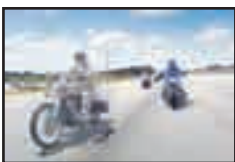


OPEN ROAD
Riders gather for training, camaraderie



LAKE FEST
Event kicks off summer for Fort Rucker



SPLASH!
Post opens swim season Saturday



Story on Page A3

Story on Page C1

Story on Page D1

ARMY FLYER

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

VOL. 63 ■ NO. 20

FORT RUCKER ★ ALABAMA

MAY 23, 2013

Post hosts Facebook town hall

By Fort Rucker
Public Affairs Office

Fort Rucker garrison leadership hosts a town hall in early June — a town hall that people can attend from the comfort of their homes, or wherever they may be during the time set aside for the event.

The Facebook town hall is scheduled for June 4 from 6-7 p.m., allowing garrison leadership and the Fort Rucker community to take advantage of the communications capabilities of the social media networking site. People can read on as leaders post about post news, happenings and initiatives, and they can also ask questions.

The town hall is designed to offer an opportunity for two-way communication between the garrison and the Soldiers, Families and civilian employees it serves.

If people would like to ask questions ahead of time, they can send a message via www.facebook.com/ftrucker, the same site the town hall takes place at.

All people need to take part in the Facebook town hall is an Internet connection and a Facebook account. Everyone is welcome to like the Fort Rucker Facebook page and take part in the town hall.

For more, call 255-1159.



PHOTO BY SGT. 1ST CLASS ANDREW KOSTERMAN

Becoming leaders

Soldiers of Aviation Basic Officer Leadership Course Class 13-014 conduct a mock casualty extraction during convoy training May 16. The convoy training is part of “field week” during BOLC. During “field week,” officers conduct land navigation, M-16 and M-9 weapons qualification and convoy operations. See Page A4 for more BOLC coverage.

Excellence

IMCOM honors post for ACOE award

By Nathan Pfau
Army Flier Staff Writer

In a team effort, Fort Rucker came together as one to achieve the Army Community of Excellence Award Gold, and although the trophy isn’t yet in the installation’s hands, those directly involved were honored during a ceremony Monday.

Directors and personnel from the various organizations on Fort Rucker were honored at the U.S. Army Aviation Museum during a ceremony where Davis D. Tindoll, Installation Management Command Atlantic Region director, personally came to show his appreciation for what the installation achieved.

“I wanted to take this opportunity to come today just to tell you how proud I am for what you all have accomplished here,” he said

during the ceremony. “This is not an easy feat, and if you stop and think about it, if every installation in the Army could win only one time before changing it over, you wouldn’t be able to win it for another 75 years.”

Tindoll, who was a former garrison commander at Fort Rucker, said that while he was here, he started an initiative to form a team to put together ACOE packets so that, one day, Fort Rucker could be recognized as one of the best, and he was not disappointed.

“This award is not achieved by a garrison commander or the command sergeant major, or even the directors,” he said. “It’s done by everyone — it’s done by individuals.”

Each person has an impact, he said. From the security guards at the gates to the people that work at the various Directorate of Fam-



PHOTO BY NATHAN PFAU

Davis D. Tindoll, Installation Management Command Atlantic Region director, presented the Commander’s Award for Civilian Service and the Superior Civilian Service Award to eight people during the Army Community of Excellence Award recognition ceremony at the U.S. Army Aviation Museum Monday.

ily, Morale, Welfare and Recreation facilities.

“It takes the community to win this,” said Tindoll. “It’s Family that won [this award] and it takes

everybody as a team to do it.”

Col. Stuart J. McRae, Fort Rucker garrison commander, was also on hand to show his appreciation to the garrison for the

achievement.

“It’s been a long time coming for Fort Rucker,” he said. “Many of us, including Mr. Tindoll, are aware of the great amount of talent that we have here at Fort Rucker. What an awesome group of people we have here.

“When you grow up in the Army, you mostly see people in [Army combat uniforms] and on occasion you get to interact with civilians, but when you’re in a job like mine, you get the opportunity to mix with those [people] every day,” continued McRae. “I get to see the huge amount of initiative and great amount of work that you all take on ... and I’ve seen people in this garrison take on more than just their share.”

Although it’s quite an honor to receive an award like this, McRae

SEE ACOE, PAGE A7

Kennels dedicated to fallen Fort Rucker Soldier



PHOTO BY NATHAN PFAU

Staff Sgt. Craig Miller, 6th Military Police Det. Military Working Dog handler, holds on to Bo, Sgt. 1st Class Donald Tabb’s MWD, as Tabb’s nephew, Ukarrre, gets ready to throw a ball after the ceremony that named the Military Working Dog kennels after Tabb Friday.

By Nathan Pfau
Army Flier Staff Writer

Five years after a Fort Rucker Soldier was killed in Afghanistan, the installation ensures that his legacy lives on by naming the post kennel after him.

The Fort Rucker Military Working Dog kennels will now be known as the Tabb Kennels in honor Sgt. 1st Class Donald T. Tabb, who served with the 6th Military Police Detachment as a military working dog handler, in a decision that was deemed by Fort Rucker officials as “the right thing to do.”

“This was a no brainer,” said Lisa Eichhorn, Fort Rucker public affairs officer. “Sergeant Tabb was really important to Fort Rucker and it was important to us that the Family knows that we still think about him, and that the MPs still highly regard his service.”

SEE KENNELS, PAGE A7

164th TAOG inducts 19 Soldiers into NCO corps

By Nathan Pfau
Army Flier Staff Writer

In a ceremony replete with tradition and symbolism, 19 warfighters made the transition from enlisted Soldier to non-commissioned officer May 19 at the Fort Rucker theater by passing under crossed sabers.

The 164th Theater Airfield Operations Group’s NCO induction ceremony is believed to be the unit’s first induction ceremony in nearly eight years.

Command Sgt. Maj. Jorge O. Soriano, 164th TAOG command sergeant major, said it was necessary to bring back the NCO induction ceremony because the ceremonies serve multiple benefits.

“At its core, it’s about upholding traditions and passing along (these traditions) to the next generation of leaders,” he said during the ceremony. “We should never miss an opportunity to take care of our Soldiers, and that includes recognizing the Soldiers who have truly achieved

something special like earning the privilege to wear the stripes of a noncommissioned officer.

“(The NCO induction ceremony) also serves to remind all NCOs of the charge we took when we became sergeants,” Soriano continued. “For those NCOs in the audience right now how have never had the opportunity to go through an NCO induction and formally accept the charge ... please consider this your ceremony too — I am among those.”

Command Sgt. Maj. Richard A. Mitchell, Air Traffic Service Command’s top-enlisted member, was invited to be the guest speaker during the ceremony and agreed on the importance of recognizing Soldier’s accomplishments and what it means to be inducted into the corps.

“That promotion to sergeant means more than just a pay raise and shoulder boards,” he said to the audience. “There should be a sense of pride and accom-

SEE NCOS, PAGE A7

PERSPECTIVE

Odierno addresses sexual assault, harassment

By Gen. Raymond T. Odierno
U.S. Army Chief of Staff

Over the last 12 years of war, our Army has demonstrated exceptional competence, courage and resiliency in adapting to the demands of war and accomplishing the mission.

Today, however, the Army is failing in its efforts to combat sexual assault and sexual harassment. It is time we take on the fight against sexual assault and sexual harassment as our primary mission. It is up to every one of us, civilian and Soldier, general officer to private, to solve this problem within our ranks.

The Army is committed to the safety and security of every Soldier, civilian, and Family member. Our Army is based on a bedrock of trust – the trust between Soldiers and leaders that we will take care of each other. Recent incidents of sexual assault and sexual harassment demonstrate that we have violated that trust.

In fact, these acts violate everything our Army stands for. They are contrary to our Army Values and they must not be tolerated.

It is up to every individual to contribute to a culture in which our Soldiers, civilians, and Family members can reach their full potential. It is imperative that we protect potential victims from ever experiencing a sexual crime.

We must provide compassionate care and protect survivors after a crime has been committed. Our people must be confident that complaints will be handled quickly and decisively, and that our system will deliver justice and protection throughout the reporting, investigation and adjudication process.



ARMY GRAPHIC

Commanders, NCOs and law enforcement must ensure that every allegation of sexual assault and sexual harassment is thoroughly and professionally investigated and that appropriate action is taken.

Leaders at every level are responsible for establishing a command climate and culture of mutual respect, trust and safety. Leaders must develop systems to “see” their units, and understand the extent to which their leadership promotes a positive command climate

for all Soldiers. I urge everyone to start a conversation within your unit or organization, among leaders, peers and subordinates and with Family and friends to better understand one another’s experiences and to develop better solutions to this problem.

Our profession is built on the bedrock of trust; sexual assault and sexual harassment betray that trust. They have a corrosive effect on our unit readiness, team cohesion, good order and discipline.

We are entrusted with ensuring the health and welfare of America’s sons and daughters. There are no bystanders in this effort. Our Soldiers, their Families and the American people are counting on us to lead the way in solving this problem within our ranks.

The strength of our Nation is our Army. The strength of our Army is our Soldiers. The strength of our Soldiers is our Families. This is what makes us Army Strong!

Rotor Wash

“How can you show your support for our military and veterans on Memorial Day?”



Emily Lemmon,
Army spouse

“We can take a moment of silence to remember those fallen who gave the ultimate sacrifice. It’s important to say thank you to our service members not just on Memorial Day, but every day.”



CW2 Paul Clements,
Hawaii National Guard

“A good way to honor them is to educate your children on what the day truly means and give historical events, like 9/11, because many of them were born after and don’t understand.”



Pvt. Paul Miller,
Delayed Entry Program

“Thank veterans and participate in Memorial Day events.”



Staff Sgt. Sean Miller,
B Co., 1st Bn., 223rd
Avn. Regt.

“Go to get together, or events that honor policeman, fireman and military members, and recognize people in the crowd that have served and thank them.”



CW4 Kenneth Thomas,
2-58th AOB

“Just thank them when you see them.”

This month in Army Aviation history

This month we’re spotlighting the May 1973 issue of the *U.S. Army Aviation Digest*. This issue features:

Helicopter Low-Level, Night Operations

This article gives Army Aviators a look at the future in night capability prompted by recent successes in research and development. The author conducted many of the experiments associated with CAVNAV and tells of the promise of this system for night flights under VFR conditions.

Aeromedical Potpourri

A minor complication has existed

when, for extra protection, an air crewman must use the SPH-4 and an earplug. An earplug traps air within the external ear. On ascent the air expands and tends to dislodge the plug. Upon descent, the trapped air will decrease drawing the plug into the ear. Now a fix is at hand ... the split earplug.

“Army 16625, You Have a Green Deck...”

If given a mission that required aircraft operations involving a naval vessel, how many Army Aviators would know and understand the Aviation terminology and procedures used by the Navy or Coast Guard?

“Hawk” Colors Flying at Fort Rucker

For the past seven years, Army Aviation’s “Golden Hawks” of the 1st Aviation Brigade have provided support to free world forces in tactical operation from the Republic of Vietnam’s Mekong Delta region to the Demilitarized Zone in Cambodia and Laos. As the last troops departed Vietnam on March 29, 1973, the brigade’s colors were brought to Fort Rucker.

... and more.

Download this issue of the *U.S. Army Aviation Digest* at <http://bit.ly/av8-may73>.



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Maj. Gen. Kevin W. Mangum
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Lisa Eichhorn
FORT RUCKER PUBLIC AFFAIRS OFFICER

Jim Hughes
COMMAND INFORMATION OFFICER

David C. Agan Jr.
COMMAND INFORMATION OFFICER ASSISTANT

EDITORIAL STAFF

Jim Hughes
ACTING EDITOR 255-1239
jhughes@armyflyer.com

Jeremy P. Henderson
SYSTEMS & DESIGN EDITOR 255-2253
jhenderson@armyflyer.com

Sara E. Martin
STAFF WRITER 255-1240
smartin@armyflyer.com

Nathan Pfau
STAFF WRITER 255-2690
npfau@armyflyer.com

BUSINESS OFFICE
Robert T. Jesswein
PROJECT MANAGER 702-6032
rjesswein@dothaneagle.com

Brenda Crosby
SALES MANAGER 347-9533
bjcrosby@dothaneagle.com

Laren Allgood
DISPLAY ADVERTISING 393-9718
lallgood@eprisenow.com

Mable Ruttlen
DISPLAY ADVERTISING 393-9713
mruttlen@eprisenow.com

Joan Ziglar
DISPLAY ADVERTISING 393-9709
jziglar@eprisenow.com
CLASSIFIED ADS (800) 779-2557

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

Riders gather for training, camaraderie

By Sgt. 1st Class
Andrew Kosterman
B Co., 1st Battalion,
145th Aviation Regiment

About 50 motorcycle riders gathered at Fort Rucker’s Wings Chapel May 18 to participate in an Army Substance Abuse Program mentorship ride.

The goal of the ride was to help fulfill Department of the Army annual training requirements for Soldiers and DA Civilians. Active-duty Soldiers are required to undergo four hours of drug and alcohol abuse prevention training and General Schedule civilian employees have a two-hour requirement annually. Participants in the ride received credit towards the requirement.

“Today is just a fun way for them to train on some old lessons,” said Lynn O’Brien, Fort Rucker ASAP prevention coordinator and organizer for the group ride. “Drinking and driving of any kind don’t mix.”

The ride, which began at Fort Rucker and ended at Westgate Park in Dothan, was originally scheduled for April 19, but inclement weather caused a cancellation. Members of the Alabama State Patrol escorted the riders and provided training during the event. Patriot Guard riders also participated in the event.

“April was Army Substance Abuse (Awareness) Month,” said Col. Stanley Smith, commandant of the Warrant Officer Career College, during a pre-ride brief. “We had this ride scheduled for April, but we were rained out.



