond than just their own organization and help focus on the Army as a whole. Being a team player causes people to focus on only their “team” he said, but being in the Army is a team sport with many different “teams” within.

“If you are the commander of Battalion A, there’s no reason you can’t and shouldn’t be a team player and do everything you can for the success of battalions B and C,” said the general. “It’s about recognizing what you need to do for the larger effort.”

The second epiphany Mangum said he came upon was during his 28th year of service — humility. He said leaders should be aggressive, dynamic, proactive, charismatic and heroic, but all under the “umbrella of humility,” and then brought up the issue of many senior leaders getting into trouble.

“When you get promoted, you need to look at it as an opportunity to do more for Soldiers,” said Mangum. “It isn’t about you, but it has everything to do with how you do it,” adding that senior leaders represent the Army.

There were three main works that Mangum said influenced him as a leader when it came to what he called “hum-

ble service leadership.” He referenced the poem “Anyway” by Kent M. Keith, “If” by Rudyard Kipling and the “Love Verse” from the Bible, First Corinthians 13:4-8.

The poem “Anyway” taught him to make decisions based on what’s right rather than what people think about you, which he said isn’t easy, but necessary.

Part of leadership isn’t only praising people when they do well, but making sure they know when they do wrong.

“Part of it is telling people when they don’t meet the standard, and that’s a hard business, but it’s something that we absolutely have to do,” he said. “Sometimes, you’ve got to let your subordinates fail, because it’s about giving them feedback when they get outside those limits.”

Mangum also said that as leaders move up through the ranks into senior leader territory, leadership becomes more about indirect leadership than direct leadership.

“You’re going to stop being graded as much on your technical and tactical competence,” he said. “As you progress, it’s more interpersonal and conceptual leadership, and problem solving, but the key thing is to not forget where you came from and do the best you can.

“Do the right thing for the right reason to accomplish your mission and improve your organization,” he said. “I think that’s what it takes to be a successful leader and truly improve.”

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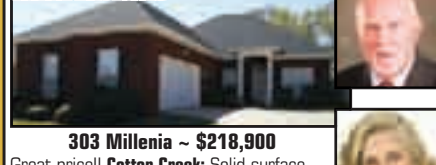
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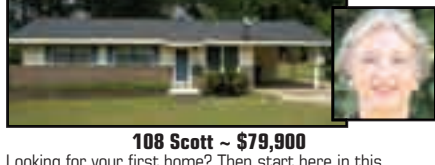
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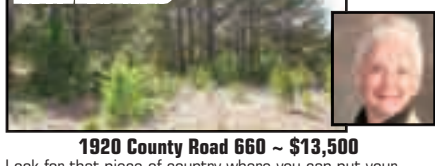
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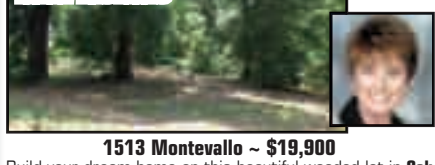
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**102 Murfield ~ \$89,900**

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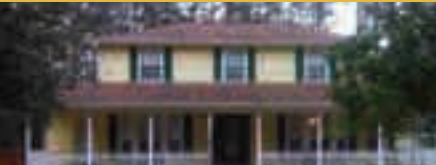
**OPEN SATURDAY 1:00 - 3:00**



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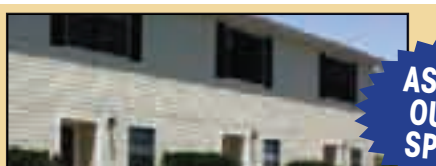


**129 DONCASTER:** Fall in love today with this beautiful well-kept home with large front porch, large private back yard with many interior features. **Fran Claytor Kaltenbaugh 790-5973**

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**OPEN SUNDAY 1:00 - 3:00 ~ POOL**



**106 LAKE RIDGE:** Impressive 4BR/2.5BA home. The pool, marble foyer, spiral staircase & extra-large MBR are just a few of the impressive features of this beautiful home located just a golf cart drive to the greens. **Mary M. Jones 790-293**

**\$82,000**



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**April 20-21**

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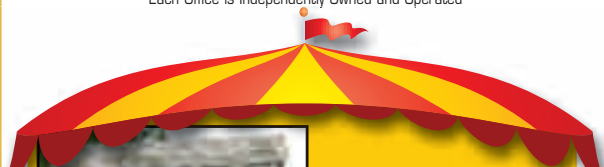
202 RAVEN	\$107,500	PAT LEGGETT 406-7653
15 COUNTY ROAD 165	\$242,000	JUDY DUNN 301-5656
6138 COUNTY ROAD 708	\$214,900	SAM HELMS 798-3357
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**INFO TENT AT THE LEGENDS SATURDAY 1:00 - 3:00**

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**Maggie Haas 389-0011**

**Directions:** 27 N pass Cotton Creek, The Legends is on your left, turn in to the first street - Possum Circle.



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# Up and away – 1-135th deploys

By Airman 1st Class Shelby Orozco  
509th Bomb Wing Public Affairs  
Whiteman Air Force Base

WHITEMAN AIR FORCE BASE, Mo. — Since Whiteman is officially an Air Force base, many people often forget it is home to multiple joint-force partners. One of these is the Army's 1-135th Attack Reconnaissance Battalion.

This unit, which flies the AH-64 Apache helicopter, maintains a high ops tempo, training constantly to support friendly forces on the ground in combat areas.

More than 300 Soldiers from the 1-135th ARB departed March 27 for a deployment to Afghanistan to aid in Operation Enduring Freedom. The team will first travel to deployment training here in the United States, and then head overseas upon completing training.

The Soldiers have been heavily preparing for this deployment, said Capt. Derek Forst, 1-135th ARB, A Company commander.

"We just got done with a 30-day gun-

nery out in Boise, Idaho," Forst said. "We conducted high- altitude mountain training, along with aerial gunnery. We qualified 23 crews."

They will be working primarily in combat operations, said CW2 Greg Schulte, 1-135th ARB, TACOPS officer.

"Our main mission is to support the ground force commander," Schulte said. "That entails a lot, including convoy security, as well as security for other Aviation assets. We will also act as a quick reaction force based upon base security. The mission is broad-set; we're kind of a 'be-all, do-all' team. It really depends on what's going on at the time and we will integrate the best that we can."

As far as day-to-day operations go, the Soldiers are up for anything.

"We could start our day escorting a convoy and then end up closing our day with a close-combat attack," Forst said. "It can change that quickly; we could start one mis-

SEE 1-135TH, PAGE B4



COURTESY PHOTO

AH-64 Apache Longbows pilots from the 1-135th ARB at Whiteman Air Force Base, Mo., prepare March 27 for a deployment to Afghanistan.



PHOTO BY SGT. JESSI ANN MCCORMICK

## THE VIEW UP THERE

Soldiers watch from the rear ramp of a CH-47 Chinook helicopter while flying over the mountains in the Khas Uruzgan district of Afghanistan's Uruzgan province, March 16. The Soldiers are crew chiefs who, along with Afghan commandos, provided security for a government-led shura, or meeting.

## 46th Aviation Support Battalion practices resilience

By Staff Sgt. David Chapman  
5th MPAD

JOINT BASE LEWIS-McCHORD, Wash. — The echos of platoon mottos and the steady sound of small arms fire filled the air across the Joint Base Lewis-McChord training area, as Aviation Soldiers got out of their aircraft hangars and into the woods, March 25-29.

For the second year in a row, the 46th Aviation Support Battalion, 16th Combat Aviation Brigade, conducted Bellator Stakes, a week-long exercise that combines warrior tasks with a competitive spirit.

During the event more than 300 of the battalion's Soldiers moved through a series of seven lanes, consisting of situational training scenarios, a grenade course, improvised explosive device convoy training, and resiliency challenges, each with their own level of difficulty.

The Soldiers were broken down into squads of 10-15 Soldiers each, and were formed at the company level before coming out to Bellator Stakes, which meant that some of the Soldiers didn't necessarily work together on a daily basis. Each member then rotated through the role as the squad leader during the event.

Squads and individuals were scored on how they accomplished all the tasks and how well they led the squad. The final tallied points



COURTESY PHOTO

As a test of mental and physical strength, Staff Sgt. John Galvan, 46th ASB hydraulic maintenance supervisor, delicately places a brass nut atop another, after completing multiple physical exercises on a training lane for Bellator Stakes March 27 at Joint Base Lewis-McChord, Wash.

then determined the winner of the competition.

"This is not a training event. This is actually an assessment, a culmination to show the productivity of their sergeant's time training," said Sgt. 1st Class Shaun McLaren, operations noncommissioned officer, Headquarters Support Company, 46th ASB. "We want to physically task them. They should be tired when they leave here. As part of the resiliency lanes and the evaluations,

we wanted to mentally wear them out as well. You can't push your limit until you know your limit."

Resiliency was a particular theme and training lane, which was at the top of the 46th ASB commander's list of important and valuable events for the week.

"We wanted to focus one lane specifically for resiliency," said Lt. Col. Mark Sisco, battalion commander. "This is clearly one of the favorite lanes out here. When they

come to the resiliency lane they are enjoying the teamwork and the camaraderie of the event. There are a lot of smiles on faces out here."

Sisco also added that the high motivation and morale for the event stemmed from a generally positive attitude and outlook from across the battalion, not only out on the lanes but also daily in the maintenance areas.

SEE RESILIENCE, PAGE B4

## Aviation pioneer looks back

By Staff Sgt. Phil Fountain  
Texas Military Forces

CAMP MABRY, Texas — The Texas Army National Guard's first female Aviator recently retired after more than 37 years of service in the National Guard, achieving the rank of colonel.

Deanne E. "Dea" Lins of Austin was the Army National Guard's first female Aviator in three different states — Connecticut, Massachusetts and Texas. During her career, she flew UH-1 Iroquois, also known as the Huey, and UH-60 Black Hawk helicopters, from the mid-1980s into the late '90s.

During the second half of her career, she held various positions, including service as an airspace management officer on deployments to South Korea and Bosnia-Herzegovina. Later she served in logistics, personnel and human resources specialties, and deployed to Iraq in support of Operation New Dawn. She concluded her career at the Texas Military Forces' Joint Force Headquarters here.

Lins began her military career through the Reserve Officer Training Corps program at the University of Bridgeport, in Bridgeport, Conn., where she was a distinguished graduate in 1983. After serving in Connecticut, then Massachusetts, Lins joined the Texas Army National Guard in 1986.

She moved to Texas with her husband, Tony, a fellow Aviator that was serving in the active-duty Army, she said. At the time, he was stationed at Fort Hood, near Killeen, and then later joined the Texas National Guard.

At one point, they served together in the 49th Aviation Brigade, which later became the 36th Combat Aviation Brigade, headquartered in Austin. Tony, a retired major, concluded his military service as the resource manager for the Texas Army National Guard's 36th Infantry Division, headquartered here.

Lins described her transition to Texas from the northeast.

"Coming into Texas wasn't hard for me," Lins said. "But I do know it was difficult for some of the men."

There were cultural adjustments that had to be worked

SEE PIONEER, PAGE B4



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850-594-9980

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# 1-135th: Soldiers leverage skills, abilities downrange

Continued from Page B1

sion and end with a completely different one.”

Leading up to this deployment, the 1-135th ARB has been working hand-in-hand with the 442nd Fighter Wing, said Forst.

“Last summer we did a lot of training together. They have been outstanding to work with, and we have learned a lot from each other,” Forst said.

“With the war being joint now, or ‘purple,’ it’s a great asset to understand the terminology the different branches use,” Schulte said. “Being able to work with them before we arrive in Afghanistan makes things a lot easier.”

Even though so many Soldiers will be deploying, normal

operations on Whiteman will continue, said Forst.

