

Gate, commissary closures

The Faulkner and Newton gates will be closed starting Monday and continue to be closed until further notice due to the start of DA furloughs.

Delivery trucks and large loads should use the Ozark Gate. People who have questions

about deliveries should contact their agency's point of contact on post. People can go to www.rucker.army.mil for gate status changes.

Additionally, the commissary is closed Mondays and Tuesdays, starting Monday and running through the end of September.

LAKE THOLOCCO

Post facility offers summer escape

Story on Page C1



BODY FUEL

Experts offer tips to improve performance

Story on Page D1



ARMY FLIER

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

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FORT RUCKER ★ ALABAMA

JULY 4, 2013

Tomahawks welcome commander



PHOTO BY SARA E. MARTIN

Lt. Col. Mark C. Gillespie, commander 1st Battalion, 14th Aviation Regiment, 110th Aviation Brigade, salutes during the pass in review during his change of command ceremony Friday at Howze Field. Gillespie assumed command from outgoing commander Lt. Col. Bevin K. Cherot.

By Sara E. Martin

Army Flier Staff Writer

The 1st Battalion, 14th Aviation Regiment, received a new commander Friday at Howze Field when Lt. Col. Mark C. Gillespie assumed command of the Tomahawks.

Gillespie assumed command from outgoing commander Lt. Col. Bevin K. Cherot in a ceremony where Cherot thanked the many people who helped him in his duty as commander, and aided in the enduring excellence at “Bob Hanchey,” also known as Hanchey Army Airfield.

“I was completely dedicated to invoking a culture that we had to train our students to be able to get into a firefight and win, and win decisively for the ground commanders so we can keep our ground guys safe and bring them back home alive,” he said.

Col. Kevin Christensen, commander of 110th Aviation Brigade, said that Cherot’s training was more than developing pilot skills; he developed

the future senior leaders of Army Aviation.

“His legacy of lethal and versatile combat Aviators will endure long after his change of command today,” he said. “As he assumes new duties at the Pentagon, his leadership will continue to be an important part of the continued success of Army Aviation.”

Cherot finished with a message to his former Soldiers.

“Aviation is a dangerous and unforgiving business,” he said. “When I took command, I told you that every last one of you would be here when I left, and here you are. The best number that I can mention today is zero. Zero lives lost. And that goes to engaged, hard leadership.”

As Gillespie took command, Christensen took great comfort in knowing that the tradition of excellence of this unit will continue under his leadership.

“Mark is a proven leader whose

SEE COMMANDER, PAGE A5

Lyster Pharmacy relocates to temporary facility

By Katherine Rosario

Lyster Army Health Clinic Public Affairs

The pharmacy at Lyster Army Health Clinic will close Friday to prepare to relocate to the temporary structure at the front of the main parking lot by Andrews Avenue and start operating out of the new facility Monday until renovation is complete inside the clinic.

The renovation, expected to be complete in summer 2014, will double the size of the current pharmacy to 7,000 sq. ft. and update its existing medication dispensing system to state-of-the-art equipment.

The new pharmacy will be located where the laboratory currently sits and the lab will relocate to the pharmacy’s current spot. Both clinics are part of the \$4.9 million update to the facility.

The temporary pharmacy will have the same ticketing system and number of windows as the current pharmacy. There will be additional seating in the waiting area.

Aside from more space in the new pharmacy, patients can look forward to shortened wait times and quicker refills on medications, said Lt. Col. Taiwo Bolaji, chief of pharmacy.

“Our updated equipment will allow us to program the new robots to refill hundreds of medications each night to be ready for our patients in the morning,” he said.

Pharmacy technicians will also be able to quickly fill new prescriptions and have them ready in less time.

“The pharmacy (technician) and staff pharmacist can input the prescriptions on the computer and the medications will be filled into the bottles and packaged in minutes, not hours,” Bolaji said.

Throughout the construction process, the volunteer-run golf cart will be available to those who need assistance to and from the temporary pharmacy.

The new pharmacy will also offer patients the opportunity to speak one-on-one with pharmacists about medication-related questions over the phone or in person.