PHOTO BY SGT. 1ST CLASS ANDREW KOSTERMAN

Fort Rucker Soldiers cruise on U.S. Highway 231 in Dothan during a group ride and Army Substance Abuse Program training May 17. About 50 motorcyclists participated in the group ride, which included training on the prevention of substance abuse at Westgate Park.

This is still appropriate because May is motorcycle safety month. Motorcycle accidents are down for the Army this year, but here in Alabama, it’s starting to warm up and it’s becoming motorcycle weather.”

Smith also discussed mentorship of junior motorcycle riders and ensuring riders get Motorcycle Safety Foundation training commensurate with their level of

experience.

He concluded his remarks by encouraging Soldiers and civilians to help themselves and each other if they are aware of a substance abuse problem.

“Don’t wait until the commander tells you that you need help,” said Smith. “You’re a little bit late then. Go on your own and say you need help.”

Howard Swain, the senior ride

captain for the Wiregrass area Patriot Guard riders, said he and his fellow riders participated for the camaraderie and fellowship.

“A lot of our riders are retired or served in the military,” said Swain. “We’ve got some (military) dependents that ride with us also. A show of support, that’s what we’re here for. That’s what we do.”

Swain also said that substance

abuse is not just a one-time concern for good motorcycle riders.

“If someone has been drinking or consuming alcohol, they put us (motorcycle riders) at a greater risk,” said Swain. “We don’t have airbags on our bikes. If we get hit from the side a little airbag is not going to deploy. We’re going to get hurt – and 99 percent of the time, the driver (of the car) is going to walk away.”

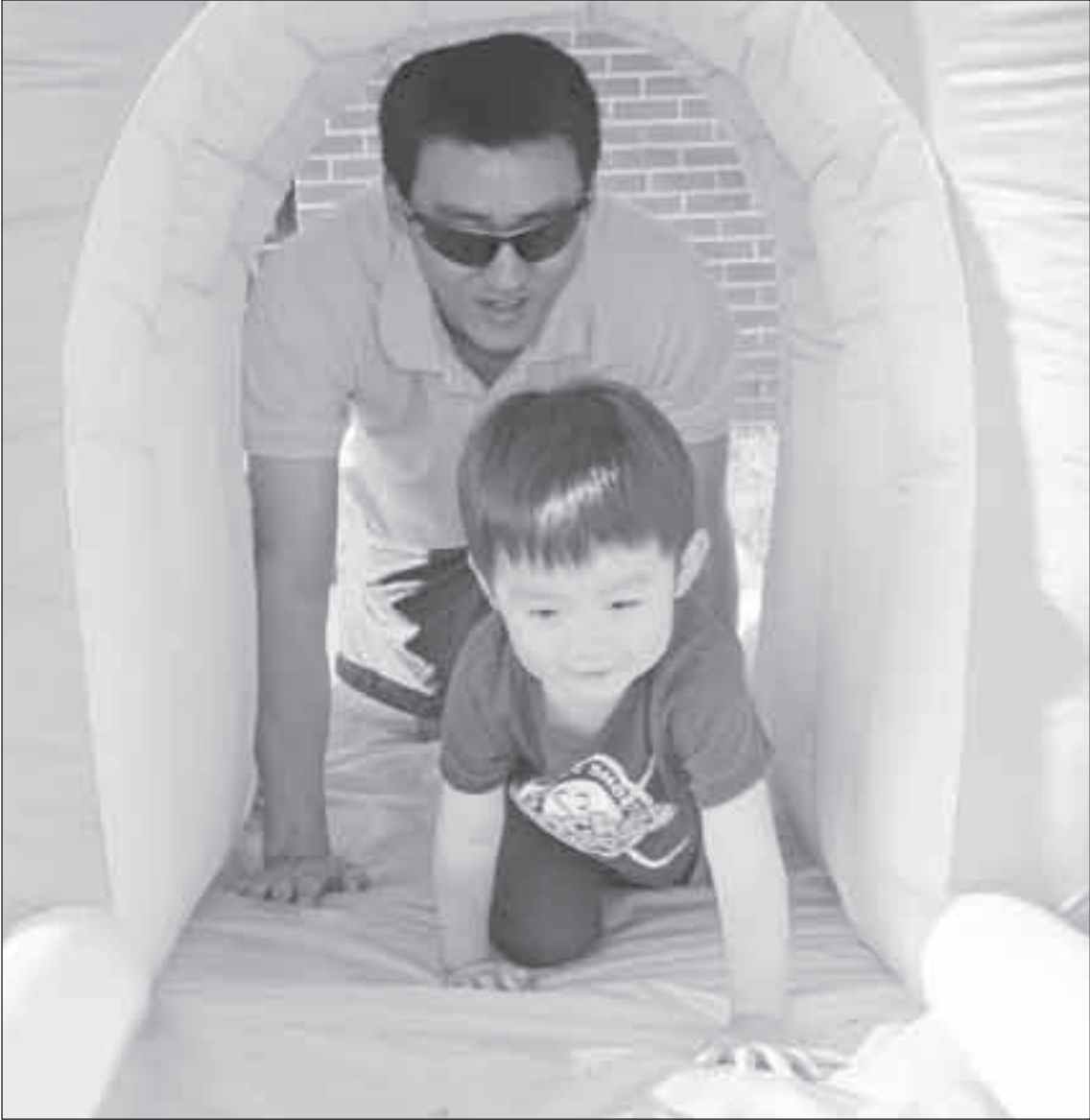


PHOTO BY SARA E. MARTIN

IMSO social

Shen Ga Kuey, a native of Taiwan, crawls after his son, You Chen, in an inflatable at the International Military Student Office’s quarterly social Friday. The social attendees said farewell to Capt. Anne Bahu and 1st Sgt. Hector Benitez. The event was a cookout with typical American things like hotdogs, adult beverages and country music. There was also a soccer match between the students.

News Briefs

Changes of command

- The 1st Battalion, 145th Aviation Regiment hosts its change of command Wednesday at 8:30 a.m. at Howze Field. Lt. Col. Allen M. Gengler will assume command from Lt. Col. James E. Ward.
- The 1st Aviation Brigade hosts its change of command June 14 at 8:30 a.m. at Howze Field. Col. Shawn Prickett will assume command of the unit from Col. Brian D. Bennett. In case of inclement weather, the ceremony will take place in Yano Hall.

AER closing ceremony

Fort Rucker’s Army Emergency Relief Campaign Closing Ceremony takes place June 4 at 2 p.m. in the U.S. Army Aviation Museum.

For more on AER, call 255-2341.

Lyster open on DONSA’s

Lyster Army Health Clinic is now open on all days of no scheduled activities. Clinic hours are from 7:30 a.m. to 4:15 p.m. Mondays–Fridays.

Suicide prevention

Applied Suicide Intervention Skills Training is a two-day suicide intervention course intended for gatekeepers, such as commanders, first sergeants, chaplains, platoon sergeants and first-line supervisors (military or civilian) held at various times between now and mid-

September. The goal of the course is to reach out to gatekeepers to teach them how to respond appropriately if a Soldier or civilian presents to them with suicidal thoughts or actions.

Course dates are June 12-13, with a signup deadline of June 7; and Sept. 11-12, with a signup deadline of Sept. 6. The courses take place 8 a.m. to 4 p.m. each day in the Wings Chapel. Each session is limited to 30 people.

To register or for more information on other suicide prevention training options, call Traci Dunlap at 255-7010, or send an email to traci.d.dunlap.civ@mail.mil.

Fire hydrant testing

The Fort Rucker Fire Department is conducting annual fire hydrant testing through mid-June, affecting the Allen Heights, Bowden Terrace and Munson Heights housing areas. During the testing, occupants may experience some cloudiness in the water. To clear any cloudiness, officials recommend allowing the water to run for two-three minutes.

For more, call 255-0044.

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 (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.

EFMP Needs Assessment

The Fort Rucker Exceptional Family Member Program conducts its needs assessment survey now through July 1. The survey is available at <http://www.ftrucker-mwr.com/acs/exceptional-family-member-program/>. Soldiers and Families should fill out the short form online or pick up a paper copy of the survey at Directorate of Family, Morale, Welfare and Recreation facilities.

For more on the survey, call 255-9277.

MEDPROS phone number change

Lyster Army Health clinic advises people that the phone number to the Medical Protection System office, located at Bldg. 5700, has changed. The new phone number is 255-9916. Those calling the old number will automatically be transferred to the new number for about 90 days.



PHOTOS BY SGT. 1ST CLASS ANDREW KOSTERMAN

2nd Lt. Jimmie Thomas (right), a Startville, Miss. native and student at Army Aviation's Basic Officer Leadership Course at Fort Rucker briefs members of his team during convoy training May 16. The convoy training is part of "field week" during BOLC. During "field week," officers conduct land navigation, M-16 and M-9 weapons qualification and convoy operations.

Soldiers train to become leaders



WO1 Adam Candee (center), a Woodridge, Ill. native and student at Army Aviation's Basic Officer Leadership Course at Fort Rucker, briefs members of his team prior to the start of a mission during convoy training.



Soldiers of Aviation Basic Officer Leadership Course 13-014 halt their vehicles near Ech Lake during convoy training at Fort Rucker May 16.



(from right) WO1 Kim Dae-weon, a student at Army Aviation's Basic Officer Leadership Course, syncs his watch with other Soldiers during convoy training at Fort Rucker May 16.



A student keeps a lookout for dangers during a movement halt. Among the most important lessons new officers learn is that few tasks can be accomplished without proper security.



WO1 Adam Candee communicates with three Humvees trailing his during convoy training.

By Sgt. 1st Class
Andrew Kosterman
B Co., 1st Battalion,
145th Aviation Regiment

There are several courses Soldiers must complete before pinning on prestigious Army Aviator wings. Among the first courses to complete is the seven-week long Basic Officer Leadership Course. Warrant and commissioned officers who attend this course must pass several written tests, demonstrate an understanding of Army Aviation operations and exercise their leadership abilities during "field

week." During this portion of the class, students must overcome stresses involved in planning and executing a variety of tasks, including a ground convoy. Students who successfully complete the course will attend the Survival, Evasion, Resistance and Escape course as the next portion of their training to be "Above the Best."

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Official: BRAC essential for funding

By C. Todd Lopez
Army News Service

WASHINGTON – As the Army cuts the number of Soldiers in its ranks, there will be an excess of infrastructure in place that used to support those Soldiers.

Maintaining that extra unused infrastructure could mean other critical Army programs will suffer, said a senior official.

“A future round of base realignment and closure in the U.S. is essential to identify and reduce excess Army infrastructure, and prudently align our civilian staffing with reduced uniform force structure,” said Katherine Hammack, the assistant secretary of the Army for Installations, Energy and Environment. She spoke May 15 before the Senate Appropriations Committee, subcommittee on military construction, veterans affairs and related agencies.

“If Army force structure declines, but facilities, overhead and civilian staffs remain constant, our ability to invest in equipment, training and maintenance will be reduced,” she said. “The Army fully supports the president’s request for authority from Congress to conduct a BRAC round in 2015.”

The Army expects to cut some 80,000 Soldiers by fiscal year 2017. The force is expected to be reduced to 490,000 Soldiers by then. With those cuts, force structure will also be reduced. Already, in Europe, two brigade combat teams have been cut.

In Europe, Hammack told lawmakers, the Army is reducing force structure by 45 percent, reducing infrastructure by 51 percent, reducing civilian staffing by 58 percent and reducing base operations costs by 57 percent. She also said the Army is working with the Office of the Secretary of Defense to see if there are additional opportunities in Europe for multi-service or joint consolidation.

Stateside, she said, the Army will cut at least eight brigade combat teams and “maybe more” with continued sequestration.

No decisions have been announced yet about what BCTs will be cut in the U.S. The Army has conducted studies and surveys to make that determination, and under way now is a “total Army analysis,” the results of which are expected before the end of June, that will determine what BCTs will be cut.

Before the announcement of what BCTs will be cut, and from where, the Army has changed its budgeting priorities. Hammack told lawmakers that the Army is not focused on building BCT headquarters or permanent party barracks, for instance, but is instead focused on training ranges, training barracks and infrastructure improvements.

Hammack also touched on energy security with lawmakers, who were interested in solar facilities at places like Fort Bliss, Texas.

The assistant secretary told senators that the Army’s focus is on improving energy security. Between fiscal year 2011 and 2012, she said, the Army has seen a four-fold increase in power disruptions at bases.

“That means we are required to provide more generation on our bases to continue our missions,” Hammack said.

Renewable energy projects, such as the 20-megawatt solar farm at Fort Bliss, deemed the largest in the DOD, or the four-megawatt facility at White Sands Missile Range, N.M., help that process along, she said.

Hammack said the Army continues to look for ways to leverage public/private partnerships, such as what was done at Fort Bliss, to fund renewable energy projects. The Army will depend on the private sector to install and maintain such facilities, and will then buy energy from them at market or lower-than-market price.



COURTESY OF THE SENATE APPROPRIATIONS COMMITTEE

The Army needs another round of Base Realignment and Closure, said Katherine Hammack, the assistant secretary of the Army for Installations, Energy and Environment, May 15 before the Senate Appropriations Committee, subcommittee on military construction, veterans affairs and related agencies.

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Hagel announces fewer furlough days

By Nick Simeone and Karen Parrish
American Forces Press Service

WASHINGTON — After weeks of review, Defense Secretary Chuck Hagel has concluded budget cuts will require most of the department’s civilian employees to be furloughed beginning in July, but that because of other efforts to deal with the shortfall, only half of the 22 days originally envisioned as temporary layoffs will now be necessary.

During a town hall meeting May 14 at the Mark Center in Alexandria, Va., Hagel told Defense Department employees that most will be required to take 11 furlough days beginning July 8, one per pay period, through the end of the fiscal year, Sept. 30.

Hagel noted that when he took the oath of office less than three months ago, post-sequester plans called for 22 furlough days. Congress allowed the department to shift or reprogram some funds in March that cut that number to 14. Now, he said, as maintenance, training, flying hours and ship deployments are increasingly affected, he had no choice but to authorize the furloughs.