“There will be a small rear detachment here doing day-to-day operations,” he said. “We still have a few people in different schools that will be filling positions while we are gone. There will also be Aviators left behind, our brigade headquarters. They will be coming back here and flying, but the tempo is going to decrease a lot.”

This deployment will be the second deployment for both Forst and Schulte.

“The worry is always there,” Schulte said. “If anyone says they aren’t nervous they are probably lying or it hasn’t hit them yet. I think the training we have been able to accomplish over the past several months to prepare helps, but there’s always going to be a curveball, something thrown

out there that wasn’t quite in the plans, and you have to react quickly.”

The impact of deployments is felt not only by the Soldiers themselves, but by their loved ones back home, as well.

“During stressful situations, making the right decision at the right time can be hard,” Forst said. “I want to make sure our Soldiers are always taken care of, over there and over here and with their Families. That’s the main part for us. It’s a hard toll on the Families — they’re used to seeing their mom or dad or husband or wife every day, and it’s stressful for them.”

As National Guardsmen, the Soldiers of the 1-135th ARB are able to leverage skills and abilities from their broad range of non-military experience, he said.

# Pioneer: Guard Aviator looks back on career with pride

Continued from Page B1

through, she said, but added that her fellow pilots were generally welcoming.

“Some of the men were Vietnam era pilots,” Lins said. “They were wonderful, [and I] had some wonderful mentors. They took everyone — all the new people — and really tried making them the best they could be.”

While proud, Lins downplayed the perception of her being a pioneer.

“I was the first female Aviator (in Texas),” she said, but noted that there were two other females working their way into Army Aviation at the time, including now Cols. Jeanne (Buschow) Arnold, director of the Texas Military Forces Red Team Support Group here, and Lisa Hines, director of support for the Joint Force here.

She said they all flew during the

same period.

From her experience, Lins said some of the greatest hurdles she faced being an early female Aviator involved living in field conditions, a challenge she later tackled as a company commander, then as a battalion commander.

“It doesn’t really matter which sex you are, both sides have their own issues,” Lins said. “How do you balance being close enough to hear and know what’s going on in the unit, in an informal chain-of-command way, without having to break modesty?”

Lins found it to be important for all Soldiers to be in close proximity in field conditions, because important discussions can take place and decisions can be made impacting the unit.

“The next day, you might miss a meeting because you didn’t know,” she said. “You didn’t know what was going on.”

As a commander, she worked through these complexities with her NCOs, some of whom said their spouses had concerns with mixed gender cohabitation. But they found a way to address the issue.

“We set up bivouac when we got home for the Family Day activities,” Lins said. “We set it all up as if we were in the field, with all of the curtains and all the different things that we do. I think that really helped.”

Further, she said she enjoyed building close-knit relationships in the National Guard. Many she has had for decades.

One such relationship is with Col. Patrick M. Hamilton, the adjutant general’s chief of staff, who said he met Lins and her husband two decades ago, when he was an armored cavalry officer assigned to the aviation brigade.

“In the early ‘90s we got to know each other,” Hamilton said. “Dea

was a well-respected pilot, and she was competent — and everybody liked her.”

Hamilton discussed another barrier Lins broke during her career, when they deployed to Bosnia-Herzegovina with the 49th Armored Division in support of Operation Joint Forge.

“In 1999, we prepared for and deployed together,” he said. “Dea was on the division staff with me, she was our G3-Air (air battlefield manager), a first (for a female Army Guard officer) that I know of. We were the first Guard division to go and command active-duty troops in Bosnia.

“Everything was on the other foot with them,” Hamilton said of the deployment. “He (Tony) had the kids at home, and Dea and I were deployed together.”

Beyond the challenges, Lins said there were many benefits to serving in the National Guard.

Lins said her military service proved to be a stabilizing force in her life, particularly when balancing her life commitments.

“I don’t know if it’s a lot different from anyone else,” Lins said. “Being a mom and having a career in the National Guard, I think is a huge benefit.

“I didn’t have to suffer much in that career. I could continue that career, in my case almost 32 years,” she said. “I was able to continue a National Guard career all this time.

“If you’re in the Guard, you’re Family,” she said. “Through the years, you’re going to go in-and-out of each other’s career. You’ll know these same people for many, many years. You might not see somebody for 10 years, (and) then you’re working with them again.”

She looked back on an exceptional career with pride.

“I wouldn’t trade a thing,” Lins said. “I wouldn’t trade any of it.”

# Resilience: 4th Squad, B Co. earns perfect scores in all events

Continued from Page B1

As part of the resiliency lane, Soldiers had to move through the gas chamber and then immediately perform fine motor skill and mental tasks.

For some Aviation Soldiers, the excitement and motivation echoing through the training area came from conducting the drills and working as a team. Despite cold, rainy weather and exhaustion the squads continued to drive on.

“We are all avionics and we don’t ever

get to go out and shoot and move,” said Pfc. Stephanie Pelaez-Ortega, avionics and survivability equipment repairer, B. Company, 46th ASB. “When we actually get a time to do the battle drills and have senior NCOs guide us through, it gets exciting and gets the adrenaline going.”

For those who were brought in to act as cadre for the event, the motivation of the Soldiers had become contagious. Even tear inducing gas couldn’t bring down the spirits of those out taking part.

“Everyone has been so motivated com-

ing out here, it has been so awesome,” said Staff Sgt. Chastain Hollins, medical logistics NCO, HSC 46th ASB. “It’s just great to see how they work together as a team and support each other. No one is getting on each other and they support each other through the tasks.”

Col. Robert Dickerson, the 16th Combat Aviation Brigade commander, said Bellator Stakes served as an opportunity for Soldiers to remember what accomplishment felt like and showed them that when they work as a team they can accomplish anything.

“A lot of these Soldiers are recently out of basic training and [advance individual training], so this training reminds them of how they successfully completed that,” Dickerson said. “We are giving these younger Soldiers the coping skills to accomplish anything. No task or problem is too great and there is no stress they can’t overcome.”

At the end of the event, Staff Sgt. Kristofer Safranek and his squad, 4th Squad, B Company, came out the big winner. Safranek and his squad set themselves apart by earning a perfect score in all events.



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APRIL 11, 2013

# Precious GEMS

## Youth science program returns this summer

By Sara E. Martin  
 Army Flier Staff Writer

Applications for the U.S. Army Aeromedical Research Laboratory's Gains in the Education of Mathematics and Science program are available for parents to complete in order to claim a spot in the summer, week-long course for their child.

The program is open to the public and is free of cost, but only 24 students will be permitted in each session. Participants must be in fifth through eighth grade during the 2012-2013 school year, according to Loraine St. Onge, GEMS program coordinator.

GEMS is an extracurricular science, technology engineering and math education program designed to help promote students' development and interest in STEM subjects and give them an opportunity to engage in hands-on experiments, she added.

"It is a fun experience for the kids. They really enjoy the experiments, and interacting with their mentors as well as the engineers and scientists here at USAARL," she said. "The goal is to show them that science and math are fun. They don't even realize they are learning because they are enjoying themselves."

The program will be held at the USAARL laboratory and classes will be conducted from 8:30 a.m. to 3:30 p.m. Parents must choose one session their child is to attend; each session is one week long.

"Monday through Thursday we will conduct experiments, and on Friday we spend the morning touring the facility and learning about research that is conducted [here]. In the afternoon, we have the GEMS showcase where the students lay out all of their experiments and present them to their parents," said St. Onge.

May 3 is the last day applications for students will be accepted. For fifth and sixth graders, the physical science and forensics program dates are June 10-14, June 17-21 and June 24-28. For seventh and eighth graders, the robotics program will be offered July 15-19 and July 22-26.

The course is not a summer camp, although the students learn while having fun, according to officials. Students are considered interns in the program who will receive a stipend if they complete the course.

"We want them to get interested in these fields and to realize that there are career pathways for scientists and engineers within the DOD. We want to get them interested in STEM career pathways and fields — either as a Soldier or a civilian," said St. Onge.

Students will get exposure to a laboratory setting as well as practice the



PHOTO BY SARA E. MARTIN

Nathan Pool, then 13, mixes a single molecule polymer for class last summer during the GEMS program at The Commons.

scientific method, solve problems and get comfortable with public speaking.

"Some of the activities that the children will do in the physical science and forensic program are fingerprinting, color-mapping, experiments with water temperatures, and they will build a car and solve a mystery.

"The robotics program students will build and program a robot to maneuver and conquer different tasks," St. Onge added.

The program could potentially be a life-changing experience for participants, according to the program's coordinator.

"It is fun and can strengthen their math and science skills or reinforce those skills. It also gets children's brains working during the summer. It keeps them

engaged. Their minds are not on vacation, at least for that week," said St. Onge. "It also helps them make new friends from all over the community and meet peers and adults that inspire them."

Based on the responses of GEMS participants on surveys administered before and after participation, student's attitudes toward core subjects improved.

"Seventy-nine percent of 2012 GEMS participants expressed interest in participating in the GEMS program in the future," said St. Onge.

There are only 12 GEMS programs in the country and it is the only one of its kind in the local community, according to officials.

"The kids don't learn things that they

have already learned in school. [We] try really hard to not overlap, so they can build on things they already know," said Catherine Davis, GEMS program assistant.

Near-peer mentors are also needed for the program. Interested college students should complete an application by May 3. Mentors will be working and interacting with the children, monitoring their experiments and teaching them during the entire summer program. Mentors earn a competitive educational stipend.

Application packets can be dropped off at USAARL or can be mailed in, emailed or faxed.

For more information and applications, visit [www.usaarl.army.mil/gemsprog.htm](http://www.usaarl.army.mil/gemsprog.htm).

## Wi-Fi now available at Lyster

By Sara E. Martin  
 Army Flier Staff Writer

In a technology-filled world where everyone is constantly plugged-in, many people get used to continuous Wi-Fi at the places they frequent, and Lyster Army Health Clinic can now be added to the list of places where connections are now available.

Lyster, along with the Directorate of Family, Morale, Welfare and Recreation, provides the free wireless Internet connection to the clinic for its more than 250 patients a day who utilize the pharmacy and front entrance waiting areas, according to Katherine Rosario, LAHC public affairs officer.

"Patients in the pharmacy area waiting to pick up prescriptions often bring tablets or use their phones to occupy time until their number is called. Instead of using up their own data, they now have a more cost-effective alternative," she said.

The Internet connection is only strong in the Coffee Zone area, but patrons sitting closer to the Coffee



PHOTO BY SARA E. MARTIN

Jeff Graham, civilian, completes work on his laptop and smart phone at the Coffee Zone Friday in Lyster Army Health Clinic while.

Zone in the pharmacy waiting area may be able to pick up a signal, said Melissa Church, The Landing's business operations division administrative assistant.

"It is not intended to reach the pharmacy area, but we have some people who are able to pick it up.

It might stretch that far for certain devices," she said.

Enabling patients and Soldiers to connect to the outside world while waiting in the clinic is consistent with Lyster's patient-centered care vision, according to Col. James Laterza, LAHC

commander, and that achieving a public Wi-Fi site was only possible through the partnership of DFMWR and Lyster.

"Thanks to [DF]MWR, we were able to team up and get Wi-Fi in our facility while patients wait on appointments or prescrip-

tions. This was a positive answer to the request of our patients and it is catching up with what they would expect from a first class medical facility," he said.

Officials at The Landing, like Tim Carter, programs manager, agreed and said that the Wi-Fi was put in as a service to Coffee Zone customers for their convenience.

"When you go to other coffee shops, most have Wi-Fi, and the experience at one of our coffee shops shouldn't be any different than anywhere else," he said.