The pharmacy’s hours and phone numbers will remain the same.



PHOTO BY SGT. 1ST CLASS ANDREW KOSTERMAN

The Lyster Army Health Clinic Pharmacy will close Friday and start operating Monday out of a temporary facility located in a temporary building in the front of the LAHC parking lot by Andrews Avenue.



PHOTO BY SGT. 1ST CLASS ANDREW KOSTERMAN

TIME WELL SPENT

First Lt. Charles Fitzgerald, from Birmingham, and 2nd Lt. Tyler Barnes, from Hershey, Pa., construct maps they will need to navigate an OH-58 helicopter during the basic warfighter skills portion of rotary-wing flight training at the Technical Library June 6. For more on Aviation students and their mapmaking efforts, see Page A4.

Army changes Post-9/11 GI Bill transfer policy

By C. Todd Lopez

Army News Service

WASHINGTON — Beginning Aug. 1, every Soldier who elects to transfer their Post-9/11 GI Bill benefits to a Family member will incur an additional four years in the Army, without regard to their time in service.

“This policy was drafted in 2009 and takes effect Aug. 1, 2013. It is important that we inform Soldiers of this existing policy regarding the Post 9/11 GI Bill benefits,” said Lt. Col. Mark Viney, chief of the Enlisted Professional Development Branch, Army G-1.

This news first came in a message to military personnel, dated April 15.

The rule largely affects senior officers and enlisted Soldiers who are retirement-eligible. As of now, these Soldiers may be able to transfer benefits to their loved ones with anywhere from zero to three years of additional service.

For Soldiers who are not retirement eligible, electing to transfer their GI Bill benefits to a Family



U.S. ARMY PHOTO

Beginning Aug. 1, every Soldier who elects to transfer their Post-9/11 GI Bill benefits to a Family member will incur an additional four years in the Army, without regard to their time in service.

member means re-upping for an additional four years.

Come Aug. 1, that rule will apply to all Soldiers, whether they are retirement-eligible or not.

“The Post-9/11 GI Bill – Soldiers are entitled to the benefit for their own use, but to transfer to dependents: that is used as a re-

cruiting and retention tool,” said Viney, who also serves as the policy proponent for the Army’s Post-9/11 GI Bill Transfer of Education Benefits Program.

“We want Soldiers to be informed of the impact of this

SEE POLICY, PAGE A5

PERSPECTIVE

Army Study Program helps inform on diverse array of Army decisions, solutions

By Army Study Program Management Office

WASHINGTON – A study in the Army is exactly what you might expect. It is the pursuit for greater knowledge or insight in order to work smarter and to inform Army senior leadership on issues that are important to the Army.

According to Meghan Mariman, director of the Army Study Program Management Office at Headquarters Department of the Army under the deputy chief of staff, G-8, “a study is a research project or an effort to make a process more efficient or effective.”

The ASPMO, which funded nearly 30 studies at about \$335,000 each for 15 different agencies in fiscal year 2013, is funding studies this year that focus on traumatic brain injury monitoring, risk assessment, leadership development and cyberspace operations, to name a few.

The Army Study Program, a service-wide initiative established after the 1979 Review of Army Analysis, provides a great service and insight for the Army, all the while saving the Army money and resources. The integrated program of studies and analysis are aligned with the Army’s top priorities and are overseen by the ASPMO.

Why does the Army perform studies? How does the Army get a return on investment for the funds applied to studies?

There is a simple answer to these questions, but first consider this.

Do you buy a car without first test driving it? Would you invest your money without first knowing if you will get a return on your investment? Of course not, and the Army must follow the same common sense logic when exploring solutions to a variety of issues.