“We kept going back. And finally, we got to a point where I could not responsibly go any deeper into cutting or jeopardizing our formations, our readiness and training,” he said.

In a memo to senior department leaders, Hagel said he had “very reluctantly” concluded that major budgetary shortfalls triggered by a \$37 billion cut in defense spending for fiscal year 2013 forced a decision he said he deeply regrets, and one that he acknowledged will disrupt lives and impact DOD operations.

However, he credited congressional passage of a defense appropriation bill in March in part for helping to reduce the number of days civilians would be tempo-



PHOTO BY U.S. MARINE CORPS SGT. AARON HOSTUTLER

Defense Secretary Chuck Hagel and Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, briefs Pentagon reporters Friday on a range of defense issues, including efforts to combat the problem of sexual assault.

rarily laid off by half.

It may be possible later in the year to “knock that back” to an even lower number, the secretary said, but he emphasized that he could not promise such an outcome.

“I won’t promise that,” Hagel said. “You deserve fair, honest, direct conversation about this, and I’m not going to be cute with you at all. This is where we are. We’ll continue to look at it, [and] we’ll continue to do everything we can.”

Hagel said the furloughs will affect every military department and almost every

agency, with limited exceptions.

“We will except civilians deployed to combat zones and civilians necessary to protect life and property,” he wrote in his memo, adding that others will be excepted if forcing them to stay off the job would not free up money for other needs.

Employees set to be furloughed will begin receiving written notification June 5.

In March, defense officials had told civilian employees to expect as many as 22 furlough days during the current fiscal year, part of department-wide efforts to slash

spending in response to across-the-board budget cuts known as sequestration.

In the time since, Hagel has been working to avoid or reduce the temporary layoffs, saying he had sought advice from department leaders and agencies, both civilian and military, but found no other way to help in closing the budget gap.

In his memo, Hagel said if the budget situation eases, he would strongly prefer to end the furloughs early.

“That is a decision I will make later in the year,” he added.

Boards require ‘opt in, all in’ for eligible officers

By C. Todd Lopez
Army News Service

WASHINGTON — This September, field grade officers who want to be considered for command positions and key billets will have to actively make it known they wish to compete. Unlike in years past, they will no longer be passively entered into competition for these important Army leadership positions.

The Army has changed how lieutenant colonels and colonels participate in the Brigade and Battalion Command Centralized Selection List system. Officers now must “opt in” to participate.

“You want officers that are committed to leading our formations, have thought through those challenges, and have a desire to command,” said Col. Robert C. Doerer, the director of the Officer Personnel Management Directorate, about the change.

The Senior Leader Development Division and Army Human Resources Command work with Army commands to determine what the requirements are for command and key billet positions. Once those needs have been assessed, the Army holds Centralized Selection List boards to fill those positions using eligible Army officers.

For lieutenant colonels, the three boards they can participate in — the maneuver, fires and effects board; the force sustainment board; and the operational support board — are held in September. For colonels, three similar boards are held in January.

The changes affect how eligible officers will make themselves counted among those considered for participation in the upcoming fiscal year 2015 centralized selection list boards and for those in coming years.

The Army’s Human Resources Com-

mand has what’s called a “command preference designator.” For the fiscal year 2014 CSL boards and for those held in years past, officers logged into that computer system and chose which subcategories of command they wished to compete for, Doerer said. If they didn’t log into the system at all, they would then automatically be competed in every subcategory of command. Not logging in was akin to selecting to compete in every category.

With the new opt-in change implemented for the first of the fiscal year 2015 boards, coming in September, officers who don’t log into the system won’t compete at all. If they want to compete, they will need to log in and let the Army know their wishes.

Another change is that officers will now compete for all subcategories of command. Under the old system, they could choose which subcategories they wanted to compete in. Now, they will either compete in all subcategories, or not compete for command and key billets at all. Officers who do choose to compete will rank the subcategories they are eligible to compete in, however. But they will be considered, in the order of their preference, for all subcategories.

Subcategories of command are based on an officer’s branch or functional area. For some officers, such as those competing for a battalion command, there may be as many as 10 subcategories. For officers competing for a brigade command, there may be as many as 14 subcategories.

The CSL boards will consider an officer’s preferences in the selection process.

“We’re giving the officers the ability to influence the type of command they are selected for, by giving them the opportunity to rank order the subcategories for the type of commands,” said Col. Steve Sears, chief of the Command Management Branch.

Doerer said the opt in nature of participation in CSL boards is better for the Army, as it ensures that only those Soldiers who want to be commanders compete to be commanders. The all in change is also important, he said, because it helps emphasize an important part of Army values.

“You can associate that with ‘selfless service,’” Doerer said of the all in change. “Once you’re committed, you’re opting in — our Army wants highly qualified com-

manders who will selflessly serve to meet the Army’s needs.”


Doerer said changes to the CSL process serve to strengthen the Army, and improve what is already a good process for selecting officers for important positions.

“The CSL has served the Army well in identifying the best qualified officers to fill our most important battalion and brigade command/key billets. These refinements will only make the system that much better,” Doerer said.



PHOTO BY C. TODD LOPEZ

This September, field grade officers who want to be considered for command positions and key billets will have to actively make it known they wish to compete. Unlike in years past, they will no longer be passively entered into competition for these important Army leadership positions.



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ACOE: President also honors Fort Rucker

Continued from Page A1

said the recognition that it has brought only serves to help the Fort Rucker team take it to the next level.

“This is a golden opportunity for us to make this installation even tighter and build a team of teams, and the ACOE gives us the opportunity to develop even further,” he said.

Although the installation can’t win the award two years in a row, Tindoll challenged Fort Rucker to bring the award back to the installation when it is eligible once again.

“Whether or not you keep [that excellence] is up to you,

and I have faith that you can do that,” he said. “There is a thread here at Fort Rucker. The thread of continued excellence and you have the ingredients to take it to the next level.”

Before the ceremony ended, McRae presented Tindoll with the second cast of Sgt. Ted E. Bear ever awarded in appreciation for everything he’s contributed to the installation.

“He kind of set things in motion while he was here and it culminated into this recognition, and we wanted to take a moment to pass on something to you and the special relationship you have with Fort Rucker,” he said.

In addition to the ACOE Gold award, Fort Rucker also received the 2013 Commander in Chief’s Annual Award for Installation Excellence, according to a May 20th article by the American Forces Press Service.

“The award recognizes the outstanding and innovative efforts of the people who operate and maintain U.S. military installations,” said Pentagon officials according to the article. “The five recipients were selected for their exemplary support of Defense Department missions.”

Fort Rucker will receive a commemorative commander in chief’s award trophy and flag, along with a congratulatory letter from the president.

Kennels: Dedication honors Soldier’s sacrifice

Continued from Page A1

“After all these years, it gives us great comfort to know that his work was appreciated,” said William Smith, Tabb’s brother. “This is a great honor and we’re grateful to Fort Rucker for all the hard work that they’ve done to get it done.”

Tabb volunteered for his second tour to Afghanistan and deployed in 2008. During his deployment, Tabb was in his vehicle with his military working dog, Bo, when they ran over an improvised explosive device. Despite the devastation, Bo survived the blast with only minor injuries because he was in his kennel at the time.

Capt. Brian Wheat, 6th MP det., said that the process to get the building dedicated to Tabb was well worth the wait, and that no one was more deserving of the

honor. Wheat served with Tabb in 2005 as a junior NCO and said that he was someone that many looked up to.

“He was a role model and one of those NCOs that young Soldiers aspire to be,” he said. “It was a long process and a great feeling of accomplishment. I’m glad that we could do this for him and his Family, and I’m glad that his Family was able to make it down to see it.”

The dedication process was started several years ago when the idea was submitted to the Fort Rucker memorialization committee. The delayed process was reenergized upon Wheat’s return to Fort Rucker in 2011 and the decision to dedicate the building was unanimous, said Eichhorn.

Tabb’s Family didn’t have to wait that long, however, to find comfort in a companion that remained by the sergeant’s

side until the end.

About six weeks after Tabb’s death, it was decided that his Family would be allowed to adopt Bo, a decision that Smith said was bittersweet, but brought a lot of comfort to the Family.

“It’s hard to explain, but it’s like [Bo] took away some of the pain of losing [my brother],” he said. “He just mended that piece of it and it helped us. Bo played a strong part in comforting us, and everyone, even the children, sees Bo and thinks of Donald.

“Bo meant a lot to Donald,” he continued. “He gravitated toward him and [Donald] always talked about him – Bo is our connection to Donald. Donald was a very funny guy, and the only thing Bo can’t do is joke.”

The process to get Bo to Tabb’s Family

was not an easy one because in the eyes of the service, Bo still had a lot of service to give to his country, said Eichhorn.

“Bo was a very young dog [when this happened], he was only 2 years old, and training is very expensive and it takes a long time, so that had to be considered,” she said. “When Bo was evaluated, it was determined that he suffered from Post Traumatic Stress Disorder associated with loud noises and large crowds.

“He still has issues with thunderstorms and has some lingering issues with any loud noises that might sound like an explosion,” said Eichhorn. “That was taken into consideration and it was decided that even though he was young, it was OK to give him to the Family, and it was absolutely the right thing for Bo, the Tabb Family and Sergeant Tabb.”

NCOs: Newly-coined leaders tasked to uphold Army excellence

Continued from Page A1

plishment when one is promoted to sergeant, but there must also be a realization that a tremendous amount of responsibility comes with that promotion.”

Sgt. Miranda L. Jackson, who was inducted into the corps, said she is ready

to take on the added responsibility and is looking forward to her future as a leader.

“I’ve had NCOs above me that have prepared me for today, and they made this easy for me,” she said. “It has always been my decision to become and NCO and I’m ready for the extra responsibilities – I’m here to make it all the way to

the top.”

Mitchell also offered advice to the newly inducted sergeants as he reminded them that they will no longer be graded by their actions alone, but the actions and merit of their Soldiers.

“You must be ready to put the welfare of your Soldiers and the accomplishments of the mission above your own personal needs,” he said. “You are now noncommissioned officers, sergeants, leaders. We are depending on you to get it right to ensure your Soldiers are trained and ready.” Mitchell added that Soldiers in their charge rely on leaders to protect them, train them for combat and make them better Soldiers.

“Many have come before you and many have paid the ultimate price to defend our nation and the reputation of this

time-honored corps,” he said. “Take care of your Soldiers, be committed to excellence, and never forget the pride and responsibility that comes with being a non-commissioned officer.”

Inductees from the 597th Maintenance Detachment include: Sergeants Troy L. Altman, Angel R. Garcia and Robert Hubbard. Inductees from Headquarters, Headquarters Company include: Sergeants Shalisa L. Allen, Valene W. Carter, Miranda R. Gainer, Braxton J. Henry Jr., Brandon S. Whitmer and Angelique F. Young. Inductees from the 1-58th Airfield Operations Battalion include: Sergeants Martin L. Baldwin, Tony L. Barnes, Dennis A. Dickerson Jr., Eric D. Goldman, Miranda L. Jackson, Jerry L. Jordan, Francine M. Murray, Eric D. Ruffin Jr., Karim L. Toney and James K. Varner.



PHOTO BY NATHAN PFAU

Soldiers walk under sabers to symbolize the transition from a Soldier to NCO during the first NCO Induction Ceremony on Fort Rucker in years at the post theater May 15. For more photos of the induction, see the Fort Rucker Facebook page at www.facebook.com/ftrucker.

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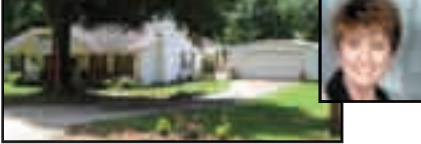
2750 Main ~ \$46,000
Come spread out on this lovely 4+ acre home site. Original home burned following a lightning strike. The home & pool area have been leveled & are ready & waiting for some lucky person to build their little bit of heaven. So conveniently located within Enterprise city limits & the Enterprise City School System. City water & sewer available for tie in at the street. Well water, septic & power available on site from previous home owner. **JAN SAWYER 406-2393**

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10 Cotton Creek ~ \$159,900
GREAT HOME, GREAT LOCATION, GREAT PRICE! Spacious 3BR/2BA in Cotton Creek. Stainless kitchen appliances, large grandroom with fireplace, screened back porch, sprinkler system & much more. Minutes from Fort Rucker via Faulkner Gate. **SAM HELMS 798-3357**

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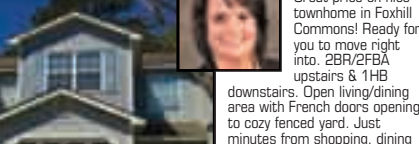
233 Malibu ~ \$179,900
Aah...country living! Nice 3BR/2BA home nestled among huge oak trees overlooking approx. 5.8+ acres of beautiful countryside with playful brook running thru it, huge family room, roomy eat-in kitchen with cabinets galore, private patio, detached 2-car garage & much more. **SAM HELMS 798-3357**

NEW LISTING



348 Church ~ \$35,500
Enjoy the charm of this Cottage home! Has been remodeled into a 3BR/1.5BA. Large, eat-in kitchen, bright living room & traditional front porch ready for the rockers! Huge garage added with large storage & laundry area. Shady fenced backyard with mature pecan tree. This is a Fannie Mae HomePath property. Purchase this property with as little as 3% down! This property is approved for HomePath Renovation Mortgage financing. **GINA SWAN 447-9451**

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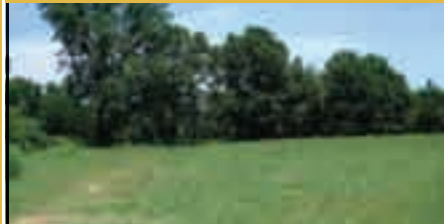
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15 COUNTY ROAD 165: Wall to wall comfort. Your family will enjoy this 4BR/2.5BA with room to spread out. Landscaped corner lot with screened porch, patio & wood privacy fence. Wonderful neighborhood. Ready to move in. **JUDY DUNN 301-5656**

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COUNTY ROAD 537 ~ \$87,000: Beautiful property in newly development in Bridlewood Manor Subdivision. **JIMMY JONES 406-1752**

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703 ALBERTA: Large living & dining rooms, pinewood walls - cabinetry with 1 yr. old flooring & sliding glass doors that exit to large back porch. Some new interior paint & fresh varnished original wooden floors. 3BR's with large closets/storage. 2 full BA with new toilets & vinyl flooring. Back porch with roof covered hot tub. Chain link fence, 20x22 2-story workshop. Garage with electric garage openers, washer/dryer hook up & large inside storage. New roof 2012 with 25 yr. warranty. **JACKIE THOMPSON 406-1231**



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203 RABBIT: Beautifully finished home with modern touches, you won't find one like this anywhere you look. This 4 bedroom home features custom cabinetry throughout, stained concrete flooring, granite countertops, custom molding, stainless steel appliances & so much more. This home is a brand new construction across the street from the Turtleback clubhouse, community pool & community lake. **Maggie Haas 389-0011** **Directions:** Turtleback; Hwy 84 North, right on Salem Road, right into Turtleback Subdivision. Go straight, house will be on left.