"We have our regulars who come in every morning and get a coffee and search the Internet before they head off to work, and it means that we are doing what they want. Patients expect it. We just wanted to improve the experience of Soldiers and their Families who visit the Coffee Zone at Lyster," he added.

Lyster is the busiest Coffee Zone on the installation, according to Church, and to her, it only made sense to establish a small lounge there for patrons.

A password is not required to obtain the free Internet access.



# ON POST

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

## Newcomer's Welcome

Army Community Service hosts the Newcomers Welcome every third Friday of the month from 8:30–10:30 a.m. at The Landing. Active duty military, spouses, foreign students, Army civilians and Family members are all encouraged to attend the event. A free light breakfast and coffee will be served. For free childcare, register your children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the event.

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

## Blue Day

April is recognized as Child Abuse Prevention Month, and the Fort Rucker community is getting into the spirit by asking people to wear blue every Friday of the month as part of the Blue Day Campaign. This communitywide effort to recognize the collective responsibility to prevent and confront all forms of child abuse is designed to serve as a visible commitment to support child abuse prevention.

For more, call 255-9641.

## Free ice cream

Throughout April, the Month of the Military Child, The Landing Zone offers a free scoop of ice cream to military children. The offer is available to all military children with the purchase of an entree off the regular or children's menu.

For more, call 598-2426.

## Wing Night

Every Wednesday in The Landing Zone is Traditional Wing Night starting at 4 p.m. The special features six wings for \$3, 10 wings for \$4.75 or 15 wings for \$7 with the purchase of a beverage. The offer is not valid with any other coupons or promotions and is for dine-in only.

For more, call 598-8025.

## National Library Week

Center Library celebrates National Library Week Monday through April 19, with featured activities that include daily prize drawings, a library open house Wednesday from 11 a.m. to 1 p.m. and a grand prize drawing April 19. All library patrons are eligible to enter the prize drawings.

For more, call 255-3885.

## Earth Day craft making

The Center Library will host an Earth Day craft making activity Tuesday from 3:30–4:30 p.m. for children ages 3-11. Space is limited to the first 65 children to register. Light Refreshments will be served.

For more, call 255-3885.

## Special education workshop

Army Community Service's Exceptional Family Member Program is partnering with the Alabama Parent Education Center to present a special education workshop April 18 from 11 a.m. to 1 p.m. at the Enterprise Public Library. Workshop topics will include "Skills for Effective Parent Advocacy and Individualized Educational Plan." The workshop is designed to increase parent's knowledge of the special education process and special education laws, and will also improve parents' advocacy skills and the educational outcomes for their children. This is a bring-your-lunch workshop. The workshop is free and open to the public.

People need to register today by calling 567-2252, or toll free 1 (866) 532-7660, and leave their name, telephone number and mention Enterprise Library.

## Youth center lock-in

As part of Month of the Military Child, the youth center will host a lock-in for ages 11-18 April 20 from 9 p.m. to 6 a.m. There will be entertainment, food, games and more. Youth center staff said it will be a "fun-filled night of amazing events." The event is free for child, youth and school services members. Mem-

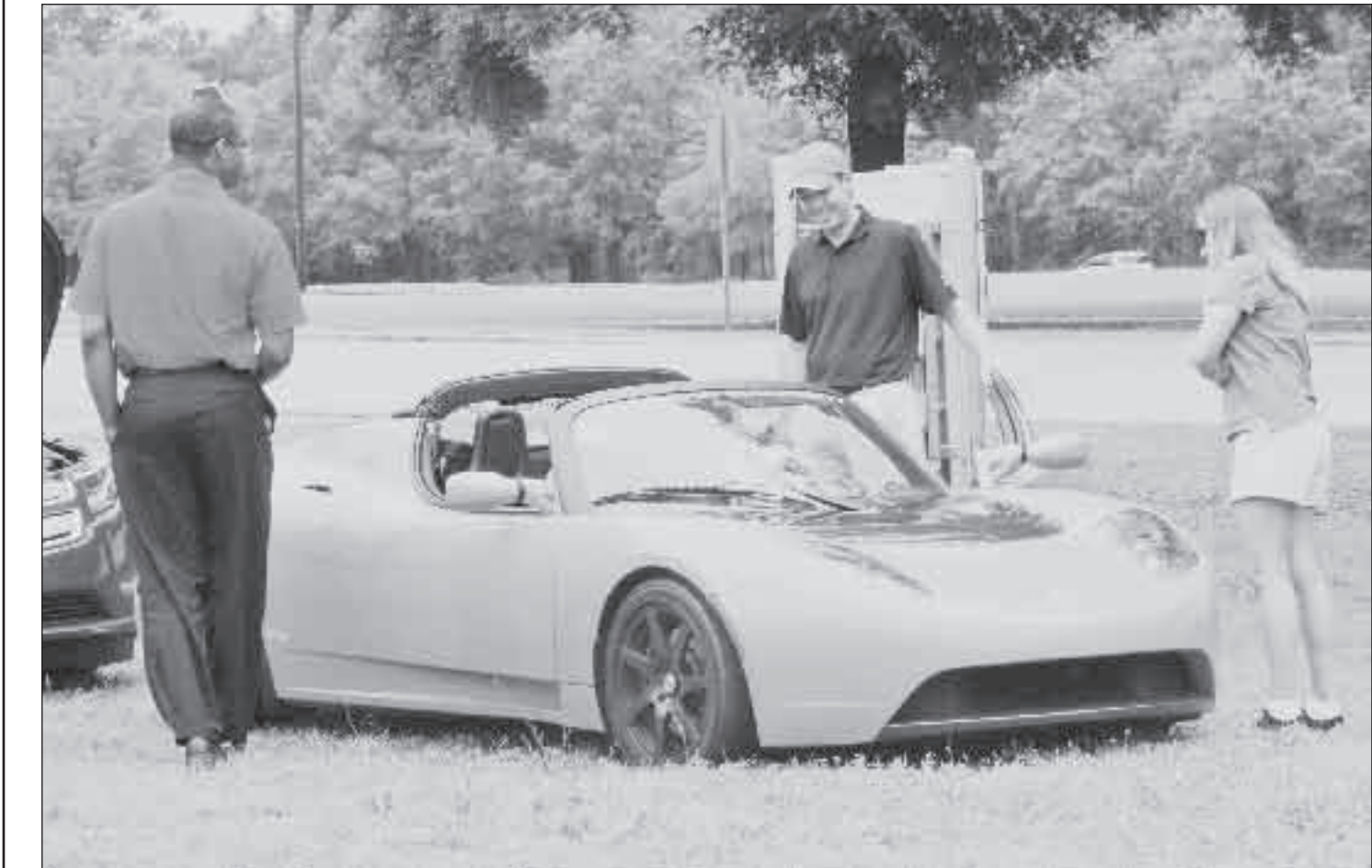


PHOTO BY NATHAN PFAU

## Earth Day

Greg and Elena Norman take a look at the Tesla, the all-electric sports car, at last year's Earth Day event. This year, Fort Rucker will host its Earth Day Expo April 24 from 10 a.m. to 3 p.m. at the festival fields. The event will feature exhibitors displaying Earth-friendly ideas and products for work and home. Food vendors will also be on site. For more information, visit [www.fortrucker-env.com](http://www.fortrucker-env.com) or call 255-1657.

bers may bring a guest, ages 11-18, and the cost is \$10 per guest. Preregistration is not required, but is preferred.

For more, call 255-2245 or 255-2260.

## Family Member Resilience Training

Army Community Service hosts Family Member Resilience Training April 23 and 24 from 8:30 a.m. to 2:30 p.m. at The Commons in Bldg. 8950 on Seventh Avenue.

For more, call 255-2382

## Kids Night at The Landing Zone

Every Tuesday is Kids Night Character Dining at The Landing Zone from 5–8 p.m. Children 12 and younger eat for free from the Kids Buffet with the purchase of an adult entrée (limited to two per adult). Kids Night events will vary each week to include Kid-die Karaoke, magic shows, face painting, crafts and more. The event is open to the public.

For more, call 598-8025.

## Taco Bar Tuesday

Every Tuesday, The Landing Zone will offer Taco Tuesday, featuring \$2 tacos (beef or chicken) beginning at 5 p.m. There will be a bar set up for guests to serve themselves with shredded lettuce, tomatoes, cheese, sour cream, guacamole, etc. People can make it a meal by adding black beans and rice for only \$1.95. The LZ will also have \$2 chips and queso. Specials are applicable only with the purchase of a beverage. The special is not valid with any other coupons or promotions and is for dining in the LZ only.

For more, call 598-2426.

## Administrative Professional Day Luncheon

The Landing offers people a chance to show their appreciation for their administrative assistants and staff by treating them to lunch at the Administrative Professional Day Luncheon April 24 from 11 a.m. to 1 p.m. in The Landing Ballroom. Lunch will cost \$10 per person and feature two meal choices, Zone Grilled Chicken Salad or a buffet-style meal to include grilled chicken breast, mixed vegetables, roasted red potatoes, rolls, and a side salad with tea and coffee. Reservations are required and can be made at The Landing, or by calling the catering office at 598-2426. The event is open to the public.

# DFMWR Spotlight

In celebration of April Month of the Military Child

Fort Rucker Youth Center

Military Youth Operation Megaphone

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# Chaplain: Touching important in relationships

By Chaplain (Maj.) Rory Rodriguez  
Fort Rucker Spiritual Life Center

I used to see a lot of bumper sticker slogans that read, “got cheese,” “got milk,” or got this or got that. I don’t recall seeing one saying “got love,” or what I will focus on in this article, “got touch.”

In my Marriage 101 class, I spend some time on the importance of touching. My thesis is that touching is just as necessary and powerful as verbal communication. You see, touching is communicating.

Now think about that for a moment. When you touch someone, you are communicating a message from your mind and heart to the person next to you. The manner a person touches can send a multitude of messages – without saying a word!

These messages can be positive or negative. It is a marvelous way to communicate when you know how. For example, I remember when I was in Iraq and I would

look at the Soldiers and the battle fatigue on their faces, or see the problems that they are struggling with personally revealed in their countenance. I wanted to communicate to them that here is a person who cares, and supports them in their personal and professional battles.

I would make it a point to place my hand for just a second on the Soldiers as I would walk by or a pat on their back if I am next to them without saying a word or just a quick hello. I did this for months and with some I would get a smile at first. But what was interesting was that over time, I would get some Soldiers who would do the same to me as they would walk by. Mission accomplished!

Now, I mentioned that touching is powerful. Touching is powerful enough that it has healing properties. Here is some important words that I found in the book, “Hold Me Tight,” by Sue Johnson – which I highly recommend for couples. She wrote, “Simply holding the hand of a

loving partner can affect us profoundly, literally calming jittery neurons in the brain.

“Psychologist Jim Coan of the University of Virginia told women patients having an MRI brain scan that when a little red light on the machine came on, they might receive a small electrical shock on their feet — or they might not. This information lit up the stress centers in patients’ brains, but when partners held their hands, the patients registered less stress. When they were shocked, they experienced less pain.

“This effect was noticeably stronger in the happiest relationships, the ones where partners scored high on measures of satisfaction and that the researches called the Supercouples. Contact with a loving partner literally acts as a buffer against shock, stress and pain.”

I recommend lots and lots of hugs to your partner. If you are not the “touchy and feely type,” then this will be a wonderful

challenge to you. Remember, you need to touch and you need to be touched.

I am also aware and sensitive to those who have been abused in previous relationships. If this is the case, then it will also be a challenge for you to overcome this boundary hurdle. Nevertheless, it will take time and trust to overcome whatever emotional hurdle you face.

Personally speaking, I cannot go a day without hugging my wife. We hug all the time. It is one of our ways of communicating our love. Remember, touching is an emotional way of communicating, and emotional communication is very powerful if you want your relationship to feel secure. Experiment touching with your partner and you may be surprised at the response you get.