This is why the studies funded by the Army are closely aligned

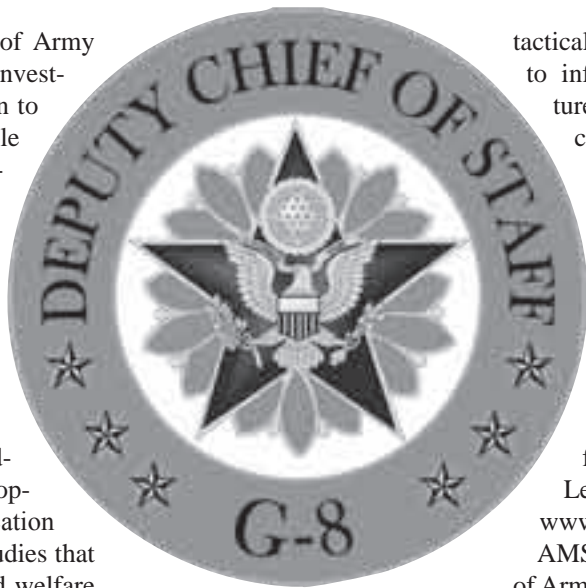
with the top priorities of Army senior leadership. By investing a minimal amount in to a study, the Army is able to avoid potentially costly mistakes, saving the Army both money and resources.

The Army invests in studies to determine the best course of action in addressing specific issues. Army analyses range from studies to support network operations, terrain identification and energy policy, to studies that focus on the morale and welfare of Soldiers and their families, and a wide variety of other high profile topics. By performing such studies up front, the Army is able to save resources and avoid investing in inappropriate solutions that will result in a waste of money and other precious resources.

So, that’s why the Army performs studies, but how does the Army execute studies? The ASPMO has overall responsibility for policy and guidance regarding coordination and management of Army Studies and Analyses, as defined by Army Regulation 5-5.

Studies and analysis, which provide a logical basis for decisions to improve military operations, leverage information technology to support information exchange. ASPMO maintains both a collaborative website and a database (<https://secureap2ako.hqda.pentagon.mil/ako/aspmo/database.aspx>) promoting visibility of all studies including those that are completed, planned or on-going.

Both the database and the collaboration site facilitate and incorporate guidance to achieve a multitude of goals which address the overall objectives of the ASP. These include informing senior Army leadership with timely, high quality insight on the critical issues impacting the Army, eliminating unnecessary



redundancy in analysis efforts and expanding upon lessons learned and best business practices to achieve cost-effective stewardship.

The ASP encompasses studies from numerous internal and contract organizations, as well as Federally Funded Research and Development Centers. The principal Army analysis resources include the internal assets: the Center for Army Analysis, the U.S. Army Training and Doctrine Command Analysis Center and the Army Materiel Systems Analysis Activity.

The RAND Arroyo Center is the Army’s primary analysis FFRDC.

CAA is an organization that supports HQDA and Army commands. It develops information that helps Army leaders address the issues of greatest importance to the Army. This is accomplished by conducting studies employing analysis techniques appropriate to the issues at hand. CAA maintains special expertise in the analysis of issues pertaining to theater-level operations and Army-wide processes, especially those involving resource allocations. You can learn more about CAA by visiting them online at: www.caa.army.mil.

TRAC primarily supports the Training and Doctrine Command. Its mission is to conduct

tactical and operational analyses to inform decisions about future concepts, requirements, capability development and integration, and programs while supporting the needs of the Operating Force. TRAC leads Army efforts to model and analyze Soldiers, systems and formations from tactical units to Corps-level conducting full-spectrum operations. Learn more about TRAC at: www.trac.army.mil.

AMSAA supports the full range of Army decision makers – Army Materiel Command, TRADOC and HQDA – with system- and item-level analyses. Its mission is to conduct responsive and effective materiel and logistics system analyses to support decision making for equipping and sustaining the Army. AMSAA conducts performance analyses, cost-benefit studies, technology tradeoff analyses and risk assessments to answer questions posed about current operations as well as Army transformation. For more information, visit the AMSAA website at: www.amsaa.army.mil.

The three in-house study organizations conduct trilateral meetings in order to collaborate on a number of issues. Some major focus areas of this group effort include strategic communications, strategic partnerships to include deployed analysts, Army Regulation 5-5, which prescribes policy and guidance for managing the Army Study Program, the Army integrated analysis program, and other pressing issues affecting the studies and analyses community.