\$119,900



215 EAGLE LANDING: Beautiful 2BR/2.5BA townhouse in great location. Brick & architectural shingles, deck off master bedroom, clubhouse & pool access. **PAT LEGGETT 406-7653**

\$219,900



110 REMINGTON: Looking for a nice house with pool convenient to Fort Rucker? Here it is! Salt system pool, screened porch, wood floors in dining room & foyer. 9 ft ceilings & recessed lighting. **BOB KUYKENDALL 369-8534**

\$69,000



967 STEWART: Additional 200+ ft. added to field lines in 2010. New fiberglass steps with handrails. 2011 ceiling fan on screened porch, lifetime metal roof, new air conditioner in 2010. Start of 200 amp service on end of house set up but service not to box yet. Gas logs in fireplace, 70" remote control fan in living room. Upgraded light fixture in dining room. Ceramic tile from foyer thru kitchen. 840+ sq. ft. addition on back of house not completed. 14x16 connecting room, appliances newer than home. Laminate floors installed 2010. **EVELYN HITCH 406-3436**



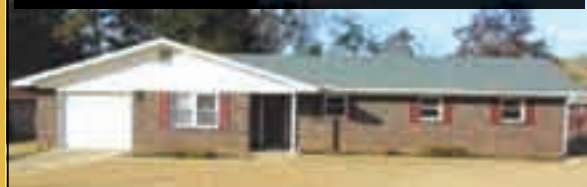
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\$109,500



71 COURTYARD: New paint! Move-in ready, set your appointment now to see this 3BR/2.5BA townhome in Courtyard Place. All appliances & clubhouse in subdivision.

\$129,000



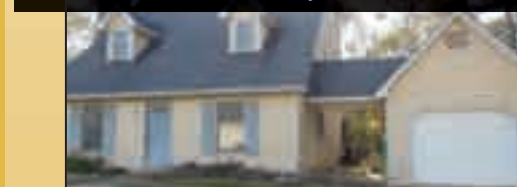
106 W EMERALD: 4BR/2BA, new paint/carpeting/pool liner. Kitchen with pantry, bar & large eat-in area. French doors to covered patio. Detached shed.

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202 SCOTTY: Great little house at the end of cul-de-sac & convenient to everything. Redone with new carpet/paint/kitchen & bathroom cabinets & vanities. Skylights in dining area. Lots of storage. 2 outside buildings - 1 with electricity. Enjoy seeing the country side while sitting on your deck.

\$125,000



111 CRESTVIEW ~ Foxhill Subdivision: This Cape Cod features 3BR/2BA with wood ceiling in grandroom & space under the stairs for a place a desk/computer. Fireplace in grandroom. Choice of master bedroom up or downstairs, both have walk-in closets, but upstairs also has a fireplace. Beautiful covered deck on back with sunken hot tub. Finished garage makes for a man-cave with wet bar, extra lighting, heat pump, stackable front load washer/dryer (negotiable) & carpet, but you can still park your car if you want to.

\$124,500



2149 COUNTY ROAD 520: Country comfort fills this gracious 3BR/2BA ranch ramble. Located just minutes from downtown, situated on over an acre of land with 10x32 storage/workshop along with 18x32 covered RV carport. Priced to sell.

MAY 23, 2013

Odierno: Army must do more

By Mollie Miller*1st Infantry Division Public Affairs*

FORT RILEY, Kan. — As the clock winds down on America's longest period of armed conflict, Army senior leaders are busy framing a future force designed to thrive in a changing global environment.

This new force will be agile and adaptable and "will be asked to do more" to ensure the nation's security, the Army's senior officer said May 14, during a visit to Fort Riley.

"Throughout time, our Army has been given one major mission, and that is to win our nation's wars," said Army Chief of Staff Gen. Ray Odierno. "We are not going to walk away from that, but we have to do more. We have to be able to shape other areas around the world to prevent conflict, so we don't have to go to war."

During several engagements with 1st Infantry Division Soldiers and Fam-

ily members, the general described the force of the future as "globally responsive and regionally engaged," meaning that units will have the ability to deploy specially tailored units anywhere in the world on short notice to meet whatever the need might be.

Those needs, Odierno said, will not necessarily involve a combat situation.

Going forward, units will be "regionally engaged" and deployed to train and build partnerships, with the ultimate goal of providing countries within their region the tools they need to secure themselves and bring stability to what the general called, "the most uncertain security environment he has seen in his 37-year Army career."

The globally responsive, regionally engaged concept is already being put into practice within the "Big Red One," with the 2nd Armored Brigade Combat Team, the Army's first Regionally



PHOTO BY AMANDA STAIRRETT

Army Chief of Staff Gen. Raymond Odierno congratulates SPC. Joshua Newbury, with the 111th Sapper Company, 70th Engineer Battalion, 1st ABCT, 1st Inf. Div., "Big Red One," after giving him a coin May 14 at Fort Riley, Kan. Newbury was among the Fort Riley Soldiers, civilians and Airmen recognized by Odierno following a community town hall at Barlow Theater.

SEE ODIERNO, PAGE B4



PHOTO BY STAFF SGT. NICOLAS MORALES

SERE Exercise

Pilots of the 1st Infantry Division, 6th Cavalry Regiment, Combat Aviation Brigade, participate in a Survival Evade Resist Escape Exercise May 13 at Fort Riley, Kan. The training teaches pilots to extract themselves from damaged aircraft in the event an aircraft goes down.

Helicopter pilot's hobby whirrs into Family business

By 1st Lt. Kat Kaliski*166th Aviation Brigade,
Division West Public Affairs*

KILLEEN, Texas — For one Soldier, a wood-working hobby has branched into a Family customized crafts business with the motto, "You imagine it, we make it."

The "B" in B&K Pens and Crafts is for the 166th Aviation Brigade's CW4 Bill Noyer, while the "K" is for his 21-year-old son Kyle.

After 28 years serving the Army, the Aviation materiel officer plans to hang his hat and join Kyle and his other 11-year-old son Billy full time, while hoping to expand their business outside of their home garage.

Bill and his sons seem like jacks-of-all-trades.

"It's in the blood," he said.

A visit to the Noyer Family's business website shows the hidden secret of its inception: "We are a Family-owned business that started in the summer of 2008 because my son didn't want to cut grass, because it was so 'overdone.'"

With a grandfather as a retired cabinetmaker, and a father who seemingly "could fix anything," Bill grew up doing woodworking from a very early age.

The Black Hawk helicopter pilot also strives to balance the demands of an Army eight- to 10-hour work-day against his duties as youth pastor at his church.

While a loving and doting father to six children and married to a working wife, he also manages putting in two or three hours each night, as well as weekends, to create and refine wood projects.

The large garage that is his woodshop holds a prized laser engraver, a job previously outsourced. Walls and countertops contain the tools of the trade that make his custom woodworking and various other crafts come to life.



PHOTO COURTESY OF CW4 BILL NOYER

CW4 Bill Noyer, 166th Avn. Bde., shows off a fresh laser-engraved project at his home in Killeen, Texas.

The Family pride rests on quality, so the art design phase is the most tedious.

"The woodworking is the easy part," he said. "The graphics are more of a challenge."

So, graphics is where sons Kyle and Billy step in to help design the crisp and artistic images their business is quickly becoming known for.

"The level of detail we get from the laser makes the effort worthwhile," they both assured.

The laser will engrave just about anything. Bill and Kyle can spout off materials and items left and right that the laser will penetrate, like guns, knives, cell phone cases, dog tags, lighters,

key chains, mugs, desk plaques, granite, delicate ornaments and, of course, wood, just to name a few.

"The list is never ending," said Kyle.

His largest clientele to date is his own 166th Aviation Brigade. In fact, Bill has created the brigade standard for plaques, and his colleagues are his loyal customers having him design emblems with their 1st Army patch and brigade motto, "Wings of the West."

Word-of-mouth and Facebook have become the strongest advertising avenues, and he hopes to eventually support both military and non-military with custom gift ideas.

Soldiers sling load gap crossing assets

By Staff. Sgt. Heather A. Denby*4th Maneuver
Enhancement Brigade
Public Affairs*

FORT LEONARD WOOD, Mo. — Nearly 50 Soldiers assigned to 50th Multi-Role Bridge Company, 5th Engineer Battalion, conducted sling load operations Wednesday across the waters of Lake of the Ozarks Recreation Area as part of a three-day training exercise.

"This training directly applies to our role as a bridging asset for the 1st Inf. Div. and as a combat multiplier on the battlefield," said Sgt. 1st Class Jimmy Pelliccia, a bridge crewmember and platoon sergeant in the 50th MRBC.

With the support of a Kansas National Guard pilot and CH-47 Chinook helicopter, the Soldiers constructed a four-float assault raft consisting of four interior bays and two ramp bays capable of transporting maneuver units across large bodies of water.

Sgt. Benjamin Conrad, a bridging Soldier with more than six years experience and bridge crew chief in the 50th MRBC, said that sling load training is a critical skill for the unit to have even without water.

"During my deployment to Afghanistan in 2010, the water level went from 17 feet to 3 feet overnight and our free-floating bridge went aground," said Conrad. "We were able to recover the equipment by hooking it to a helicopter and sling loading it out of the area."

The training conducted at LORA gave Soldiers a similar opportunity by staging and loading their equipment for sling load then recovering their assets when they hit the water, Conrad said.

Once the helicopter cleared, Soldiers set out in MKII boats to rapidly assemble the float bridge.

"In a combat environment, we want to get the fighting forces from one side of the gap to the other as fast as possible," said Capt. Andrew Lowery, 50th MRBC commander. "Our training and specialized equipment provide assurance for commanders who may need to bridge the gap while maneuvering their forces."

Lowery said that he likes

SEE ASSETS, PAGE B4

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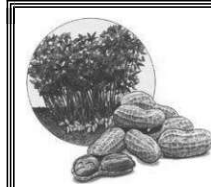
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Odierno: General emphasizes commitment to Family

Continued from Page B1

Aligned Force. Since the “Dagger” Brigade was aligned with U.S. Army Africa in late spring this year, Soldiers have deployed to countries throughout Africa to train partner security forces on everything from logistics to noncommissioned officer education.

“This is the kind of work we will see during the next few years,” Odierno said.

The force of the future was not the only topic discussed during the general’s visit to the Flint Hills post. The Army’s continuing budget challenges were a constant hot topic, and Odierno acknowledged the fiscal shortfalls created by things like sequestration and a higher-than-expected cost for operations in Afghanistan are still creating an environment of fiscal constraint.

The general repeatedly assured his audiences Army senior leaders have been working the issues every day.

“Let me worry (about the budget),” he said. “I just

need you to stay focused on what you do to train, to sustain your equipment, to develop leaders, to take care of our Families. Do the best you can with the resources we give you.”

Fort Riley and 1st Inf. Div. Soldiers, Family members, veterans and civilian employees all had the opportunity to present their own questions and concerns to the general during an hour-long town hall meeting. The open discussion ranged in topic from women in combat and transition issues to toxic leadership and the future of the Army’s Tuition Assistance Program.

As he provided his insight into each of the widely varying subjects, Odiero emphasized the Army’s continuing commitment to Soldiers, Family members and Department of the Army civilians.

“We will continue to focus on making sure our Soldiers are equipped and protected, that they have the (information technology) capabilities to get the most current information as fast as possible and that they have

the mobility to move around the battlefield,” the general said of modernization priorities.

One 1st Inf. Div. chaplain deviated slightly from the town hall’s policy and program questions when he asked the general what gets him out of bed in the morning. Without hesitation, the general said the reason he has stayed in the Army for 37 years is the great people he gets to deal with every day.

“I have gotten to witness amazing things in my career, amazing accomplishments, incredible courage, incredible talent, incredible camaraderie, that I will never forget, and that is what gets me up every day,” Odierno said. “It is about understanding the sacrifice of our Soldiers and our Families and doing all I can to ensure that we continue to honor that sacrifice. Yes, we have problems, and everything isn’t perfect, but we are going to work every day to make sure that we do the best for our Soldiers and Families and Department of the Army civilians.”

Assets: Training challenges Soldiers, improves effectiveness

Continued from Page B1

to challenge his Soldiers by finding different gap crossing locations throughout the Midwest.

“The training we’ve conducted here and in my time spent with this unit has been challenging, but it has been fun,” said Sgt. Christopher Pena, bridge crew chief in 50th MRBC. “I think it’s actually why I love this job and why my Soldiers love it too.”

The 50th MRBC is slated to conduct a hasty gap crossing exercise incorporating additional security and maneuver units to enhance its Unified Land Operations readiness over the next several months.