From a chaplain’s perspective, notice the ministry of Jesus Christ. It seems that he was touching people to heal them. You can heal hurting people with just a touch. So, got touch?

## Religious Services

### WORSHIP SERVICES

Except as noted, all services are on Sunday.

### HEADQUARTERS CHAPEL, BLDG. 109

Multi-Cultural Worship Service 8 a.m., Sunday

### MAIN POST CHAPEL, BLDG. 8940

9 a.m. Catholic Mass, Sunday  
11 a.m. Liturgical Worship Service, Sunday  
12:05 p.m. Catholic Mass, Tuesday-Friday  
4 p.m. Catholic Confessions, Saturday  
5 p.m. Catholic Mass, Saturday

### WINGS CHAPEL, BLDG. 6036

9:30 a.m. Protestant Sunday School  
10:45 a.m. Chapel Next Contemporary Worship Protestant Service.

### SPIRITUAL LIFE CENTER, BLDG. 8939

9:30 a.m. Protestant Sunday School  
10:45 a.m. CCD (except during summer months).

### BIBLE STUDIES

9 a.m. Protestant Women of the Chapel, Wings Chapel, Tuesday  
11 a.m. Above the Best Bible Study, Yano Hall, Wednesday  
10 a.m. and 6 p.m. Adult Bible Study, Spiritual Life Center, Wednesday  
Noon Adult Bible Study, Soldier Service Center, Wednesday

5:30 p.m. Youth Group Bible Study, Headquarters Chapel, Tuesday  
6:30 p.m. Chapel Next (Meal/Bible Study), Wings Chapel, Thursday

### MOTHERS OF PRESCHOOLERS

MOPS is a Christian-based mom’s group. MOPS is about meeting the needs of every mom of a child from conception through kindergarten. MOPS will meet every first and third Thursday at 9 a.m. at the Spiritual Life Center, Bldg 8939. For more information, call the religious support office at 255-2989.

### PROTESTANT MEN OF THE CHAPEL

PMOC meets the first Saturday of each month in the Fort Rucker Spiritual Life Center from 8-9 a.m. Men are encouraged to attend for a time of fellowship and a short devotion. Free breakfast is provided.

**Protestant Women of the Chapel**  
PWOC meets every Tuesday at 9 a.m. and 6 p.m. at Wings Chapel, Bldg 6036. Childcare is provided.  
For more information, call 255-9894.

**Military Council of Catholic Women**  
MCCW meets every Tuesday from 5:30-7:30 p.m. at the Spiritual Life Center. Childcare is provided.  
For more information, call 255-9894.

**Catholic Adult Fellowship**  
CAF meets regularly throughout the year. For more information, call 255-9894.



COURTESY PHOTO

## Pick-of-the-litter

Meet Miss Prissy, a female Siamese mix. She is sassy and her front claws have been removed. Miss Prissy is \$81 to adopt, which includes spaying, a microchip and heartworm testing. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. 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 veterinary clinic or the commissary. Visit the Fort Rucker stray facility's [Facebook](http://www.facebook.com/fortruckerstrayfacility/) page at [http:// www.facebook.com/fortruckerstrayfacility/](http://www.facebook.com/fortruckerstrayfacility/) for constant updates on the newest animals available for adoption.

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Sat - Sun 2:00, 4:25, 7:00 & 9:30

II **SCARY MOVIE** - PG-13  
Mon - Fri 7:15 & 9:10  
Sat - Sun 2:00, 4:00, 7:15 & 9:10

**WESTGATE CENTER**

III **OLYMPUS HAS FALLEN** - R  
Mon - Fri 7:00 & 9:20  
Sat - Sun 2:00, 4:20, 7:00 & 9:20

IV **THE CROODS** - PG  
Mon - Fri 6:00  
Sat - Sun 2:00, 4:00 & 6:00

IV **EVIL DEAD** - R  
Mon - Fri 7:45 & 9:30  
Sat - Sun 7:45 & 9:30

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II **G.I. JOE RETALIATION** - PG-13  
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2D - Mon - Fri 9:10 • Sat - Sun 4:10 & 9:10

III **TYLER PERRY'S TEMPTATION** - PG-13  
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Sat - Sun 2:00, 4:20, 7:00 & 9:20

# Church Directory

*“Be ye followers of me, even as I also am of Christ.”*  
**1 Corinthians 11:1**

### First United Methodist Church

Traditional Worship Service 8:30AM & 11:00AM  
Contemporary Worship - New Connection 8:45AM & 11:00AM  
The Gathering - Youth 5:45PM  
Sunday School 10:00 M  
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# Most TRICARE beneficiaries unaffected by area reductions

**TRICARE**  
*Press Release*

FALLS CHURCH, Va. — TRICARE Prime will remain a health care option for 97 percent of about 5 million beneficiaries eligible for Prime.

The 3-percent difference, comprising about 171,000 beneficiaries, will automatically revert to the TRICARE Standard health care option Oct. 1. Those beneficiaries, who mostly reside more than 40 miles from a military clinic or hospital, recently received a letter explaining their options, and will receive a reminder letter in June or July.

“The first thing TRICARE beneficiaries should know about the reduction in the number of Prime Service Areas is that it doesn’t mean they’re losing their TRICARE benefit,” said Dr. Jonathan Woodson, assistant secretary of defense for health affairs. “Next, it’s important to remember this change does not affect most of the more than 5 million people using TRICARE Prime, and none of our active-duty members and their Families.”

TRICARE is committed to keeping beneficiaries in-

formed about these changes. As a follow-up to the initial notification, a second letter will be mailed in early summer to make sure all affected beneficiaries have the time and information to make important decisions about their future health care options.

The TRICARE website, [www.tricare.mil/PSA](http://www.tricare.mil/PSA), has the most current details and gives beneficiaries the option to sign for e-mail updates. A ZIP code tool is available on the site to help beneficiaries determine if they live in an affected PSA.

As always, TRICARE beneficiaries are still covered by TRICARE Standard. For those living within 100 miles of a remaining PSA, re-enrolling in Prime may be an option depending on availability. To do this, beneficiaries must waive their drive-time standards and, possibly, travel long distances for primary and specialty care.

“I urge all impacted beneficiaries to carefully consider their health care options – they should talk them over with Family members and their current health care provider,” said Woodson. “Many beneficiaries may be able to continue with their current provider using the standard benefit.

Being close to your health care team usually offers the best and safest access to care.”

In TRICARE Prime those enrolled are assigned a primary care provider who manages their health care. Retirees pay an annual enrollment fee and have low out of pocket costs under this plan. TRICARE Standard is an open-choice option with no monthly premiums and no need for referrals, but there are cost shares and an annual deductible.

The Department of Defense first planned to reduce the number of PSAs in 2007 when it requested bids for the third generation of regional health care support contracts. The PSAs being eliminated are not close to existing military treatment facilities or Base Realignment and Closure sites. Prolonged protests resulted in a staggered transition and it was decided to keep all PSAs in place until all three contracts were in place. On April 1, the West region completed its transition.

By eliminating select PSAs, TRICARE and DOD can better control costs while continuing to deliver a high quality health care benefit to all 9.6 million TRICARE beneficiaries.

## TRICARE offers new tobacco cessation prescription coverage

**TRICARE**  
*Press Release*

TRICARE beneficiaries living in the United States now have a new weapon in their fight to kick the tobacco habit.

Tobacco cessation medications are now covered through the TRICARE Pharmacy Home Delivery program. The medications are available to beneficiaries with a prescription who are 18 years or older, but not eligible for Medicare.

Though a limited number of cessation medications have previously been available in military hospitals and clinics, beneficiaries trying to kick the habit can now get a wide range of gums, pills, lozenges, patches or nasal sprays delivered free through safe, convenient TRICARE Pharmacy Home Delivery. For more on using home delivery go to [www.tricare.mil/homedelivery](http://www.tricare.mil/homedelivery).

Those same medications should also be available soon, also at no cost, through most military clinics and hospitals. As always, patients with a prescription should check ahead for availability of medications and to see if their military facility requires participation in a cessation program or class.

“This is an important step in moving

from health care to health through a comprehensive TRICARE tobacco cessation program,” said Dr. Jonathan Woodson, assistant secretary of defense for health affairs and director of the TRICARE Management Activity. “When troops smoke, it diminishes their ability to participate in physical activity and, of course, increases the chance of respiratory disease.”

Tobacco cessation is one of the primary targets for the new Operation Live Well campaign, which also addresses weight management and other substance abuse issues.

“We must dedicate time and effort to building a fit and ready force and making sure that our beneficiaries, even after they retire, live long and healthy lives,” said Woodson.

TRICARE officials estimated in 2007 that treatment of tobacco-related diseases cost the Department of Defense at least \$500 million. Although a health behavior survey of active-duty service members in 2008 showed a small decline in self-reported tobacco use, at about 31 percent, smoking in the military typically exceeds the overall U.S. average for adults. That U.S. average was estimated at 19 percent in 2010 by the

Centers for Disease Control and Prevention.

TRICARE already offers face-to-face counseling benefits and live coaching assistance through toll-free numbers in all three U.S. TRICARE Regions. An award-winning DOD quit tobacco web site at [www.Ucanquit2.org](http://www.Ucanquit2.org) offers a multitude of quit resources including a 24/7 live chat feature. The site is also available to military veterans through collaboration with the Department of Veterans Affairs.

A Code of Federal Regulations final rule, which went into effect March 29, authorizes TRICARE to implement a more comprehensive program that includes the smoking

cessation medications as well as quit tobacco counseling via a toll free phone line. The quit line will take time to put in place, but the prescription medications are now available through TRICARE Pharmacy Home Delivery for eligible beneficiaries living in the U.S.

There is an annual limit of two quit attempts under the new program. A third quit attempt may be covered per year with physician justification and preauthorization.

For more on covered medications and the TRICARE cessation program, visit [www.tricare.mil/quittobacco](http://www.tricare.mil/quittobacco). For more on Operation Live Well, visit [www.militaryonesource.mil/olw](http://www.militaryonesource.mil/olw).



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**6:30 p.m. Thursday, April 25, 2013**  
**First Command Office**  
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# Health officials offer tips to reduce salt intake

By Carrie Shult  
U.S. Army Public Health Command

My friend and I measured our blood pressure at a grocery store station this week. What should have been a quick exam changed when his blood pressure measured 135/100.

All of a sudden, commercials flashed through my head: “High Blood Pressure Kills!” and “The Silent Killer!”

We did some detective work on high blood pressure and determined that blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps. If this pressure rises and stays high over time, it can damage the body in many ways, such as heart attack and stroke.

Next, we wanted to know what the risk factors are that increase the chance of developing high blood pressure. Here they are: Family history, advanced age, lack of physical activity, poor diet (especially a diet high in salt), obesity, being overweight and drinking too much alcohol. Other possible contributing factors included stress, smoking and second-hand smoke, and sleep apnea.

Although there were risk factors he couldn’t change – for example, Family history and age – there were many lifestyle factors my friend could control.

He decided to start by cutting salt in his diet. A lower sodium level — 1,500mg a day — is appropriate for people 51 years of age or older, and individuals of any age who are African-American or who have hypertension, diabetes or chronic kidney disease. Otherwise healthy people can aim for 2,300 mg a day or less.

The Institute of Medicine reports the majority of the sodium we eat – 75 percent – is added to commercial foods during processing or restaurant foods during preparation. Only 25 percent occurs naturally or is added at the table or in cooking. A report from the Centers for Disease Control and Prevention said 44 percent of the sodium we eat comes from only 10 types of foods: breads and rolls, cold cuts and cured meats, pizza, poultry, soups, sandwiches, cheese, pasta dishes, meat dishes and snacks.