The Senior Analyst Advisory Board is a further step taken to ensure that the ASP is working effectively and focused on the Army’s high-priority issues while saving money and avoiding redundancy. The SAAB provides guidance and oversight of

critical and high priority analysis requirements across the Army. Additionally, it assists in developing annual Army Study Planning guidance and policy related to analysis to ensure that planned studies address all critical Army issues.

The ASPMO has the overall Army responsibility for the ASP, and each Army staff agency and command is represented by a study coordinator who serves as the point of contact to the ASPMO and implements study program policy at the agency level. ASPMO accepts requests for studies from commands and HQDA agencies, and seeks out the most appropriate research agency to perform those studies, including the internal Army agencies, an FFRDC, or other commercial contractors that can perform studies for the Army.

“We manage the program, we provide the resources, and then work with the sponsoring command to help them identify a performer,” Mariman said. “If we have the expertise in-house, of course, we try to keep it in house. We’re trying to do the analysis in the most cost-effective way.”

Studies and analyses are clearly pertinent to the overall success of the Army, as well as the demonstration of good stewardship of taxpayer dollars. It is important that we continue to ensure we are making the right decisions at the right time in an era of fiscal austerity. The Army Study Program provides the appropriate system of checks and balances to guarantee that the Army makes smart decisions based on a solid foundation resulting from studies and analyses, making certain that taxpayer dollars are used as effectively and efficiently as possible.

To learn more about the Army Study Program Management Office and the important work they do for the Army, follow them on Facebook at www.facebook.com/armystudies.

Rotor Wash

“Waterways are a popular retreat during the summer. What safety tips would you offer to someone planning a trip on the water?”



Tyler Frare,
military family member

“If you are not comfortable on the water make sure you have (motion sickness medicine).”



Elizabeth Vance,
military spouse

“Make sure your children know how to swim.”



Crystal Adkinson,
military spouse

“Make sure you obey the flags at the beach.”



Edith McCary,
Army spouse

“Always keep an eye on your children. We like to dress them in bright similar colors in case they do get away from us so we can spot them easier.”



Pfc. Elijah Lloyd,
A Co., 1st Bn.,
13th Avn. Regt.

“Always take a buddy with you when you swim.”

COMMAND

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FORT RUCKER COMMANDING GENERAL

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Distracted driving is deadly

By Lori Yerdon

Directorate of Communication and Public Affairs, U.S. Army Combat Readiness/Safety Center

Motor vehicle accidents involving a distracted driver kill thousands of people each year on America’s roadways. Anytime drivers text, use a cell phone or navigation system, change a radio station, eat or drink, or do anything that diverts their attention from the road, the opportunity for an accident to happen increases exponentially.

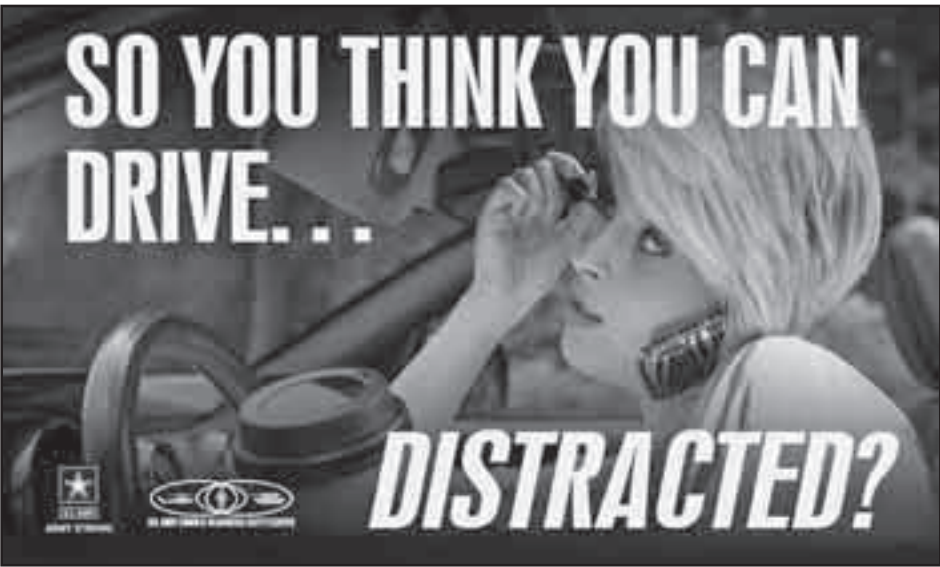
For some accident victims, they were merely in the wrong place at the wrong time and a distracted driver slammed into their vehicle. No matter the circumstances, organizations across the nation agree that distracted driving has become an epidemic on U.S. highways.