PHOTO BY PFC. JESSICA BOX

Sgt. Christopher Pena, a bridge crew chief assigned to 50th Multi-Role Bridging Company, 5th Engineer Battalion, signals for a helicopter hover during a sling load operation May 15 at Lake of the Ozarks Recreation Area in Missouri. The 50th MRBC is one of five active-duty bridging companies in the U.S. Army.

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MAY 23, 2013

LAKE FEST

Event kicks off summer for Fort Rucker

By Nathan Pfau
Army Flier Staff Writer

Thousands of people flooded the beaches during Lake Fest at Lake Tholocco Saturday to officially kick off summer on Fort Rucker.

Despite a rainy start, the event at West Beach was a success and was the perfect time to showcase what Lake Tholocco has to offer Soldiers, their Families and those in the surrounding communities when it comes to summer fun, said Brian Jackson, Directorate of Family, Morale, Welfare and Recreation program manager.

"This is pretty much the grand-opening event for us here at West Beach," he said. "This is just a good opportunity for people to come and enjoy themselves in a laid-back atmosphere, and a good chance for us to show people what we've got to offer here with outdoor recreation services and Lake Tholocco."

The festival offered free pontoon boat rides, kayak rentals, adult and children's swim, volleyball tournaments, sand castle building competitions and frozen T-shirt contests, as well as various vendors that ranged from foods to arts and crafts. There were also inflatables that children could play in like bouncy houses and a bungee basketball court.

More than nine teams participated in the volleyball tournament and 10 Families got their hands dirty in the sand castle competition. Prizes were given out throughout the day for winners of the various competitions like gift vouchers to DFMWR facilities, T-shirts, flying discs, and even \$80 in DFMWR bucks to the winners of the volleyball tournament, which can be used at any of the DFMWR facilities.

Jeremy Riddle, civilian, said that he enjoys attending events like Lake Fest because it's a place that he can come with his Family and enjoy the beach without having to travel very far.

"I've lived in this area for most of my life and it's always nice to see that they have a place like this that even people that aren't associated with Fort Rucker can come visit," he said. "They've got beaches that you can lay out on, plenty of swimming areas and even water slides for the kids — you can't really ask for much more."

Linda Rogers, military Fam-



PHOTOS BY NATHAN PFAU

Children play in the enclosed swimming area at West Beach during Lake Fest Saturday. Thousands of people came out to Lake Tholocco despite a rainy start to enjoy fun in the sun.

ily member, agreed and added that it's a great time for Families and friends to come together and meet new people.

"It's just nice to know that there is something like this close by that we can visit throughout the summer without having to go too far away," she said. "I never realized that there was so much out here at the lake to do, and with the amount of people that are out here today, it really feels like you're at the beach."

The festivities started off slower than usual because of the rain, but Jackson said after the skies cleared, people really started to show up and get into the summer fun.

"Throughout the event we've progressed in attendance a lot," he said. "Typically the event brings out about 3,000 people, and so far they seem pretty pleased that the weather has held out since this morning."

Jackson added that about two

hours into the event, attendance had already approached 2,000 people.

With the high volume of people at the event, safety was a major concern for them, said the program manager.

"Our aquatics manager, Jon Cole, always does a fantastic job of doing immense safety briefs with his lifeguards, not only during the event, but prior," said Jackson. "The swimming areas are completely overseen by certified lifeguards."

Announcements were also made throughout the day to remind people to stay hydrated.

"This really does feel like one of the safest places you can come and enjoy time with the Family," said Riddle. "On top of all the lifeguards and people here, we're on a military installation, so you know everyone here will be taken care of and you can't really feel much safer than knowing you've got the



Acazio Coleman, military Family member, buries his friend, Daphne Wallace, in the sand as part of their live-mermaid sand castle during Lake Fest Saturday. Their mermaid sand castle took first place in the competition.

Army in your backyard. I'm just really proud to be a part of this community because of what they've got for us here."

With summer officially in full swing, West Beach at Lake Tholocco is ready to host the needs of Soldiers, Families and civilians in the surrounding area,

said Jackson.

"It's nice to see how much fun people have out here and see them enjoy the different facilities we offer here," he said. "They don't have to [travel], they can come right here, and we look forward to seeing them throughout the summer."

Event features shopping, manicures, massages

By Sara E. Martin
Army Flier Staff Writer

The Directorate of Family, Morale, Welfare and Recreation invites women to enjoy Month of the Military Spouse with some relaxation and girl time.

Women can find a babysitter or leave the children with the hubby for a night to enjoy a first-of-its-kind event here on Fort Rucker, which features shopping, browsing, entertainment and, above all else, relaxation, said Leigh Ann Dukes, DFMWR sponsorship and advertising sales manager.

"Pamper Yourself is a spouse-only event that provides women the chance to meet business owners and employees in a relaxed yet vibrant atmosphere that is devoted strictly to them," said Dukes. "They can browse booths, shop, learn current trends, get an update on women's health issues, meet with friends and just have a good time."

Pamper Yourself is scheduled for May 31 from 6-9 p.m. at The Landing ballroom.

The event is open to military spouses — ages 18 and older with tickets currently on sale at The Landing in the Five Star Catering office.

"You get so much," Dukes said of the event. "You get the opportunity to meet new friends, to shop and window shop, to see a fashion show, to get massages and information pertinent to women and even a free drink."

Tickets are \$10 and will be available at the door the night of the event if they are not sold out earlier. Only 200 tickets are available. Ticket price includes entrance, one adult beverage or fountain drink and a customized beverage glass.

"We wanted to devote an event entirely to military spouses, and we wanted it to have a relaxing [vibe]," said Brian Jackson, DFMWR program manager. "Every spouse has the chance to either get a manicure or a massage. They have to choose; when they arrive they will register for either one."

All 200 spouses will get a complimen-

tary beverage glass that says 'Pamper Yourself' on it and the manicure will be a 10-12 minute manicure, something like a buff and polish, Jackson added.

About 25 vendors that cater to women will be present at the event and each will provide door prizes to attendees. Vendors that will be in attendance include salons, retail stores, spas and boutiques.

"We will have Mary Kay, Merle Norman, The Pink Poodle, Spa in the City, Jennifer's Nails, Nicole Allen Salon, 2 Girls and a Spa, Message Envy, Lingerie Boutique and Pure Imagination to name a few," said Dukes.

Adding to the experience is a fashion show that will be held at 7:30 p.m.

"Maggie B's Bouchique will have a 25-minute fashion show featuring summer styles for women," said Dukes.

Spouses who have busy or stressful lives are encouraged to take a break and take a night for themselves.

"It's a good way for women to get away from work and the stress of the week,"

said Jackson. "This is a good event to recognize our military spouses and show them why they are so important to our community."

There will be a cash bar as well as a photo booth at the event. People will be able to view them on DFMWR's Facebook.

The 98th Army Silver Wings Band will have a jazz quartet playing throughout the night to help create a "wonderful" atmosphere for attendees.

"Often spouses play the role of mom and dad, and they have to make so many decisions on their own because sometimes they can't talk to their spouse," said Jackson. "It can be hard and stressful to have that on someone's shoulders."

This event is special because who it is honoring, he continued, adding that Fort Rucker officials want to show spouses how much they mean to the community.

"This is the first time we have held something of this caliber and nature for only spouses, but I have a feeling it is going to turn into an annual event," said Dukes.

ON POST

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

Swim Season at West Beach

West Beach is open for swim season now through Sept. 2 from 11 a.m. to 6 p.m. Fridays through Tuesdays and is closed Wednesdays and Thursdays. West Beach swimming is also be open on weekends and holidays only while school is in session. Admission for swimming is free for ages 2 and younger, \$1.50 for ages 3–9, \$2.25 for ages 10–17, and \$3 for ages 18 and older. Season passes, valid at both Splash! and West Beach, will be available once the summer season begins at both physical fitness centers, outdoor recreation, and leisure travel services.

For more, call 255-9162.

Auto center special

The Fort Rucker Automotive Skills Center will offer a Beat the Heat special throughout June. The special includes \$10 off mechanic for hire, air conditioning evac and recharge service – does not include diagnostics or Freon. For more, call 255-9725.

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.

June EDGE! programs

Child, youth and school services will host its June EDGE! program with activities such as tubing and paintball at outdoor recreation, and painting and ceramic arts at the arts and crafts center. June EDGE! will be held Mondays through Fridays from 2:30-4 p.m. and will be open to children ages 6–18. The cost will be \$5 per hour. Valid CYSS registration is required and people can enroll at parent central services in the Soldier Service Center, Bldg. 5700, Rm. 193, or at the facility where the activity is being held. EDGE! is open to youth of military, Department of Defense civilians and contractors working on Fort Rucker. For more, call 255-0666 or 255-9638.

HIRED! prerequisite training

Fort Rucker Child, Youth, and Schools Services’ HIRED! Apprentice Program offers its prerequisite training Tuesday through May 30 from 4–6:30 p.m. at the youth center in Bldg. 2800 on Division Road. The 12-week HIRED! Apprentice Program provides real-life, hands-on work experience. Teens may sign up at parent central services in Bldg. 5700, Rm. 193. For more, call 255-9638.

Youth summer camp

Youth services offers summer camp Mondays-Fridays Tuesday to Aug. 9 at the youth center in Bldg. 2800 on 7th Avenue. Camp hours will be 7 a.m. to 1 p.m. There will be free open recreation beginning at 1 p.m. Camps will include: archery, ultimate flying disc, flag football, volleyball, basketball, money management, beading, fine arts, preventing cyber bullying, rockets, computer recycling, renewable energy, photography, robotics, anime pro/Studio 6, Flight Simulator/Microsoft Office Suite, arts and crafts, performing arts, culinary arts, sewing, scrapbooking, softball and rock climbing. Field Trips will also take place on Wednesdays and Fridays. Camp fees are based solely on income. For more, call 255-2245.

Pamper Yourself

Military spouses are invited to the Directorate of Family, Morale, Welfare and Recre-



FILE PHOTO

Splash! park opens

Family members enjoy the Splash! Park last year. Splash! park will open for this year’s swim season Saturday and stay open until Sept. 2. The park will be open from 11 a.m. to 6 p.m. Wednesdays through Mondays and closed Tuesdays. Splash! will also be open weekends and holidays only while school is in session. Prices are as follows for active-duty service members, retirees and Family members: free for ages 2 and younger, \$2.25 for ages 3–9, \$3 for ages 10–17 and \$3.75 for ages 18 and older. For Department of Defense civilians, contractors and Family members admission is free for ages 2 and younger, \$3 for ages 3–9; \$3.75 for ages 10–17; and \$4.50 for ages 18 and older. Season passes, valid at both Splash and West Beach, will be available once the summer season begins at both physical fitness centers, outdoor recreation and leisure travel services. For more, call 255-9162.

ation’s Pamper Yourself event May 31 from 6-9 p.m. in The Landing ballroom. The event will feature a fashion show and vendors that offer clothing, accessories, and other products and services that cater to women. All tickets will include a free beverage and a customized glass. Spouses can also sign up for either a manicure or massage at the event. Services will be available on a first-come, first-served basis. Limited tickets are available at The Landing’s catering office. The event is open to military spouses ages 18 and older. For more, call 255-9810.

Throwback Party

Darryle E and the Train return to The Landing June 1 with their Throwback Party to provide music from the 80s, 90s and early 2000s. People can party to some old favorites beginning at 8 p.m. There will be a \$10 cover charge at the door and people must be 21 years old to enter. Picture ID is required. The event is open to the public. For more, call 598-2426.

Summer Reading Program

The Center Library offers its Summer Reading Program, with the theme, Have Book - Will Travel, June 3-28. The free program is open to children completing grades kindergarten through eighth. Registration is ongoing at the library. The program features the chance for children to win prizes for reading their favorite books. Prizes will be awarded to the top reader for kindergarten through fourth grade and fifth through eighth grades at the end of the program. For more, call 255-0891.

Financial Readiness Training

Army Community Service offers Financial Readiness Training June 7 from 7:30 a.m. to 4 p.m. at the Soldier Service Center, Rm. 284. ACS officials said the free training provides a practical approach to personal financial management so Soldiers can gain control of and manage money effectively. Financial Readiness Training is required for all first-term junior enlisted Soldiers (E-1 through E-4). For more, call 255-2594 or 255-9631.

DFMWR Spotlight

LIMITED TICKETS AVAILABLE

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6 pm – 9 pm, Tickets: \$10

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- Expo Booths



Event info call Family & MWR, (334) 255-9810.
Ticket info call Five Star Catering, (334) 598-2426.
www.ftruckermwr.com

Health Expo educates Fort Rucker community

By Sgt. 1st Class Andrew Kosterman
B Co., 1st Battalion,
145th Aviation Regiment

The Fort Rucker Physical Fitness Facility hosted 49 vendors and about 350 attendees for the 2013 Health Expo May 16.

This year's free expo was a combination of previous men's and women's health expos. The event was organized by the Fort Rucker PFF and Directorate of Family, Morale, Welfare and Recreation.

"After speaking with the Fort Rucker garrison command, it was decided that both events should be combined," said Fort Rucker DFMWR representative Leigh Ann Dukes. "They were very helpful in determining the best times for this event and how to set it up."

Vendors at the expo included representation from local area health treatment facilities, health specialists and businesses. Fitness demonstrations by certified instructors were also part of the event.

Among the booths set up was one for United Services Automobile Association. Chris Glennon, a retired force master chief with the U.S. Navy, was in charge of the booth and said events like the health expo are a great way for those at the home of Army Aviation to talk with medical professionals, and learn about services and products that are available.

"I wish we had the opportunity to do more of these," Glennon said of the expo.

Barbara Leger, a licensed massage therapist with Body Mechanics, said the event is great for Fort Rucker Families to come to a "one-stop shop for wellness."

"People are surprised that a massage is available at the gym," said Leger. "They live here on Fort Rucker, but didn't even know."

Leger added that the event is good for vendors because it helps promote business with customers.

One of the potential customers is Staff Sgt. Sylvester Simmons of Fort Rucker's NCO Academy. His boss told him to stop by the expo during a lull in the work day.