Your biggest bang for the buck is to eat less processed and restaurant foods. Check the nutrition facts on food items and choose lower sodium versions. In addition,

choose fresh fruits and vegetables.

Try the following tips for reducing the sodium in your diet.

- Buy fresh, plain, frozen or canned “with no salt added” vegetables.
- Use fresh poultry, fish and lean meat rather than canned or processed types (deli-meats). If you use canned meats, rinse them to remove some of the sodium.
- Use plain rice and noodles. Packaged foods such as flavored rice, ramen noodles, and macaroni and cheese are higher in sodium.
- Choose convenience foods that are lower in sodium. Cut back on frozen dinners, pizza, packaged mixes – instant soup, flavored rice, macaroni and cheese – canned soups or broths, and salad dressings.
- Sparingly use condiments such as salad dressings, soy sauce, and steak and barbecue sauce.
- Limit salted snacks such as chips, pretzels and nuts.

For more information on reducing salt intake, visit: CDC Sodium Report at <http://www.cdc.gov/VitalSigns/Sodium/>.

# Army researches small device to reduce female UTIs

By Task Force Medical Afghanistan  
Public Affairs

PARWAN PROVINCE, Afghanistan — Research is under way to determine how one small device is specifically benefiting the health of military women serving in Afghanistan and for future deployed environments.

This is the third in a series of studies conducted by Lt. Col. Nancy Steele, Ph.D., a women’s health nurse practitioner, focusing on a simple palm-size plastic device with a potentially large impact.

“The Female Urinary Diversion Device is a self-care measure that may assist military women to acquire and maintain optimum health and functioning as viable members of a fit and ready force,” said Steele.

Austere conditions, such as conducting combat operations in a deployed environment, can present females with urinary challenges that are difficult, time consuming with full combat gear and dangerous, she said.

The most common health risk for deployed military women is urinary tract infection, according to Steele and other military researchers. UTI is often a result

of reduced hydration and voluntarily holding urine for a prolonged time, counter measures some women have taken in order avoid exposure to potential dangers or difficult situations.

But Female Urinary Diversion Devices, are changing that habit by allowing for both “privacy and protection,” said Capt. Kelly Hasselman, the female engagement team, commander for 1st Brigade, 1st Armored Division, in Kandahar, Afghanistan.

Steele, along with Maj. Romico Caughman, brigade nurse for 1st Bde., 1st Armored Div., are working together to implement an evidence based project regarding the feasibility of the device. So far, Caughman’s push to get the devices into the inventory for her female Soldiers seems to be welcome.

“This research and the support that it has gained could not come at a better time,” said Caughman, referring to the expanding female roles she has witnessed in the military.

“I have been in the Army 18 years and I wish I had this 18 years ago,” said Sgt. 1st Class Sevrine Banks, the FET company first sergeant.

The Soldiers of the FET presented some

suggestions for improving the device, including a mesh carrying case, and offering options on how other gear might be redesigned to better accommodate for its use. The addition of plate carriers has helped, said one Soldier; however, the Army’s protective under and outer garments being used adds a level of difficulty that might be improved with the addition of Velcro panels specific for women.

The research and the device has the support of Army Surgeon General Lt. Gen. Patricia Horoho who, in a 2012 “Soldier’s Magazine” article, explained that increasing access to the female urinary device should help reduce the risk of infection, especially among women at small, remote bases or on long convoys.

“The FUDD was first introduced to a small group of military women in 2009 in a research study regarding a health intervention to promote military female’s hygiene in the deployed environment,” said Steele, who helped lead that one and its two subsequent studies. The 2009 study

looked at a sample of women deployed with 25th Infantry Division. The results prompted further research, which Steele continues in Afghanistan.

“The goal is to provide scientific support for the FUDD as a self-care measure with the potential to reduce the number of female urinary symptoms and UTIs,” she said. The control group and the FUDD intervention groups are being studied in terms of urinary symptoms and infection reports.

Out in the field, the device is gaining some respect from its users.

“This should be a part of initial issue,” said Banks. Its durability means that with proper care the device can last for several years.

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**110 WOODMERE**, This 2BD/ 2.5BA townhome comes with washer, dryer, refrigerator, microwave, stove, garbage disposal, dishwasher, one-car garage, deck off master bedroom, fence, and patio. Lawn care, pest control, use of clubhouse and pool included.

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**FOR RENT**



**115 WOODRUN**, This 3BD/2.5BA townhome comes complete with refrigerator, microwave, stove, garbage disposal, dishwasher, and patio. Lawn care, pest control, use of clubhouse and pool included. Pets ok with a non refundable pet fee!

*"Laissez les bon temps roulez"*

# Ozark

**CRAWDAD & MUSIC FESTIVAL**

**Downtown on the Square in Ozark**

**Saturday, April 20, 2013**

**9:30 a.m. - 4:00 p.m.**

**FREE ADMISSION - Great Music & Wonderful Food - Arts & Crafts, Ozark Crawdad 5K Run Walk Crawl, Children's Activities Area, Sonie's Hotdog Eating Contest and more!**



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On the Square: Lil Jimmy Reed, Shona McNeill, and Dewayne Damer

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# Tree history, identification workshop at Landmark Park

## Landmark Park Press Release

Veteran forester Ed Lewis invites people to attend a fascinating look at trees in the area and their history and uses.

The annual Tree Identification and History Workshop will be held at Landmark Park Saturday at 9:30 a.m. A second program will be offered at 2 p.m. if the earlier class is filled.

Registration is required. Call the park office at 794-3452. This workshop is free with paid gate admission (\$4 for adults, \$3 for kids, free for members).

Lewis will begin with an introduction to tree identification at the Interpretive Center, then take visitors on a fun, fact-filled tour of trees and plants found along the boardwalk. Learn about the tree species that grows at Landmark Park, which gave the USS Constitution its nickname, “Old Ironsides.”

Did you know that two species of trees that helped make a Tennessee distiller famous also grow

at Landmark Park? Visitors will also learn why certain caterpillars like to eat black cherry leaves.

Lewis was recently recognized as Landmark Park’s volunteer of the quarter. He is a registered forester and timber buyer with RockTenn and a member of the Alabama Forestry Association Education Committee. He has been involved in environmental education since 1986 and was awarded the Florida Project Learning Tree Educator of the Year in 2008. He uses his experience in forestry to help educate others about the wonder that can be found in our area woods and has taught hundreds of teachers over the years how to pass on that knowledge to local school children.

Lewis has been volunteering at the park for over 10 years. During Wiregrass Heritage Festival and Spring Farm Day he can be found teaching park visitors the techniques needed to use the cross cut saw. In 2008 he started the Tree Identification workshop that is held every spring.

Landmark Park is a 135-acre historical and natural science park located on U.S. Highway 431 North in Dothan. For more information, call 794-3452.



# WIREGRASS COMMUNITY CALENDAR

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

## ANDALUSIA

**ONGOING** — The American Legion Post 80 hosts bingo nights Tuesdays and Fridays at the Legion Hall, 32335 N. US Hwy. 29, from 4:30-9 p.m. The organization also has a dance, with live music, every Saturday from 7:30-11:30 p.m. All proceeds from the bingo events go to help local veterans and their Families, as well as causes such as Girls State, Boys State and scholarships for high school students. For more information, call 222-7131 or visit [www.andalusialegionpost80.org](http://www.andalusialegionpost80.org).

## DALEVILLE

**SATURDAY** — Registration for the third annual Ride to Fight Cystic Fibrosis Poker Run will be at noon at the Daleville Veterans of Foreign Wars building. First bike out is at 1 p.m. The event will happen rain or shine and features cash prizes, an auction, a 50/50 drawing and a free dinner. For more information, call 791-3353.

**MAY 11** — The first IAMAW district 75 Hawgs for Guide Dogs Ride will begin at local lodge 2003 with day of registration at 9 a.m. and first bike out at 10 a.m. Cost is \$20 for riders and \$10 for passengers. A pancake breakfast will be held from 7-9 a.m. and is open to the public. There will be a 50/50 drawing, tickets are \$5 each or five for \$20. The poker run event also features horse shoes, cornhole and a dominoes tournament. Cost for the tournament is \$25 for singles or doubles. Lunch will be provided for all participants. All bikes are welcome and all proceeds go to benefit Guide Dogs of America. For more information, visit [www.hawgsfordawgs75.harleyt.com](http://www.hawgsfordawgs75.harleyt.com).

**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. The meetings are open to all. The post can host parties, weddings, and hails and farewells.

For more information, call 598-6211, 598-1297, 598-6211 or 379-9187.

## DOTHAN

**FRIDAY-SATURDAY** — The eighth annual Tri-State BBQ Festival on South Andrews Street will feature food and music including a sanctioned barbecue competition with cash prizes of more than \$10,000. Spectators can enjoy tasting BBQ, can attend BBQ classes, as well as listen to music, see an antique car show and shop in the vendor village. BBQ will be for sale, as well as other foods. Entertainment for children such as inflatables, rides, games and crafts will also be

featured. For more information, visit [www.tristatebbq.com](http://www.tristatebbq.com).

**SATURDAY** — The 280th Combat Communications Squadron and the Macy Easom Cancer Research Foundation are partnering for the 2013 Minuteman 5K Trail Run and Health Walk at Westgate Park. Registration will be open on the day of the run for \$20 at 7 a.m. For more information, visit [www.PrincessMacy.org](http://www.PrincessMacy.org) or call 340-8643.

**SUNDAY-APRIL 20** — The Pro Classic tennis tournament at the Westgate Tennis Center includes a Pro-Am, lessons for kids, school field trips, city challenges and the play of more than 50 professional women competing for the purse of more than \$50,000. Sponsors and spectators can take in play during the days and enjoy competitive feature matches at night along with special dining events from 10 a.m. to 8 p.m.

**MAY 1-4** — The Flagship Theatre presents “The Tempest” at 2 and 7 p.m. May 4. Tickets are \$10 for adults and \$8 for students, senior citizens and military. For more information, visit [www.theflagshiptheatre.com](http://www.theflagshiptheatre.com) or call 699-3524.

## ENTERPRISE

**NOW THROUGH APRIL 27** — Two beginners classes in the Taoist Tai Chi Society Internal Arts and Methods are offered at the YMCA. Classes will be offered on Thursdays from 1-2:30 p.m. and Saturdays from 10-11:30 a.m. Suitable for all ages and physical conditions. Tai Chi is an ancient Chinese exercise that promotes health and relaxation. The beginner class covers all 108 moves of the Tai Chi set. All classes are taught by accredited volunteer instructors.

For more information, call 348-9008 or 347-4663.

**SATURDAY** — Friends of the Enterprise Public Library’s spring sale will be held from 9 a.m. until 2 p.m. Fiction and non-fiction books for all ages, DVDs, books on CD and music CDs will be available. For more information, email [laurel36330@gmail.com](mailto:laurel36330@gmail.com).

**APRIL 18** — The Enterprise Pilot Club will be awarding the 2013 Man, Woman and Youth of the Year at Civic Night at 6:30 p.m. The ceremony will take place in the Fellowship Hall of the First Baptist Church of Enterprise.

**APRIL 20** — The Enterprise Aviation Expo will be held at the Municipal airport from 9 a.m. to 4 p.m. Rain date is April 27. Cost is \$5 for adults and children 12 and under get in free. Event features appearances by the Young Eagles, where children fly free, a parachute jump team, U.S. Coast Guard

rescue team demonstration, and acrobatic planes, as well as modern and classic war birds, craft and food vendors, inflatables and helicopter rides. For more information, call 348-2603.