Joining the nationwide effort to raise awareness of the risks associated with this unsafe practice, the U.S. Army Combat Readiness/Safety Center hosted its first-ever distracted driving event, “So you think you can drive ... distracted?” June 4.

“We are all guilty of driving distracted and putting ourselves and others at risk when we’re on the road,” said Brig. Gen. Timothy J. Edens, director of Army Safety and commanding general, U.S. Army Combat Readiness/Safety Center. “We hope today’s activities will demonstrate just how dangerous distracted driving really is.”

Thirty-three Soldiers and Department of the Army civilians, between the ages of 21 and 45, negotiated a one-mile driving course that simulated urban driving while observer/controllers attempted to “distract” them as they drove.

Throughout course, drivers encountered hazards designed to replicate distractions that drivers face daily. They dealt with



U.S. ARMY COMBAT READINESS/SAFETY CENTER GRAPHIC

objects suddenly jutting across the road, “passengers” attempting to get their attention, blaring music, continually ringing cell phones and a barrage of text messages.

“The training was very realistic and helped point out your weaknesses and strengths,” said Spc. Hilary Phillips, U.S. Army Aeromedical Research Laboratory. “I think it (the training) will definitely teach people to be safer drivers.”

Once the drivers completed the course, the OCs critiqued their performance. Then the drivers listened to a testimonial from a Crestview, Fla., man familiar with the consequences of distracted driving.

In 2011, Rusty Fine’s 18-year-old niece, Megan Warman, was texting and driving on her way to school. She veered off the road slightly, overcorrected and her car flipped at least six times. She died 10 days later from her injuries.

Fine was also Megan’s legal guardian and he said the impact of her death was devastating.

“Never in a thousand years did we think this would happen to Megan,” Fine said. “But it did and it can happen to any Family.

It’s important that the word gets out about how dangerous it is to drive distracted.”

The National Safety Council reports that thousands die needlessly each year because people continue to use their cell phones while driving, handheld or hands-free.

Here are some facts from the NSC and the National Highway Traffic Safety Administration that are indicative of how rampant and dangerous distracted driving is.

- Drivers who use handheld devices are four times more likely to be involved in crashes serious enough to cause injury.
- Sending or receiving a text takes a driver’s eyes from the road for an average of 4.6 seconds; the equivalent, at 55 mph, of driving the length of an entire football field, blind.
- Eleven percent of all drivers under the age of 20 involved in fatal crashes were reported as distracted at the time of the crash. This age group has the largest proportion of drivers who were distracted.
- In 2011, vehicle accidents involving a distracted driver accounted for 387,000

- personal injuries.
- About nine percent of all drivers are talking on cell phones at any given daylight moment.
- Text messaging creates a crash risk 23 times worse than driving while not distracted.

With the number of people dying in crashes involving a distracted driver on the rise — 3,331 in 2011 compared to 3,267 in 2010 — safety officials are determined to educate individuals on the dangers of distracted driving.

“The biggest problem is most people don’t realize just how dangerous it is,” said Dr. Joseph MacFadden, USACR/Safety Center Human Factors Directorate, research psychologist. “They don’t know the statistics. Most young people (who) are texting and driving these days are completely unaware, and of course, they feel also that they can defy the odds.”

The event coincided with National Safety Month (June) and safety officials hope it raised awareness of an Army and nationwide driving safety problem. USACR/Safety Center officials are in the process of producing an informational awareness package within the upcoming weeks using some of the information gathered at the event that will be available to everyone in the Army.

Distracted driving is an emerging trend that needs to stop, said Walt Beckman, program manager and deputy director, Driving Directorate, USACR/Safety Center.