"I came just to see what they had to offer," said Simmons. "I've learned a lot (about different health products available)."

Another visitor, Spc. Valerie Munoz, Headquarters and Headquarters Company, 164th Theater Airfield Operations Group, agreed and said that she came looking for information regarding healthy living and found it.



PHOTOS BY SGT. 1ST CLASS ANDREW KOSTERMAN

Spc. Valerie Munoz, Headquarters and Headquarters Company, 164th Theater Airfield Operations Group, listens to information provided by Southeast Alabama Regional Medical Center registered nurse Levonne Outlaw during the Fort Rucker Health Expo May 16.

"This was beneficial to me," said Munoz. "It's beneficial to Families and Soldiers."

Vendors included: Advocare, Body Mechanics, Center Drug and Home Health, Coastal Smoothies, community Hospice, Dothan Hearing Associates, Enterprise Pediatric Clinic, Flowers Hospital, Gentiva Hospice, Gulf Coast Dermatology, Hollowell Chiropractic, Home Instead Senior Care, Houston County Chiropractic, Ladies First, Lyster Army Health Clinic, Medical Center Enterprise, Noland Hospital, Southeast Alabama Rural Health Associates, Southeast Vein and Laser Center, Southeast Alabama Medical Medical Center, Subway, The Terrace at Grove Park, USAA and Women's Healthcare of Dothan.



Chris Glennon (right), a United Services Automobile Association representative, speaks with Soldiers and Family members at the Fort Rucker Health Expo May 16.



Kristi Fink (left), fitness programs coordinator for the Fort Rucker Physical Fitness Facility, participates in a yoga demonstration at the Fort Rucker Health Expo May 16.



Dana Lefkowitz (right), a fitness specialist at Fort Rucker's Physical Fitness Center, gets her blood pressure checked by Felisha Davis, a South Alabama Regional Medical Center registered nurse during the Fort Rucker Health Expo May 16.

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Football legend urges troops to seek help

By David Vergun
Army News Service

COLORADO SPRINGS, Colo. – Widely regarded as one of football’s greatest running backs, Herschel Walker, now 51, led a successful career on the gridiron.

But off the playing field, the NFL star and Heisman Trophy winner struggled with Dissociative Identity Disorder, a mental illness that impairs memory and can sometimes cause destructive behaviors.

The disorder left him angry and deeply depressed. He said he felt like his life was spinning out of control. At his lowest point, he nearly committed suicide.

Voices in his head told him that if he sought mental help, people would disrespect him, he said.

But despite his shame, Walker said he eventually did seek help and that was one of the most important decisions he made in his life, besides finding God.

“Seeking help saved my life,” he said, speaking at the Air Force Academy, May 15, during the wheelchair basketball finals at the 2013 Warrior Games.

Besides physical injuries, many of the wounded warriors at the games are suffering from post-traumatic stress disorder and other mental illnesses.

They are receiving help, just like Walker did, but many others in the military have yet to do so.

“I realize there’s a stigma in asking for help,” he said, admitting it’s a tough step to take.

“You think by asking for help that makes you less of a person, less of a man. But you’ve got to overcome your shame, get tough and seek help. Look at me, I did it,” he said.

Walker said he’s impressed by wounded



PHOTO BY STAFF SGT. BRENT POWELL

Heisman Trophy winner and College Football Hall of Famer Hershel Walker poses for a photo with the Army's sitting volleyball team at the U.S. Air Force Academy in Colorado Springs, Colo., May 15 during the Warrior Games.

warriors and everyone in the military who has sacrificed for their country.

“They’re a big inspiration to me and I want to continue going to events like this and meeting them,” Walker said.

Although Walker still maintains a rigorous daily fitness regimen, he admits to trying out wheelchair basketball during practice with the athletes and being “terrible at it. The

guys out here do it really well. They’re still putting it all on the line.”

People sometimes say to him that today’s generation is going downhill and that, “we’re losing our young people,” he said.

“I tell them, ‘guys, have you met our wounded who’ve sacrificed so much for our freedoms?’ They’d be so grateful if they did,” he said. “America is still beautiful and

they’ve made it that way.”

Walker’s message to wounded warriors and people everywhere:

“Every one of us has the Lord’s DNA. You’re a gift from God. We don’t always know the reasons why bad things happen, but you’ve got to keep looking up. Don’t let anybody or anything get you down,” he said.

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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.

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Undetected vision problems plague millions

By Michael D. Pattison
*U.S. Army Public Health Command
Occupational Vision Optometrist*

Everyone knows how important your eyes are for your quality of life.

Even so, it is estimated that millions of people in the United States have undetected vision problems, eye diseases and conditions that affect their ability to see clearly and effectively, or can result in future permanent damage to the eyes.

May is the National Eye Institute's Healthy Vision Month and NEI hopes to help educate people and promote the early diagnosis and treatment of visual and ocular conditions during this designated month.

So, what are the keys? Getting a comprehensive dilated eye exam is probably one of the best things that you can do to maintain healthy vision. More than just checking your eyeglasses, during this procedure an eye care professional examines the eyes more thoroughly to look for common vision problems and eye diseases, many of which have no signs or symptoms until the condition has progressed. This comprehensive

examination enables you to detect eye conditions and diseases early and can often prevent any subsequent loss of vision.

The question of how often you should have a comprehensive eye exam can be determined between you and your eye doctor and depends on your age, overall health and Family history. As you grow older, you should have exams more frequently and some medical conditions such as diabetes make annual exams a must.

Everyone has heard about eating carrots and living healthy. This is true for the eyes as well. Eating a diet with fruits and vegetables (especially leafy greens like spinach) are important for eye health, too.

There is recent research showing the benefit for the eyes from eating fish that are high in omega-3 fatty acids such as salmon and tuna. In addition, maintaining a healthy weight helps prevent you from developing high blood pressure and diabetes, which can also affect the eyes and lead to blindness.

In short, eating right will always help to protect your sight. As well, research has linked smoking with the risk of developing age-related macular degeneration, cataracts

and optic nerve damage. So, if you smoke, quit. And if you do not smoke, never start.

Also, remember to give your eyes a break. Almost everyone works with a computer, which can cause the eyes to dry out and become fatigued. So, remember to rest your eyes every so often. To help you to remember, try the 20-20-20 rule: every 20 minutes or so, look up and away from your computer at something at least 20 feet away for 20 seconds. This can help reduce the effects of eye strain.

Finally, protect your eyes. It is you and your employers' responsibility

to protect your eyes at work and yet, it is estimated that 90 percent of all eye injuries would not occur if eye protection was used.

Make it a habit to wear the appropriate type of eye protection at all times and encourage your coworkers to do the same. And, when eye injuries do occur, report it to your supervisor. Not only does this make a record of the event that may protect you, it can also result in lessons learned that will prevent similar injuries from happening in the future.

Wearing protective eyewear should not stop when you leave at the end of the workday. Wearing

protective eyewear when playing sports or doing potentially dangerous activities around the house is just as important. And don't forget to wear proper sunglasses that block ultraviolet light when you spend time in the sun. As always, a little prevention goes a long way.

So, while May is designated as Healthy Vision Month, it is simply a month to help you remember things that should be done year round. Remember, your eyes are a precious gift and you only have two of them. Give them the care and consideration they deserve so that they last you a lifetime.



PHOTO BY NATHAN PFAU

Pick-of-the-litter

Meet Mittens, a 3-year-old male tuxedo cat available for adoption at the Fort Rucker stray facility. He has a great personality. He is calm, but likes to talk. He is front declawed. It costs \$81 to adopt Mittens and other animals at the facility, which includes all up-to-date shots, the first round of age-appropriate vaccinations, microchip and neutering. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. Visit the Fort Rucker stray facility's Facebook page at [http:// www.facebook.com/fortrucker-strayfacility/](http://www.facebook.com/fortrucker-strayfacility/) for updates on the newest animals available for adoption.

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Foley hosts Hot Air Balloon Festival

South Baldwin Chamber of Commerce
Press Release

The Gulf Coast Hot Air Balloon Festival features more than 50 hot air balloonists from across the country June 14-15 at the Foley Sports Complex in Foley, Ala.

Patrons will enjoy the floating works of art in the skies of south Baldwin County.

People can get up close and personal as the hot air balloons and their pilots light up the evening skies at the nightly balloon glows, held each night.

Early morning flights, held at approximately 6 a.m., are the best time to see balloons.

Balloons are also scheduled to fly at dusk, approximately 7 p.m. Patrons are encouraged to beat festival traffic and arrive before 5 p.m. each day.

Guests enjoy free, fun entertainment featuring something for every member of the Family. Families are encouraged to spread out their

blankets, grab an ice-cold drink and enjoy a variety of live music each day.

The event will also feature many shows by the Disc Connected K-9 World Famous Frisbee Dog Show. Toss after toss, people will be amazed as man's best friend defies gravity catching prized flying saucers.

Patrons also have the opportunity to pet a baby alligator, dance like a butterfly to fun kid's tunes, paint their face like a tiger or try a little Family-friendly game of limbo. The free Kid's Fun Zone offers hours of fun for any age.

Visitors can also grab a cone of homemade ice cream or barbecue plate as they shop through local crafters, artisans and retailers. Many crafters provide onsite demonstrations. Patrons can find a one-of-kind piece of art, or grab a souvenir to commemorate their visit.

For more information, call (251) 943-3291 or visit www.gulfcoastballoonfestival.com.



COURTESY PHOTO

WIREFLASS COMMUNITY CALENDAR

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

ANDALUSIA

ONGOING — The American Legion Post 80 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.

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

DALEVILLE

ONGOING — Veterans of Foreign Wars Post 6020 Franchise J. Ballard Post membership meetings are at the post headquarters on State Road 84 every third Thursday of the month at 7 p.m. Breakfast is served on Sundays, and games and TVs are available for entertainment. 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 — Foster Fest will be held the third Friday of each month through November from 6-9:30 p.m. A free downtown evening celebration, there will be street vendors, shops, drinks, festivities, live music and antique cars. For more information, call 793-3097 or visit www.thedowntowngroup.com.

MONDAY — A Memorial Day service at Sunset Memorial Park will be held to honor fallen troops starting at 1 p.m. Event features food, music and other activities. At 3 p.m. there will be a national moment of silence. For more information, call 983-6601.

JUNE 4-25 —Troy University's Summer Spectacular Children's Camp at Kelley Springs Elementary School for local children has the theme, "Kids as NASA Scientists." Camp is open to children ages

4 to 12 and the camp will be held from 9 a.m. to 12:30 p.m. Tuesday through Thursday. Under this year's "NASA" theme, children will engage in a variety of activities exploring science, technology, engineering and math. For more information, or to request a registration form, contact Dr. Cynthia Hicks at hicksc@troy.ed.

JUNE 6 — The Morris Slingluff Memorial Golf Tournament will be held at the Highland Oaks Golf Course. Tee off is at noon with lunch at 11 a.m. Registration is \$125 per golfer. It is a four-man scramble with cash prizes for low gross and low net, plus several prizes such as tires and a \$10,000 hole in one. For more information, call 794-6585 or visit <http://www.dothaneducationfoundation.org>.

JUNE 8 — Landmark Park will host the annual Old Fashioned Ice Cream Social from 5-8 p.m. Entertainment will include music in the gazebo, butter churning, wagon rides, a cakewalk, old-fashioned games and a quilt exhibit. An exhibit of antique dairy implements-including butter churns, molds and ice cream separators will be displayed. People will receive a free single dip cone of ice cream. Admission is \$5 for adults, \$3 for children ages 4-15, and free for members and children 3 and under.

NOW THROUGH JULY 14— The Memories of World War II exhibit at the Wiregrass Museum of Art features the nearly 200 reporters and photographers that fanned out around the globe to cover World War II. This exhibition is a spectrum of more than 100 photos from all theaters of the war and the home front. For more information, visit www.wiregrassmuseum.org.

ONGOING — The Wiregrass Museum of Art hosts "First Saturday Family Day" the first Saturday of every month at 10:30 a.m. The event is recommended for elementary-aged children. For more information, visit www.wiregrassmuseum.com or call 794-3871.

ONGOING — Landmark Park has a reptile feeding at 4 p.m. every second Sunday of each month. Children and adults can learn why these animals are important to the environment. The program is free with paid gate admission. For more information, call 794-3452 or visit www.landmarkpark.com.

ONGOING — Alabama Agricultural

Museum in Landmark Park hosts the Wiregrass Woodturners club meeting the first Saturday of every month at 9:30 a.m. Open to the public, no experience necessary. Free with paid gate admission.

ENTERPRISE

MAY 24— The Fabulous Fourth Friday event in downtown on Main and College Streets begins at 5:30 p.m. every fourth Friday of the month (June 28, July 26, Aug. 23, Sept. 27) Event features various activities, such as art walks and local musicians, plus lots of shopping opportunities. For more information, call 348-2738.

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

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

MIDLAND CITY

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

NEW BROCKTON

ONGOING — 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 Veterans 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

MAY 25 — A community luau and pig roast will be held from 2:30-8 p.m. at Post Oak Baptist Church. This event is free and open to everyone. Event features games, food, drinks and a slip and slide. For more information, call 774-5823.

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

ONGOING — Every Thursday at 5:30 p.m. yoga with Sandra Bittman is at Perry Recreation Center for \$5 a person.

ONGOING — Every Wednesday the Ozark-Dale County Public Library hosts free Wii Zumba from 5:30-6:30 p.m. Teens and adults are invited. For more information, call 774-5480.

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

PINCKARD

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

SAMSON

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

TROY

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

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

Beyond Briefs

Tomato Festival

The 25th annual Slocumb Tomato Festival will be June 5-8 in Centennial Park. Event features a City-Wide Prayer at the First Baptist Church, 4 p.m.-until, an all-you-can-eat buffet at Zack's starting at 4 p.m., karaoke, music, food and craft vendors, and prize drawings.