**ONGOING** — Every Monday and Tuesday at 7 p.m. the city of Enterprise hosts line dancing. Fee is \$3 per class. For more information, call 348-2684 or visit [www.cityofenterprise.net](http://www.cityofenterprise.net).

**ONGOING** — The American Legion Post 73 meets at the American Legion/Doer’s Shrine Club building at 200 Gibson Street in Enterprise on the fourth Saturday of each month, beginning at 8 a.m. This building is across the street from the Lee Street Baptist Church on Lee Street. For more information, call post commander Jerry Goodson at 347-5961 or 447-8507.

## GENEVA

**APRIL 20** — This year’s annual Festival On The Rivers 5K Run and Walk will begin and end at the junction of the Choctawhatchee and Pea Rivers. Entry fee is \$20 race day. Pre-registration by April 18 is \$15. Military registration is \$10. Registration starts at 7 a.m. Race starts at 8 a.m. For more information, call 684-6843 or email [genevafestivalrun@yahoo.com](mailto:genevafestivalrun@yahoo.com) or visit [www.genevafestivalrun.blogspot](http://www.genevafestivalrun.blogspot).

**APR 26-28** — The Geneva Festival on the Rivers is a Family festival at Robert Fowler Memorial Park that features food, sculling contest, tug-of-war, country and gospel music, a coin scramble, arts and crafts, music, worm fiddling and more April 27 from 8 a.m. to 6 p.m. and April 28 from 1-6 p.m. Admission is charged. For more information, call 684-3589 or visit [www.genevariverfestival.com](http://www.genevariverfestival.com).

## 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** — Adult education classes are offered in Rm. 12 at New Brockton High School, 210 South Tyler St., Mondays and Wednesdays from 6-9 p.m. All classes are free for individuals 16 years old or older who are not enrolled in public school. Individuals must take an assessment test prior to attending class. Call 894-2350 for more information.

**ONGOING** — Disabled American Veter-

ans Chapter No. 99 meets each Tuesday and Wednesday at 6 p.m. at New Brockton City Hall. Food and drinks are served followed by regular chapter business. Chapter No. 99 maintains a DAV service office in the New Brockton Police station. All veteran services provided are free.

For more information, call 718-5707.

## OZARK

**NOW THROUGH MAY 4** — The Dale County Council of Arts and Humanities is hosting the “Make ART...not Trash” Recycle Show at the Dowling Museum/Ann Rudd Art Center. This show encourages the reuse of materials that would normally be discarded. The competition is open to all artists 18 and older, and includes one and two-dimensional works including, but not limited to: paintings, drawings, sculpture, collage, glasswork and metalwork. Entry fees are \$35 for non-members and \$30 for members of DCCA for the first entry and \$5 for each additional entry, up to three total entries.

The due date for entry fees and artwork is Saturday. The opening reception will be held at the Rudd Art Center Saturday from 6-8 p.m.

For questions or additional information, call 774-7145.

**SATURDAY** — The seventh annual Ozark Crawdad and Music Festival on the square features live entertainment, arts and crafts, a children’s area, food and a crawdad 5K Run, Walk, Crawl. Festival Times are 9 a.m. to 4 p.m. and admission is free. For more information, call 774-2618.

## PINCKARD

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

## SAMSON

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

## TROY

**ONGOING** — Troy Bank and Trust Company sponsors senior dance nights every Saturday night from 7-10 p.m. at the J.O. Colley Senior Complex. The complex is transformed into a dance hall and features music from the 40s, 50s, and 60s, finger foods, and refreshments.

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

For more information, call (850) 235-2702.

## Furry Friend 5k

Humane Society of Bay County holds the fundraiser Furry Friend 5K Saturday at A.L. Kinsaul Park in Lynn Haven, Fla., beginning at 7 a.m. with registration from 6-6:45 a.m. Registration is \$35. The rain date is Sunday. All ages and canines welcome to run or walk. The event also features pet adoptions, pet micro chipping, awards and more. To register or for more information, visit [www.active.com/running/tba-fl/3rd-annual-furry-friend-5k-to-benefit-the-humane-society-of-bay-county-2013/](http://www.active.com/running/tba-fl/3rd-annual-furry-friend-5k-to-benefit-the-humane-society-of-bay-county-2013/) or call (850) 691-2725.

# Beyond Briefs

## Friday Fest

Friday Fest in downtown Panama City is Bay County’s largest street festival with more than 200 show cars, 50 vendors and live bands—filling up six blocks of Harrison Avenue on the first Friday of each month from 6-10 p.m. Local shops and restaurants stay open late.

## Mask and Gala

The 11th annual Mask Parade Gala will be held Saturday at 6 p.m. at Edgewater Beach Resort. This signature event

features dancing, dining and silent and live auctions, all in mask. Tickets are \$100 per person and sponsorships are available. For more information, call (850) 625-6205.

## Spring Skim Jam

The 15th annual Panama City Beach ZAP Pro/Am Spring Skim Jam is Saturday through Sunday at Skarky’s. This is the largest national Pro/Am Skimboard Competition on the Gulf Coast. Competitors from across the nation compete for a cash pro purse, prizes, trophies and bragging rights. There are professional and amateur divisions for all ages and genders. The event is free to the public.



# Revised security question helps sexual assault victims

**By Cheryl Pellerin**  
*American Forces Press Service*

WASHINGTON – Director of National Intelligence James R. Clapper issued new guidance Friday for a question that deals with mental health treatment on the questionnaire that must be completed by those seeking national security positions and security clearances.

In a statement issued to announce the change, Clapper said he decided to add an exemption supporting victims of sexual assault after consulting with members of Congress, Defense Department officials and those of other federal agencies, and with victim advocacy groups.

The guidance applies to Question 21 on Standard Form 86, Questionnaire for National Security Positions, which is used by military personnel and government employees and contractors to apply for a security clearance. It is effective for all executive branch departments and agencies, the director said.

The revision is the latest of about 10 changes to the mental health question made since the 1950s, said Charles Sowell, deputy assistant director of national intelligence for special security, who spoke with reporters today during a teleconference.

Clapper said the guidance is intended to help victims of sexual assault who hold or wish to hold a government security clearance, but may be reluctant to seek mental health counseling for fear that they may have to disclose the counseling on their application.

The revision lets victims of sexual assault answer “No” to Question 21, which asks applicants if they have in the last sev-

en years consulted with a health care professional about an emotional or mental health condition or if they were similarly hospitalized, the director said.

The formal revision is a potentially lengthy process that includes publishing proposed changes in the Federal Register, so Clapper issued this interim guidance to encourage sexual assault victims to more quickly seek mental health services they may need.

Sowell said that there are about 4.9 million cleared or eligible individuals among military service members and government employees and contractors.

Over the past two years, a working group of mental health professionals, legal experts, civil rights and civil liberties professionals, security professionals and lawyers looked at Question 21 specifically, Sowell said.

“We were trying to get away from asking about the fact of mental health counseling and getting to a question that focuses on an individual’s ability to function appropriately in the workplace. ... That’s really what we care about,” he added.

Late last year, he said, “it became very clear that revising Question 21 in its entirety, which is Director Clapper’s absolute goal here, is going to take some time to get that wording right.”

As a result, Sowell added, Clapper decided to add the interim guidance in the short term to allow victims of sexual assault to answer “No” to Question

21, whether or not they’ve had mental health counseling, while officials completely revise the question.

The only other specific exemptions – approved in 2008 by DOD, the Office of Personnel Management and the Office of Management and Budget – are for Family, grief and marital counseling unrelated to violence, and counseling after mili-

tary combat service. Clapper said the following language will be added to Question 21.2: “Please respond to this question with the following additional instruction: Victims of sexual assault who have consulted with a health care professional regarding an emotional or mental health condition during this period strictly in relation to the sexual assault are instructed to answer ‘No.’”

The interim guidance instructs all agencies to make sure that all personnel are trained specifically on the contents of the policy, Clapper said. The guid-

ance asserts that unauthorized questioning or denial of a security clearance based solely on mental health counseling would be “inconsistent with the interim policy guidance,” he added.

Clapper thanked the legislators, executive branch officials and advocacy groups who supported the revision. “Through our combined efforts,” he said, “victims of sexual assault will be encouraged to seek the mental health services they may need while feeling safe that their privacy protections are strictly enforced.”

Sowell said the exemption has a two-fold impact. “First, it allows victims of sexual assault to get the help that they may need and get mental health counseling without fear of losing their clearance,” he said. “Second, we believe it significantly enhances national security because people who were in cleared positions and may not have been getting the help that they need can now do so. And we think that this is a great outcome.”

Immediately, Sowell said, electronic questionnaires for the investigations processing system, commonly known as e-QIP, which is managed by the Office of Personnel Management, will have a pop-up window so that when an applicant reaches Question 21, a pop-up window will come up with the new guidance. Clapper is issuing a memorandum to all executive agencies

and departments highlighting this change, he added. “And we will be working with our partners throughout government, Congress, and the advocacy groups that have partnered with us on this to get the information out to constituents and stakeholders that have contacted them informally,” Sowell said. Clapper said the interim guidance reaffirms that an individual’s decision to seek mental health care alone can’t adversely impact his or her ability to obtain or maintain eligibility to hold a national security sensitive position or eligibility for access to classified information. Further, he said, mental health counseling alone can’t form the basis of a denial of a security clearance. “The decision to seek personal wellness and recovery should not be perceived to jeopardize an individual’s security clearance and may favorably affect a person’s eligibility determination,” the director said.

Individuals who do answer “Yes” to Question 21 are protected by limitations on the scope of questions that background investigators are allowed to ask health care practitioners in determining whether the individual has a condition that could impair his or her judgment, reliability or ability to properly safeguard classified information, Clapper said, adding that such protections apply to all kinds of mental health counseling.

“I believe this interim policy guidance will positively impact national security,” he added. “The U.S. government recognizes the critical importance of mental health and supports proactive management of mental health conditions, wellness and recovery.”



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PHOTOS BY SGT. LEE EZZELL

Taryn Davis, Ana Perez and Karen Riecke look over their contact lists on their phones and compare notes to determine who was en route to the casual lunch April 5 at the Survivor Outreach Services' Hall of Remembrance on Fort Sam Houston, Texas. Friends and Gold Star Wives gathered together during the second annual Gold Star Wives Day.

# Army honors Gold Star Wives

By Lee Ezzell  
U.S. Army North Public Affairs

FORT SAM HOUSTON, Texas – More than 20 survivors who lost their spouses gathered April 5 at the Survivor Outreach Services Hall of Remembrance to mark the second annual Gold Star Wives Day.

The survivors, who live in the Fort Sam Houston community, made the day about each other, opting for a casual lunch and quiet conversation as opposed to a ceremony.

In the past, the Gold Star Wives would generally have functions with the members of the Gold Star Mothers organization. The event was specifically set up for the wives, said James Stokes, Survivor Outreach Services coordinator, adding that he often sees that a mother of a fallen service member wants to remember differently than a spouse of a fallen service member.

“It’s just a different dynamic,” said Stokes.

“Gold Star Wives Day is a day of recognition for individuals who have lost their loved ones, their spouses, while in the service to their nation” said, Marlene Nash, community and Family support officer for the Army Support Activity, Fort Sam Houston.

Maj. Gen. Adolph McQueen, deputy commanding general for U.S. Army North, who attended the luncheon, spoke with the wives and listened to their stories.

“I don’t look at it as a day to have a pity party, but a day to get together, to talk and to bond,” said Raquel Scates, a Gold Star Wife.

Karen Riecke, also a Gold Star Wife, spoke of how the bonding is important to each of them.

“We celebrate each other, and knowing we have each other to count on not just to help us through the bad times but to celebrate the good times as well,” she said.

McQueen chatted with many of the survivors over pizza and salads. He asked about their lives and thanked them for their sacrifice.