Crawfish Festival

The annual Pensacola Crawfish Festival will be held Wednesday. It is one of the largest crawfish boils in Florida and boasts fresh, spicy crawfish, authentic bayou country entertainment, and arts and craft tents featuring local and re-

gional artists. For more information, visit fiestaoffiveflags.org.

Fishing Tournament

D12 will hold its two-day division championship fishing tournament on Lake Eufaula, going out of Lake Point Marina July 7-8. Registration will be in front of the Marina Building from 3:30-4:45 a.m. Weigh-in will be at the Marina at 2 p.m. For more information, visit www.lakeeufaula.com.

Friday Fest

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

Local shops and restaurants stay open late.

Fiesta Days Celebration

This 10-day annual event celebrates the founding of Pensacola May 30-June 7. Event features boat parades, street parades, parties, a sand-sculpting contest and more. For more information, visit www.fiestaoffiveflags.org.

Creek Indian Wars

Visit Westville Saturday and Sunday for a reenactment of two important battles of the 1836 Creek Wars that took place just miles from the site. People can visit with the Creek Indians in the historic Wells House that was built by members of the Uchee clan of the Creek Indians and experience cultural activities such as storytelling, dancing, and handicrafts.

Soldiers must consider OPSEC when using social media

By Lisa Ferdinando
Army News Service

WASHINGTON – It’s as easy as a click of a mouse or a tap on a smartphone, and in a few seconds sensitive Army information might be shared that could get Soldiers killed.

With the ease of social media, in any part of the globe, at any time, a Soldier, Army civilian or Family member can post pictures from a deployment or talk about an Army mission.

But these seemingly innocent posts could actually contain sensitive information that endangers Soldiers by revealing locations, security measures, mission operations or troop movements, said the Army’s social media experts.

Soldiers, Army civilians and Family members need to be mindful of what they put online, with operations security at the forefront of their considerations, said Staff Sgt. Dale Sweetnam, with the Office of the Chief of Public Affairs Online and Social Media Division.

He said this applies to whether the person is a Soldier or Army civilian communicating as an organization or as an individual on social media sites.

“Once it’s out there, it’s out there,” he said. “You can delete it, but if the wrong person took a screen shot, that’s actionable intelligence and you can’t get that back.”

Sweetnam compiled the Army’s Social Media Handbook and conducts training for Soldiers about the dos and don’ts of posting on social media.

The dos include using social media to get out the message of your command, inform the public of Army activities or stay connected with loved ones. The don’ts, said Sweetnam, include revealing sensitive information about missions, units or Soldiers.

Besides considering operations security, Soldiers must maintain their professionalism at all times, even on their off time, said Sweetnam.

They are subject to the Uniform Code of Military Justice and could face corrective or disciplin-



PHOTO BY J.D. LEIPOLD

Soldiers must maintain professionalism and consider operations security when they post on social media, since even a seemingly mundane or innocent post could contain sensitive information.

ary action if they violate the rules of conduct at any time, he said.

Those violations would include a Soldier releasing sensitive information, insulting his or her chain of command, posting discriminatory statements, or sharing or linking to inappropriate material.

Steps to protect the Army Family

Sweetnam said the Army encourages Soldiers to share with their Families the lessons of operations security and using social media.

“The spouse, when the Soldier is deployed, may post something about his or her return and that could be considered OPSEC,” said Sweetnam. “It even goes an additional level, to not only police yourself but make sure your Family knows what it can and cannot do.”

The Army’s social media experts tell Soldiers not to use location-based social networking services when deployed or in

classified areas; for Soldiers and Families not to post specific dates or locations of deployments; and recommend setting privacy settings to ‘friends only’ on personal accounts to prevent personal information from ending up in the wrong hands.

The Army warns users about the geotagging feature that is automatically turned on in some smartphones and digital cameras. Geotagging is the equivalent to adding a 10-digit grid coordinate to a photograph telling where it was taken, which could reveal sensitive information about a location – information that terrorists could use to target Soldiers or Army installations.

Sweetnam said for the most part, Soldiers understand the importance of being vigilant at all times when using social media.

“The majority of the Soldiers who are in uniform now have grown up with social media. This is the way they communicate,” he said. “They are more aware of the dos and don’ts and we don’t nec-

essarily have to constantly drive it into them, but occasionally we have to send out those reminders.”

Be professional at all times

A post by a Soldier or Army civilian could be potentially taken by a member of the public as an official post, said Brittany Brown with the Online and Social Media Division. That is why it is important for everyone in the Army Family to always be professional, she said.

“Ultimately what we tell Soldiers and civilians is that you are responsible for anything that you put on social media sites, whether it is a Facebook page you’ve created in an official capacity as a Soldier or Army employee, or it’s your personal page that you’ve only connected to your loved ones,” said Brown.

Brown recommends that if it isn’t something you wouldn’t say in formation or in a public setting, then don’t post it on social media, no matter how locked down your

page is.

You just never know who ultimately ends up seeing the information you post, she said.

“These things can have long-term effects,” she said. “In the 20 seconds it took you to post the photo, you may have put lives at stake. Of course you wouldn’t do that intentionally, but if that photo has that metadata embedded in it, then you are putting Army operations and more importantly lives at stake by posting that.”

She said Family members should be careful when posting information, such as if their spouse is deployed and they are now home alone, as someone with bad intent could use that information to target that Family for a robbery or worse. They should also think about the “trickle down effect” before they post, she said, and how the information could impact their Soldier and others.

“At the end of the day, it keeps all of us safe,” said Brown, noting the age-old adage, “It’s better to be safe than sorry.”



PHOTO BY SARA E. MARTIN

BOSS hosts ball

Soldiers dance and socialize during the Better Opportunities for Single Soldiers Black and White Masquerade Ball Saturday at Divots where attendees donned masks and danced the night away. The ball was formal and semi-formal and was the first time BOSS held such an event.



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Argonne

Normandy

Midway

The Chosin Reservoir

Khe Sanh

Dak To

Medina Ridge

Tora Bora

Fallujah

These are the places we remember,
to honor the lives of those we'll never forget.





MAY 23, 2013



COURTESY PHOTO

Children line up at one of the housing facility pools during a summer day last year. Swim season on Fort Rucker officially kicks off Saturday.

Splash!

Post opens swim season Saturday

By Nathan Pfau
 Army Flier Staff Writer

Sun, sand and swimsuits are in Fort Rucker's immediate future as swim season gets into full swing and officially opens on the installation Saturday.

There are many different locations on the installation that people can use to beat the summer heat, said Jon Cole, Directorate of Family, Morale, Welfare and Recreation aquatics manager, including Lake Tholocco, Splash! Pool and Spray Park, and Flynn Pool.

The outdoor swim season this year will run from Saturday to Aug. 16, and the operating times at many of the facilities have changed as well, said Cole.

West Beach at Lake Tholocco, which is open to the public, opened Saturday during its Lake Fest celebration to kick off summer on the installation, and boasts water slides, a water trampoline, enclosed swimming area, pavilions, snack bar, kayak and pontoon boat rentals, and more, said the aquatics manager.

"It's a great area for people to visit and they don't have to travel far to go to a beach," he said. "They can go out there with their Family and just enjoy the water, and they don't even have to be military."

West Beach is open Friday-Thursdays from 11 a.m. to 6 p.m., and admission costs are: free for 2 and younger; \$1.50 for ages 3-9; \$2.25 for ages 10-17; and \$3 for 18 and older.

Splash!, located behind the Landing, is

another featured swim area on Fort Rucker that boasts water slides, a spray park for the younger children, and a Tiki Bay for older patrons, said Cole, adding that children under the age of 13 must be accompanied by an adult, 18 or older.

The pool and spray park is open to authorized patrons and their guests, and operating hours run Wednesdays-Mondays from 11 a.m. to 6 p.m. Admission cost differs for military I.D. card holders, and DOD civilians and contractors.

Admission costs for military I.D. card holders are: free for 2 and younger; \$2.25 for ages 3-9; \$3 for ages 10-17; and \$3.75 for 18 and older. Costs for DOD civilians and contractors are: free for 2 and younger; \$3 for ages 3-9; \$3.75 for ages 10-17; and \$4.50 for 18 and older.

People can also book pool parties at Splash! for \$125 per hour, which includes access to the entire swim facility, or \$50 for just the spray park, said Cole, adding that parties can be booked for a maximum of three hours either before or after normal operating hours.

"For example, if a Family wants to book a pool party for one hour, they must either book the party for one hour before the park opens or the hour after the park closes," said the aquatics manager.

Season passes are available and can be used at either West Beach or Splash!, and cost for military I.D. card holders are: \$50 for individuals; \$80 for a Family of two; \$110 for a Family of three; \$140 for a Family of four; and \$25 for each addi-

tional Family member after that.

Season pass costs for DOD civilians and contractors are: \$60 for individuals; \$95 for a Family of two; \$130 for a Family of three; \$165 for a Family of four; and \$30 for each additional Family member after that.

Another area that is available on Fort Rucker is Flynn Pool, which will be replacing the indoor pool at the Fort Rucker Physical Fitness Facility during the summer season.

"The indoor pool will be closed during this time," said Cole, "and Flynn Pool is only available to authorized patrons and only to be utilized for military training, fitness swimming and programming – it is not a recreational swimming area."

Additionally, the swimming pools at the Corvias Military Living facilities and neighborhood centers will be available to residents of housing areas starting Friday, said Brandon Masters, communications manager for Corvias Military Living.

Hours of operation for the housing area pools are Mondays-Saturdays from 11 a.m. to 8 p.m., and Sundays from 1-6 p.m.

"Residents must sign the pool use addendum and be issued a pool pass prior to use," he said. "Additionally, any resident under the age of 14 must be accompanied by an adult guardian 18 years of age or older ... and residents must accompany their guests to the pool."

There is a guest limit of four per household, Masters added.

Food is allowed in the pool area, but not

in the pool, and no glass is permitted in the pool area at all, said the communications manager.

Cole said an added benefit to utilizing the swimming areas on Fort Rucker is the safety aspect.

"Our facilities are some of the safest that people will find," he said. "We have layered supervision and several lifeguards on duty at any given time at our facilities."

Lifeguards are also on duty during hours of operation at the housing area pools as well, according to Masters.

"The lifeguards are there to ensure the swimmers' safety, and monitor water clarity, chemical balance and observe weather safety conditions," he said, adding that all lifeguards are certified by the Red Cross in first aid and CPR.

Lifeguards and staff at the facilities can't monitor everything, though, said Cole. It's also up to parents and individuals to make sure that they stay safe and abide by rules posted in each designated area.

"People need to make sure they stay hydrated when they're swimming," he said. "I know they hear it all the time, but a lot of people don't realize that they sweat when they swim, so they're losing hydration that way."

He also advises that parents keep a watchful eye on their younger children and not rely on flotation devices to keep their children safe.

For more information on Splash!, West Beach or Flynn Pool, call 255-2296.

For more information on the housing

RUN AS ONE

Dozens of people met in the rain Saturday morning to Run as One at the Beaver Lake trail to bring awareness to the partnership of Team Red, White and Blue, and Team Rubicon. Run as One is the official beginning of the partnership between Team RWB, and Team Rubicon, two veterans organizations that seek to enrich veterans' lives, said Capt. Adam Schaffer, A Company, 1st Battalion, 145th Aviation Regiment. Team RWB does that through physical activity and social interaction, and team Rubicon focuses on emergency response and disasters in the U.S. and abroad.



PHOTO BY NATHAN PFAU

DOWN TIME



Just Like Cats & Dogs



Trivia test

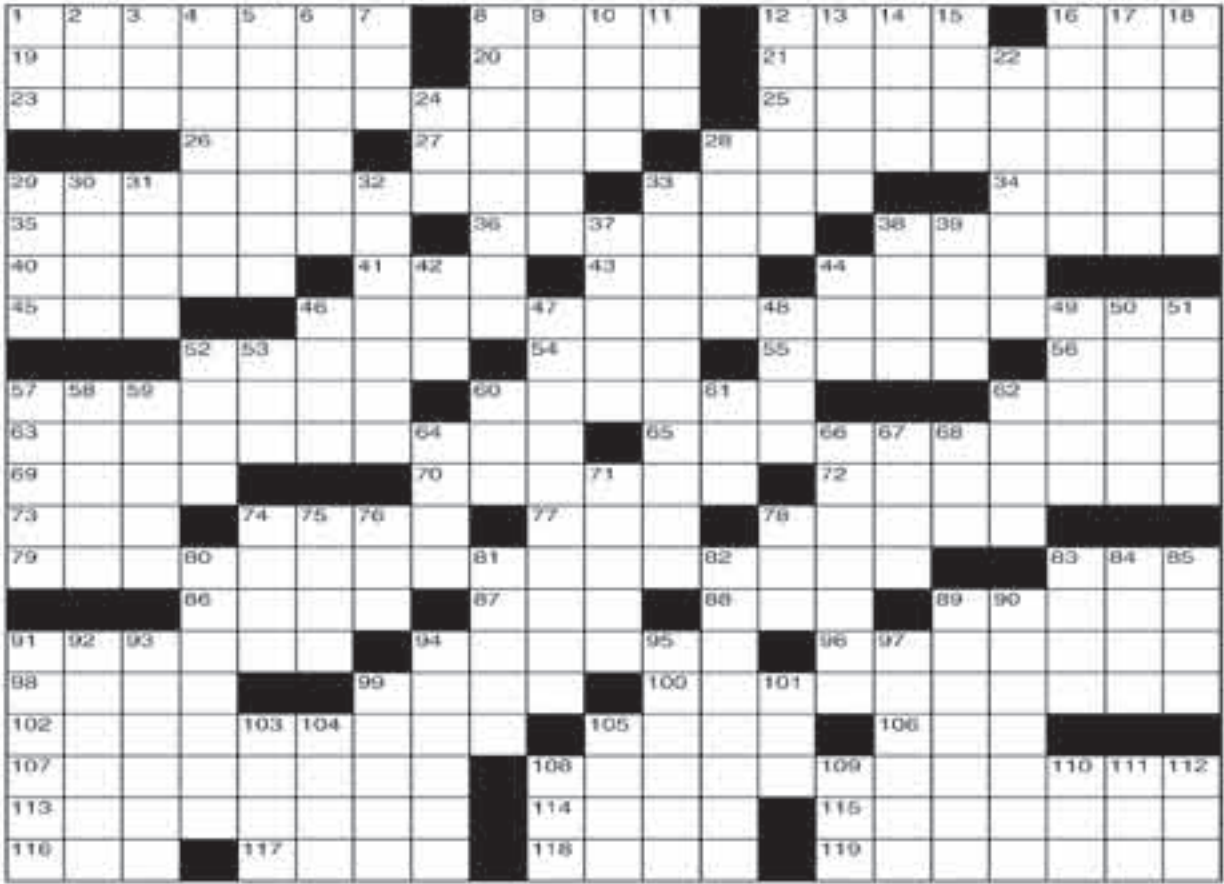
TRIVIA

1. HISTORY: Who was the last president of the Soviet Union?
2. FAMOUS QUOTATIONS: What famous writer once said, "Any idiot can face a crisis — it's day to day living that wears you out"?
3. GEOGRAPHY: What is the capital of South Carolina?
4. ANIMAL KINGDOM: What are the wild dogs of Australia called?
5. BUSINESS: What company's slogan is, "Don't leave home without it"?
6. ASTRONOMY: What is our solar system's sun composed of?
7. HOLIDAYS: When was Mother's Day declared a national U.S. holiday?
8. THEATER: What city was the setting for the original "The Phantom of the Opera"?
9. COMICS: What comic strip had an imaginary character called "Stupendous Man"?
10. WAR: What was the last former Confederate state to be readmitted to the Union after the Civil War?