“Honoring and thanking these survivors is the least we can do for those who have lost someone so special to them,” he said.



Maj. Gen. Adolph McQueen Jr., deputy commanding general for support, U.S. Army North, thanks Gold Star Wives Meka Durham and Charmaine McMillen for their sacrifice during the casual lunch April 5 at the Survivor Outreach Services' Hall of Remembrance on Fort Sam Houston, Texas. Friends and Gold Star Wives gathered together during the second annual Gold Star Wives Day.

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APRIL 11, 2013



PHOTO BY SARA E. MARTIN

A female Soldier competes in last year's rotation of the German Armed Forces Proficiency Badge at the pistol range during the 9mm Beretta portion of the competition.

# Local Soldiers compete for German military badges

By Sara E. Martin  
*Army Flier Staff Writer*

There are many ways for Soldiers to one-up each other and keep each other motivated to achieve greatness in their military careers, and one way is by earning distinguished awards.

The German Liaison Staff of Fort Rucker is hosting the bi-annual German Armed Forces Proficiency Badge competition in May for participants to test their Soldiering skills.

The badge is for overall athleticism for different Olympic-style events that Soldiers will go through that are timed, tested and graded on performance, according to Lt. Col. Martin Geller, German liaison officer.

"It is not easy to get the badge because there are some disci-

plines that the Soldiers have never trained for before, and to see them train is always a little funny, but it is always a lot of fun for our side as well as on their side," he said.

The seven disciplines that Soldiers must compete in are: 100-meter sprint, 3,000-meter run, 200-meter swim, long jump, shot put, a road march with 35 pounds in a rucksack and a marksmanship event with a 9mm Beretta Pistol.

"I think it is a hard competition," said Geller. "We have the whole year to complete the competition in Germany; here the Soldiers have to complete it in six weeks."

The six-week competition consists of four weeks of training with the last two weeks being testing weeks. Training is man-

datory for competitors.

Physical training starts at 6 a.m. and lasts an hour at the track behind the physical fitness facility. Soldiers should bring water and be dressed in summer PTs, according to Staff Sgt. Jamie P. Osmon, assistant trainer.

There are other mandatory prerequisites for Soldiers to compete and train.

"A written letter from the company commander is needed that says that the Soldier is allowed to prepare for the badge and has no discipline issues, and he or she must be trained in first aid before the training begins," said Geller.

The badge is awarded in bronze, silver and gold levels, and according to Geller is a real "eye catcher" and "conversation starter."

"This is the most interesting

German badge I think Soldiers can earn. It looks great on the uniform and it is huge. Everyone wants to earn the gold, especially the Americans, but silver, I think, looks the best on their uniform," he said.

Besides earning a coveted, flashy award, Geller said one of the most meaningful things about the competition is the teambuilding skills that the Soldiers learn and the breakdown of barriers.

"Anyone can participate—from a private to a general, males and females — and they [train] together without any barriers of rank," he said. "They meet people they may not have otherwise, and they might be lifelong friends."

The competition can be exhausting, demanding and challenging, but Soldiers believe it is worth it in the end, according

to Sgt. Maj. Mohamed Bouhloui, German Army liaison staff and GAFFB trainer.

"To compete and excel in something, especially a sport you have never done before, can be very gratifying to a Soldier," he said. "The professional character of a Soldier is important in this competition, too. This badge not only means that a Soldier can swim and run and shoot, but that they are a good overall Soldier who has firm discipline."

The deadline to sign up is April 29 with training beginning April 30, and is first-come first-served. Only 50 Soldiers can compete at a time.

To sign up, call 255-2554 or 255-2120. Soldiers can also sign up by emailing jamie.p.osmon.mil@mail.mil or mohamed.bouhloui.fm@mail.mil.

## Post shows support for survivors, fallen heroes

By Nathan Pfau  
*Army Flier Staff Writer*

The Fort Rucker community will show its support for the Families of fallen heroes during the installation's second Survivors and Fallen Heroes 5k run April 20.

In a collaborative effort by the Directorate of Family, Morale, Welfare and Recreation, the members of Bravo Company, 1st Battalion, 145th Aviation Regiment and the Survivor Outreach Services program, the run at the Fort Rucker Physical Fitness Facility is designed to honor survivors and those that have made the ultimate sacrifice, according to Beth Gunter, financial counselor for SOS.

More than 300 people participated in last year's run, which came about after Gunter spoke with B Co., 1-145 Avn. about doing something as a tribute to the fallen heroes and their survivors. When MWR got involved, it was able to be done as a post run, and with the success of last year's run, it was brought back this year.

"B Co. jumped [at the opportunity] because Soldiers said that these were their brothers in combat and it would be great for them to show that they are still thinking about those that we've lost," she said. "It just became a collaborative effort by a lot of people wanting to show that this is a great way to have the community wrap their arms around survivors and show that their fallen heroes have not been forgotten."

The survivors of fallen heroes aren't just the spouses and children, said Gunter, but also parents and siblings, adding that SOS reaches out to all the survivors that are out there to provide the type of service



PHOTO BY NATHAN PFAU

Christian Garcia, who participated in last year's Survivors and Fallen Heroes 5k run, gives one of the Patriot Guard Riders a high-five as he races to the finish line with his father, Angel, following close behind.

for whatever questions they may have for a lifetime, rather than just a period of time after a Soldier has fallen.

"Our goal is to help survivors realize that they are always part of the military Family," she said. "Even though they have lost their [loved one], it doesn't mean that they are any less important to our military Family."

"Just as when a person loses someone within their immediate Family, their Family members are there to provide that support and encouragement to help them work through the grief," said Gunter. "This is a military Family and we are there in the

same aspect — to help them work through the grief and help them move forward."

Survivor Outreach Services is a program that came about on Fort Rucker in April of 2009 when the Army realized that even though grieving Family members have casualty assistance officers to help them through the initial process of losing a service member, the Families still have issues well after CAOs have done their job, she explained.

The program is in place to provide the support, advocacy and financial counseling for the survivors for as long as they need,

said Gunter, and that's one of the main reasons for wanting to put on the run as a means of support.

"We want the community to be [at the run] to show their support as well," said Gunter. "It's a great way for the installation to show its support for the survivors and fallen heroes, as well as the SOS program."

Gold stars will be available with the names of the fallen heroes for the survivors to wear during the race, she said, adding that there will be additional gold stars available for those that wish to run in honor of a friend or comrade that people can write the names of on.

"When a service member goes overseas, they get a blue star flag that symbolizes that there is a service member serving within the military during wartime," Gunter explained. "If the service member dies while serving on active duty during war, the blue star is replaced with a gold star being placed over the top of the blue star."

"That's why we're utilizing the gold stars," she said. "it symbolizes the survivor. We're hoping to have enough runners for every one of the fallen Soldiers."

Breakfast refreshments will be provided and there will be an inflatable for children to play in, as well as awards to be presented after the 1-mile fun run, she added.

The run will begin at 8 a.m. and the cost for pre-registration for the run is \$20, which includes a T-shirt, and people can register at either of the fitness facilities up until Saturday. Regular registration costs \$25 and is from Sunday until 7:40 a.m. the day of the race.

For more information, call 255-3794 or 255-2286.



# DOWN TIME



## Just Like Cats & Dogs



## Trivia test

by Fifi Rodriguez

# TRIVIA

1. LANGUAGE: In English slang, what are plimsolls?
2. GEOGRAPHY: What is the capital of India?
3. HISTORY: In what year were East Germany and West Germany unified?
4. MUSIC: Who composed the opera "The Barber of Seville"?
5. ANATOMY: What is a synapse?
6. ART: What are putti?
7. QUOTES: Who said, "Patriotism is the last refuge of a scoundrel."
8. NATURAL WORLD: What kind of creature is a merganser?
9. CELEBRITIES: What was Bob Hope's real first name?
10. LITERATURE: Who wrote "The Legend of Sleepy Hollow"?

See Page D4 for this week's answers.

## Super Crossword

- ACROSS**
- 1 Ding-dong producer  
5 Olympics chant for the Dream Team  
11 Super Bowl six-pointers  
14 "Thou — not..."  
19 No more than  
20 Hoi — (common folk)  
21 Like sashimi  
22 More robust  
23 Indelicate person using scissors?  
25 Manning of the gridiron  
26 Unanimously  
27 Dwellings  
28 Drive — window  
29 Output of an artisan using animal pelts?  
31 Clothed for the radio broadcast?  
34 Run-down urban areas  
35 Pre-CIA org. U.S.  
36 — broadcaster overseas; Abbr.  
37 From the beginning  
40 Symbol on a musical staff
- 42 What a loudmouthed person leads?  
49 Writing of recollections  
52 Like a desert  
53 Unlike a desert  
54 Shoot for  
55 Brie ready to be shipped?  
59 Punch player on "ChiPs"  
61 What a DJ speaks into  
62 Abject fear  
63 King — tomb  
66 Mend  
67 Not fatty  
69 Furrow  
75 "The Wiz" star Diana Bloke's "Well, well!"  
76 — Gay (bomber)  
80 Poseidon's purview  
81 Do away with  
84 Long to be sick?  
87 Related to the kidneys  
88 Gold, to Juan
- 91 80-Across, to Cousteau  
92 Last quarter  
93 What one has while watching an Eastwood film?  
97 Republican Romney  
98 Private plane producer  
99 — for Outlaw (Sue Grafton mystery)  
100 "Spring forward" abbr.  
103 It opens many locks  
108 Course of medication for an inflamed throat?  
113 Rabbit paw print, for Mr. Fudd?  
116 Gaga over  
117 "Where's Poppa?" co-star George Buffen rival  
118 — daily bread  
120 Elegant gaze?  
122 Capital of Oregon  
123 Superhero name ender
- 124 Military raid  
125 Part of AMA: Abbr.  
126 — nouns  
127 Cab alternative  
128 Closest to the center  
129 Roves, with "about"
- DOWN**
- 1 "L.A. Law" co-creator Steven  
2 Signs up  
3 Alpaca's kin  
4 Dissolved, as cells  
5 Scannable product ID  
6 Lower than, on a map  
7 Tennis great Gibson  
8 Extreme sort  
9 French for "sister"  
10 Tune  
11 Long slog  
12 Big name in surrealism  
13 Election decider, perhaps  
14 Divvy up  
15 Lays into  
16 Into the air  
17 Slowly, to a maestro  
18 Hank of hair  
24 Retired flier  
29 Arise (from)  
30 — En-lai  
32 Don too many duds  
33 See 39-Down  
38 At present  
39 With 33-Down, frozen potato brand  
40 Simple bed  
41 Told a big fib  
42 Doctrines  
43 Caustic stuff  
44 Fill totally  
45 Turkish cash  
46 1964 Beatles song  
47 Vogue Airport info  
48 Cato's 1,950  
49 Euclid's lake  
51 Eddie tubes  
52 Abu —  
56 Toon unit  
57 Stripper Lili  
58 U.K.'s home  
60 Oyster, e.g.  
64 Idiot box  
65 Less crazy  
68 Pitcher Ryan  
70 WWII female  
71 "... or — thought"  
73 Part of NNW  
74 Waistband  
76 Riverbed buildup  
79 Gazillions  
81 Curved bit  
82 — canto  
83 It's bee-built  
85 Irving of film  
86 Litchi, e.g.  
89 ACLU focus: Abbr.  
90 Sounds of surprise  
94 Bumps off  
95 Suffix with refer or exist  
96 Unit of corn  
97 Basic cell division  
99 Decides one will  
100 Explorer Vasco —  
101 Dealt leniently with  
102 First family of the 1840s  
103 — porridge hot ...  
104 Singer Sherman  
105 Fuse, as ore  
106 Lop off  
107 Krispy —  
109 Pour — troubled waters  
110 Divest of weapons  
111 Snaky letter  
112 Label anew  
114 Kauai feast  
115 Large vases  
120 CBS hit  
121 To this point



Average time of solution: 69 minutes.

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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

**DAY LIGHT** Add a friend to pick a day of the week at random by number. (Don't A-1, B-2, C-3, D-4, E-5, F-6, G-7, H-8, I-9, J-10, K-11, L-12, M-13, N-14, O-15, P-16, Q-17, R-18, S-19, T-20, U-21, V-22, W-23, X-24, Y-25, Z-26.)

**WHEEL OF FORTUNE** Spin the wheel. The number you land on tells you how many letters to write in the word. (Don't forget to add the letters you already have.)

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

### Wishing Well

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

**Wishing Well**

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

### HOCUS-FOCUS

BY HENRY BOSTHOFF

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

**Answers:** 1. The cat's eyes are closed in the top panel, but open in the bottom panel. 2. The cat's mouth is open in the top panel, but closed in the bottom panel. 3. The cat's ears are up in the top panel, but down in the bottom panel. 4. The cat's tail is up in the top panel, but down in the bottom panel. 5. The cat's paws are up in the top panel, but down in the bottom panel. 6. The cat's legs are up in the top panel, but down in the bottom panel.



# New Army Sports Program to pit battalion against battalion

By Tim Hipps  
IMCOM Public Affairs

SAN ANTONIO — If Chief of Staff of the Army Gen. Raymond T. Odierno has his way, super-athletic battalions someday will be crowned sports champions of the U.S. Army.

The “Army Sports Program” is headed this spring to installations and garrisons worldwide. Not to be confused with intramural sports leagues provided by Army Morale, Welfare and Recreation the Army Sports Program will pit battalions against one another in seven men’s and women’s team and individual core sports.

“The MWR intramural sports program that’s been in existence forever on the garrisons gives commanders the ability to allow civilians and Family members with ties to units a chance to play. They augment so that we can have small units playing in intramural sports programs,” said Bob Vogt, acting division chief of Soldier and Community Recreation at the U.S. Army Installation Management Command headquarters on Joint Base San Antonio Fort Sam Houston, Texas.

“The battalion sports program is a Soldier-only program. The intent was to do it at the battalion level so we can get the best Soldier-athletes to represent their battalion as they move forward. So we’re going to increase the level of competition by doing that. It should make it a much more exciting program, and that’s the main difference between the two,” Vogt explained. “This is recognizing the best Soldier-athletes in the Army.”

The semi-annual competition will include men’s and women’s basketball, volleyball and soccer in the spring, along with coed combative teams, and men’s and women’s flag football, softball and cross country in the fall.

“The beauty of the program is it provides another opportunity for Soldiers to compete in a competitive sport and create unit esprit de corps,” Vogt said. “Crowning a champion and moving forward like we’ve done in the past in the Army is something you never forget in your Army career. We’re trying to give the Soldiers that opportunity one more time.”

The goals of the command-directed program are to help build resiliency, increase Soldier and unit interest in athletic and sports activities, and advance opportunities for Soldiers to compete at the Army level.

“The Army Sports Program embodies key elements of comprehensive Soldier fitness — building physical fitness, strengthening resilience, fostering teamwork and camaraderie — while ultimately offering Soldiers positive activity choices during discretionary times, thereby reducing Soldier opportunities to engage in high-risk opportunities,” read the operations order signed by Lt. Gen. Mike Ferriter, commander of Installation Management Command.

Putting the program in an order should ensure



PHOTO BY U.S. AIR FORCE STAFF SGT. DAYTON MITCHELL

**Soldiers with A Company, 2nd Battalion, 1st Infantry Regiment, 5th Brigade, 2nd Infantry Division play flag football at Forward Operating Base Ramrod, Afghanistan, Nov. 10, 2009. Women’s and men’s flag football will be featured in the fall season of the Army Sports Program, which will pit battalions against battalions around the Army. Men’s and women’s cross country and softball also will be contested in the fall. In the spring, men’s and women’s basketball, volleyball and soccer will be played, along with men’s and women’s combatives.**

garrisons participate in the program.

“Competitive sports enhance individual physical fitness, develop confidence and self-esteem, build unit cohesion, and foster esprit de corps,” the order continued.

The plan is for the Army Sports Program to eventually consist of three phases; beginning with installation battalion competitions that lead to region invitational championships and culminating in a Chief of Staff of the Army Sports Championships. Because of current financial challenges, the regional and Army-wide portions of the program are cancelled for 2013 and may be implemented later.

This year, battalions will compete for local sports supremacy. IMCOM garrison commanders and garrison Directorate of Family and Morale, Welfare and Recreation, in coordination with senior commanders, will plan, market, and deliver phase one of the Army Sports Program to promote and increase Soldier, leader and unit interest in participation in sports and athletic activities, thereby supporting the Army’s Comprehensive Soldier Fitness initiatives.

The intent is to maximize Soldier participation. Army National Guard and Army Reserve Soldiers are eligible to compete with their battalions. Units are allowed to combine to form a battalion team if they are too small to field a team of their own.

The Army Sports Program will be funded by senior commanders through the use of operation and management funds. Garrison sports offices will document participation by entering results quarterly in the Army Community Recreation Reports Online. Garrison public affairs offices will cover the

competitions.

The inaugural spring season of the Army Sports Program is scheduled for May, coincidentally, National Sports and Fitness Month.

The Army Sports Program will help the Army align with the Department of Defense’s Healthy Base Initiative. As a project of Operation Live Well, the goal is to help increase the health and wellness of the entire military force. Soldiers and their Families, along with Department of Defense civilians, are urged to take charge of their health through nutrition and fitness.

Once the Army executes the program in its entirety, each installation will select one battalion-level men’s and women’s team in each of the six sports to compete at the regional level.

The top two men’s and women’s teams in each sport at the Region Invitational Championships will advance to the CSA Army Championships. The combative teams, featuring one man and one woman, will bypass regional competition and advance directly to the CSA Army Championships.

In the end, Army men’s and women’s championship teams will be crowned in each of the six sports, along with a mixed squad of combative champions.



PHOTO BY U.S. AIR FORCE STAFF SGT. DAYTON MITCHELL

**Women’s and men’s basketball will be featured in the spring season of the Army Sports Program, along with men’s and women’s volleyball, soccer and combatives.**

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Video Game Spotlight >>

‘The Walking Dead’ misses the mark

By Jim Van Slyke  
Contributing Writer

(Editor’s note: All opinions stated in the Video Game Spotlight are solely those of the article’s author.)

Maybe the zombies should have eaten this one.

“The Walking Dead: Survival Instinct” does not do the TV show — “The Walking Dead” — justice because it simply is a poor game that barely captures any of the tension, character or fun of the show.

Gamers become the crossbow-carrying survivor Daryl Dixon as he travels the Georgia countryside with his brother, Merle. Both of the gamer characters are voiced by the real TV actors, one of the game’s only positives. The zombie apocalypse has just



**Publisher**  
Activision  
**Rated**  
Mature  
**Systems**  
Xbox360, PS3, PC  
**Cost**  
\$50  
**Overall**  
2 out of 4

taken place and we get to see what the brothers were up to before they join the group featured in the TV show.

Gamers will have access to shotguns, pistols and the crossbow, but the game wants them to try to kill the zombies stealthily, even when there are hordes nearby, instead of making the game a first-person shooter. The problem is that it’s too easy to avoid the hordes; gamers can simply sprint by most of them and then find a safe place to wipe out the few that actually notice.

The idea of having to scrounge for supplies — food, water, gas — is a good one, too, but the game makes it too easy to find what we need and the consequences are rarely interesting. The same goes for the survivors that Daryl and his brother encounter on their



COURTESY SCREENSHOT

travels. They have no personality and there is no reason not to send them off to die at the hands of the zombies.

“The Walking Dead: Survival Instinct” could have been a fun game. All the elements were there, but the follow-through was weak.

In the end, only zombies should play it.

Reviewed on the Xbox 360

SPORTS BRIEFS

Youth fishing tournament

Outdoor recreation will host a youth fishing tournament at Parours Lake Saturday from 7–11 a.m. Youth ages 3–15 are allowed to fish in the tournament with an escort. Cost of the tournament is \$10 per person. Live bait is permitted, but no minnows. Prizes will be awarded for first, second and third places.

For more, call 255-4305.

Survivors and Fallen Heroes Run

The physical fitness facility will host the Survivors and Fallen Heroes 5k and 1-Mile Fun Run April 20. Race day registration begins at 6:30 a.m. and the 5k will start at 8 a.m. Participants are encouraged to pre-register at either PFF. Forms are available at either PFF or printable off the Directorate of Family, and Morale, Welfare and Recreation website: <http://www.ftrucker.mwr.com/recreation/physical-fitness-facilities>. The 1-mile fun run is free and open to all children and will begin after the 5k is completed. Each Fun Run participant will receive a medal.

For more, call 255-9810.

Thunder on Tholocco

Fort Rucker hosts the seventh annual Thunder on Tholocco April 27 from 11 a.m. to 5 p.m. at Lake Tholocco. People are welcome to bring chairs or blankets

and watch multi-class outboard drag boat racing. These high-performance machines reach speeds in excess of 100 mph. For people looking to get in on the action can sign up to participate in a kayak or canoe race, try out a paddle boat, or see how far they can make it down the inflatable slip and slide. Food vendors will be on site with a variety of menu options. Tickets are \$5 in advance, \$7 day of event, and children 12 and younger get in free. The event is open to the public.

For more, call 255-1749.

Beach Body Bingo

The Directorate of Family, Morale, Welfare and Recreation hosts its Beach Body Bingo at the physical fitness facility May 1-25. During Beach Body Bingo, people can participate in strength exercises, cardio exercises or fitness classes. Each day people can earn a space on their Bingo cards, and the more Bingos people win, the better their chances at winning a prize. Prizes include: a free personal training package, one month of fitness classes and a five day pass to Splash! The person who wins the most Bingos receives a Beach Body Bingo trophy. People can also participate in the 10-Mile Run Off and Relay May 11 to get a free space on their cards. Beach Body Bingo is free to authorized patrons. People can sign up at either physical fitness facility.

For more, call 255-3794.

**PUZZLE ANSWERS**

**Super Crossword**  
Answers

BELL	USA	AUSA	TDS	SHALT
ONLY	POLLO	RAW	HALER	
CRASS	CUTTER	ELI	ASONE	
HOMES	THRU	SKIN	CRAFTS	
CLAD	TO	HEAR	IT	GHETTOS
OSS	VOA	DE	NOVO	
CLEF	CLAMOROUS	LIFE		
MEMOIR	DRY	WET	AIMAT	
CRATED	CHEESE	ESTRADA		
MIC	DREAD	TUTS	HEAL	
LEAN	ELBOW	CREASE	SOWS	
ROSS	ISAY	ENOLA	SEA	
ABOLISH	CRAVE	ILLNESS		
RENAL	ORO	MER	FOURTH	
CLINT	IN	THEE	MITT	
CESSNA	JOIS	DST		
PASSKEY	CROUP	THERAPY		
ELMER	SCUE	INTO	SEGAL	
ALEVE	OUR	CLASSY	STARE	
SALEM	MAN	SORTIE	AMER	
ENTRE	BUS	IN	MOST	GADS

**TRIVIA**  
Answers

1. Socrates
2. New Delhi
3. 1990
4. Goodtime Housing
5. The point at which a nervous impulse passes from one neuron to another
6. Figures of infant boys in Renaissance paintings
7. Samuel Johnson
8. Duck
9. Leslie
10. Washington Irving

**Weekly SUDOKU**  
Answer

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

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