See Page D3 for this week's answers.

Super Crossword LOVE IS ALL AROUND

- ACROSS**
- 1 Stick with it
 - 8 Wife of Cronus
 - 12 "Man — Mancha"
 - 16 JFK's successor
 - 19 Not too much
 - 20 A very long time
 - 21 Brushing and flossing
 - 23 1985 Larry McMurtry novel
 - 25 Cockney, e.g.
 - 26 Inferior newspaper
 - 27 Municipality
 - 28 Exude vitality
 - 29 Sitting atop
 - 33 Certs piece, e.g.
 - 34 Regard
 - 35 Plane's path
 - 36 Songsmith Berlin
 - 38 Like traditional keyboards
 - 40 Neutrons
 - 41 Film director Kitchell
 - 43 Suffix with pent-
 - 44 "Je —" (French for "I am")
 - 45 Double-curve shape
 - 46 Starts seeing things out of balance
 - 52 "— Got Nobody" (standard song)
 - 54 Baseball's Blue Jays, on scoreboards
 - 55 Job to do
 - 56 Novelist Brown
 - 57 Birthplace of GM
 - 60 Infuse with gas
 - 62 Not spicy
 - 63 Train puller
 - 65 1981 hit for Earth, Wind & Fire
 - 69 "... with — -foot pole!"
 - 70 Voting slip
 - 72 Picked by 70-Across
 - 73 "Lord, is —?"
 - 74 Points where rays meet
 - 77 Jr.'s Jr.
 - 78 Mack vehicle it vibrates in the direction of its propagation
 - 83 AOL or MSN
 - 86 She's a Brit, royal
 - 87 French sea
 - 88 Infuriation
 - 89 Cut's partner
 - 91 Emanates
 - 94 Meryl Streep's alma mater
 - 96 Rips to bits
 - 98 French for "bridge"
 - 99 Toupees, e.g.
 - 100 Certain citrus orchard
 - 102 Cheap town bar
 - 105 Spanish pot
 - 106 Make out
 - 107 County in northwest Florida
 - 108 Gunpowder or firework
 - 113 In error
 - 114 Chimps, e.g.
 - 115 Yellow avenue in Monopoly
 - 116 Hive buzzer
 - 117 Bird's refuge
 - 118 Jet-set jets, once
 - 119 Bridge part
 - DOWN**
 - 1 Chum
 - 2 "Turn to Stone" rock gp.
 - 3 — Tin Tin
 - 4 With severity
 - 5 "Jumpin' Jack Flash, —"
 - 6 Catchphrase
 - 7 Pro —
 - 8 Split again
 - 9 Noisy owl
 - 10 Be jealous of
 - 11 Enzyme ending
 - 12 Chinese tea
 - 13 — Loops (cereal)
 - 14 Tall and thin
 - 15 Actor Alan
 - 16 Poet Sidney
 - 17 Nominal promotion of a military officer
 - 18 Actor lions
 - 22 Least warm
 - 24 Italian author Umberto
 - 26 Cruise ship
 - 29 Beam intensely
 - 30 Sharp barks
 - 31 Tax-deferred svgs. plans
 - 32 Back something with a wager
 - 33 Liquid petroleum
 - 37 Steam
 - 38 Answer's opposite: Abbr.
 - 39 Candle part
 - 42 Mass, hours
 - 44 Hot tub site
 - 46 "Stretch" car
 - 47 Inflexibility
 - 48 Procter's "keep this in"
 - 49 Ninny
 - 50 Trumpet part
 - 51 Culminated
 - 52 A part of
 - 53 \$20 bill dispenser
 - 57 Thrash about
 - 58 Kin of bingo
 - 59 Trap post-blizzard
 - 60 Gardner of film
 - 61 Vietnamese holiday
 - 62 Dende
 - 64 "In the same place" footnote abbr.
 - 66 Begin a tennis game against
 - 67 Adhesive
 - 68 DVR button
 - 71 Fibbing sorts
 - 74 Rasp
 - 75 Singer Redding
 - 76 Since, slangily
 - 78 Paving goo
 - 80 Organized whole, in psychology
 - 81 PH concern
 - 82 Requiring no cord
 - 83 "As — often the case —"
 - 84 R-W hookup
 - 85 Le Pew of cartoons
 - 89 Book's start
 - 90 Nabs
 - 91 Self-confidence
 - 92 New player
 - 93 Just to be sure
 - 94 Bon — (epicure)
 - 95 Totally wrong
 - 97 Playwright Eve
 - 99 Becomes hip, with "up"
 - 101 Artist Ernst
 - 103 Shylock's offering
 - 104 "Okay, —"
 - 105 "Stupid me!"
 - 108 — Cruces
 - 109 Sgt.'s underling
 - 110 103-Down acronym: Abbr.
 - 111 Bk. number
 - 112 Prior to, in sonnets



See Page D3 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 D3 for this week's answers.

KID's CORNER

Junior Whirl
by Hal Kaufman

WOP TO IT! The word wop is a slang word for a person who is not a U.S. citizen. The word wop is also a slang word for a person who is not a U.S. citizen. The word wop is also a slang word for a person who is not a U.S. citizen.

SYSTEMS-GO EXERCISE

1. The word wop is a slang word for a person who is not a U.S. citizen. The word wop is also a slang word for a person who is not a U.S. citizen. The word wop is also a slang word for a person who is not a U.S. citizen.

Wishing Well

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

SPELLBINDER

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

W O P T O I T

1. The word wop is a slang word for a person who is not a U.S. citizen. The word wop is also a slang word for a person who is not a U.S. citizen. The word wop is also a slang word for a person who is not a U.S. citizen.

HOCUS-FOCUS
BY HENRY BOLTON

DRESS SALE 50% OFF

DRESS SALE 50% OFF

Can you TRUST YOUR EYES? There are all kinds of interesting things hidden in our picture. Can you find them? Check answers with clues below.

Athletes succeed by working as Family, sports psychologists say

By David Vergun
Army News Service

COLORADO SPRINGS, Colo. — All the physical fitness, practice and acquired skills won't ensure athletes succeed individually or as a team until they get the Family functioning part right, say Army sports psychologists.

Nine such psychologists have been at the 2013 Warrior Games May 11-16. They've also been working with wounded warrior athletes in every sport long before the games started, helping them get in the best mental state of mind possible for their competitions.

The Army calls these coaches master resilience trainer performance experts, and there are dozens of them spread out at installations Army-wide, said Coreen Harada, Warrior Transition Unit and Research/Evaluation lead for Comprehensive Soldier and Family Fitness.

Throughout the year, they provide all Soldiers — wounded or otherwise — and their Families, one-on-one and group coaching on a variety of resilience skills needed to succeed on their athletic teams, Army units and within their own Families, she said.

All are contractors who have master's or doctorate degrees in sports psychology or related fields and all receive follow-on resiliency training from the Army before working with Soldiers, she said.

Two of these coaches — both with the wheelchair basketball team and both based in Fort Jackson, S.C. — discussed what they do to help the athletes achieve peak performance.

Richard Harris Jr.

The Soldier athletes at the Warrior Games are learning how to succeed on the playing field, but more importantly, they are learning how to succeed in life, said Richard Harris Jr., who has been working with them for more than five years.

Each wounded warrior gets personal attention and a unique training program, Harris said. He helps Soldiers with building confidence,



PHOTO BY DAVID VERGUN

Soldiers on the Army wheelchair basketball team have a team huddle and moment of esprit during a break in a game.

developing mental focus, setting goals, managing energy and learning to cope with their emotions.

Working with wounded warriors is not much different from working with other Soldiers, he said.

"I don't see any difference," he said. "I don't see disability, I see different ability. They want to win. They're motivated just like other Soldiers."

He compared the team to a Family. On the team, "you're more than just battle buddies. You become Family."

Families will have conflicts just like these wounded warriors sometimes do, he said.

"But how you manage those conflicts is what is important," he explained. In the end, each

wounded warrior has to be able to express their feelings and rally around each other for support.

The team is there already, he added. "They genuinely love each other and rally around each other through triumphs as well as struggles."

Dr. John Evans

Dr. John Evans agreed with Harris in that he too believes members of the Army's wheelchair basketball team have formed relationships similar to those in a Family.

The team has developed cohesion and they're "clicking now," he said.

But getting the team to that place took some coaching, Evans said.

Sometimes the athletes get too overstimulated and waste energy that could be directed when and where it's really needed — during practice and play time, he said, adding that stimulation at the right time can be very healthy.

On the other hand, he said, athletes can be experiencing some raw emotions and become under-stimulated.

A lot of wounded warriors experience shame because of their wounds and injuries, he said. Others fear re-injuring themselves and still others fear not living up to their full potential.

For that, he helps them work through their feelings and encourages them to set goals and realistic expectations.

Evans observes each athlete to see that he is in that right zone of stimulation.

Integrating new players into the team can be a challenge as well, he said, and that's where conflict management comes into play.

Also on the support staff are physical therapists, nutritionists and, of course, the coach. The supporting staff must also coordinate their activities and discuss the progress or lack thereof of the team and individual athletes, he said.

Evans said he and the supporting staff believe the wounded warriors are right where they should be right now.

And, he said, he's really proud of all of them, "they're like Family."

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OPERATION GOLF 4 LIFE

Silver Wings Golf Course hosts a free Operation Golf 4 Life clinic Tuesday from 5-6 p.m. The one-hour session will teach people the basics, winning techniques and how to play the game. All equipment is provided and novice golfers are welcome.

To register or get more information, call 598-2449.

MEMORIAL DAY FLAG TOURNAMENT

Silver Wings Golf Course hosts its Memorial Day Flag Tournament Monday with tee time from 7-9 a.m. Cost is \$10 entry fee plus green and cart fees, if applicable. Players need a valid U.S. Golf Association handicap to participate. In the tournament, the flag that goes the farthest wins. Players will receive a flag with their name and target score, with the target score determined by taking 100 percent of the player's handicap and adding it to par. Prizes will be awarded based on number of participants.

To sign up or get more information, call 598-2449.

ENTERPRISE BASEBALL

Enterprise's semi-pro baseball team needs players, high-school

aged and older, for its ongoing season. For more information, call Joe Jackson at 347-4275 or 806-6929.

POST GOLF CHAMPIONSHIP

Silver Wings Golf Course hosts the Post Championship Golf Tournament June 8 with a 7 a.m. tee time.

For more information and to register, call 598-2449.

ARMY STRONG TRIATHLON

The Directorate of Family, Morale, Welfare and Recreation hosts the Army Strong Triathlon June 15 from 7 a.m. to noon at West Beach, Lake Tholocco.

The event includes a quarter-mile swim, a 10.6-mile bike race and a 3.1-mile run. Cash awards will be given to the top overall finishers and the top relay team. Cost to register is \$40 for individuals and \$70 for a three-person relay team until June 8. After June 8, the cost is \$50 for individuals and \$80 for teams. All pre-registered participants will receive T-shirts while supplies last after June 8.

For more information, call 255-2296 or 255-3794.

DISC GOLF

The Directorate of Family, Morale, Welfare and Recreation offers Disc Golf — played much like traditional golf, but instead of using a ball and clubs, players use a flying disc. DFMWR welcomes novices and experienced players to bring their friends out and enjoy some friendly competition. The 18-hole disc golf course is located at Beaver Lake. People can visit the Fort Rucker Physical Fitness Facility to check out a disc and give it a try. There is a \$10 deposit required per disc. The Disc Golf course is open to the public. Disc check-out is open to authorized patrons only.

For more information, call 255-2296.

RIDING STABLES RULES

Riding Stables staff reminds community members that letting horses out of their stalls can be dangerous to the horses and motorists. Visitors are also reminded to stay on the main roadways, do not approach any of the horses without owners' permission, stay out of the pastures and obey the speed limit of 10 mph at all times.

For more information, call 598-3384.

PUZZLE ANSWERS

Super Crossword Answers

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

Weekly SUDOKU Answer

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

TRIVIA

Answers

1. Mikhail Gorbachev
2. Anton Chekhov
3. Columbia
4. Dingos
5. American Express
6. 98 percent hydrogen and helium
7. 1914
8. Paris
9. Calvin and Hobbes
10. Georgia

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Stephen Murner,
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Dedicated to those for whom every day is Memorial Day.