“Many times Soldiers think they can multi-task while driving and that’s not the case,” said Beckman. “Drivers need to focus on driving and not worry about the text message or phone call that can wait. Taking your eyes off the road or your mind off the task of safely operating a motor vehicle, even for just a few seconds, can cause a devastating accident and a life-changing event. It’s just not worth it.”

CodeRED keeps community in the loop

By Sara E. Martin

Army Flier Staff Writer

It is said that knowledge is power, and that old adage doesn’t reign any truer than during an emergency situation.

CodeRED is an instant emergency notification program that keeps Fort Rucker’s Soldiers and Families safe with up-to-the-minute weather and emergency information.

The service is well used by Fort Rucker workers and residents, as well as those who live and work in the local communities, said Willie Worsham, Emergency Management Specialist at the Installation Operations Center.

“CodeRED is a reverse 911 system that informs people of bad weather and is an emergency message system. If we had a fuel spill on the installation or an active shooter we can send out a message warning those who have signed up for the service. The messages can say to avoid a certain area or road on post or that people should stay indoors due to bad weather.”

CodeRED gives officials an additional venue to provide information to the community in an effort to keep it safe. The system gives officials the ability to inform the community in the event there is an emer-

gency on post, where it is and what actions to take. It gives people up-to-the-minute warnings and advisories.

In order to receive these types of notifications, people must register on the Internet, and the process is described as being simple and quick to do.

“Follow the link on the left-hand side of the Fort Rucker main page and it takes you to the CodeRED website,” said Manny Alvarado, DPTMS chief of Plans, Operations and Mobilization Division. “Then they enter the information required and submit. Once they complete the registration, they will immediately start receiving weather notifications as issued by the National Weather Service and the installation operations center.”

The system requires registrants to enter their name, phone number, physical address and email address where they want the alerts sent. The service will provide tailored weather watches and warnings based on their geographical location, said Worsham.

“(All the information people provide is) very secure. The servers are very safe and information will not be given out or abused. It is also very reliable,” he said, adding that the program is just another way that officials can reach out and touch “their” people to keep them safe.

“People can put in a home or work phone or email, or both if they want,” he continued.

The system taps into the National Weather Service for warnings, and by using the address provided, it can tailor what messages people receive, based on their selection upon registration, according to company officials. This allows community members living in Dothan to hear about Dothan-specific warnings, while someone living on Fort Rucker would receive Rucker-specific watches and warnings.

The new app is also available for people in the area to download to stay informed.

“The app takes into consideration where you are (by using the global positioning satellite) located (in) your cell phone. It will alert you when there is a tornado watch or thunderstorm warning in the area that you are in,” said the operations specialist.

To get the app, fill out the CodeRED application and choose the app once the application is complete or search “code red mobile alert” in your mobile device app store.

Alerts issued on security threats or weather alerts specific to the installation will come directly from the Fort Rucker IOC.

“We’ll send out the local non-weather emergency notifications to the Fort Rucker community to ensure the information is

getting to the community as quickly as possible,” Alvarado said. “This approach will ensure our people are in the know quickly and accurately, and give them a chance to prepare for whatever may happen.”

Another practical use for the program is to notify parents on school problems or changes.

“If a Fort Rucker school is letting out early due to weather we can put that out so people can leave work with as much time available. We want people to be informed about as much as possible to keep them as safe as possible,” said Worsham.

The safety and well-being of the entire Fort Rucker community is a top concern of leadership, and officials hope everyone here will continue to take advantage of the alert system, though if people do not like it they can easily remove their registration from the service provider, according to Alvarado.

The service is free to sign up for but depending on an individual’s phone plan, fees may apply.

To sign up for CodeRED, go to the Fort Rucker website at www.rucker.army.mil/Miscellaneous/CodeRED_Emergency_Notifications and follow the link to the company’s website.

For more on the program, visit the website, or call 255-9777.



PHOTO BY NATHAN PFAU

Instructor of the quarter

Fort Rucker senior leaders congratulate winners of the Instructor of the 3rd Quarter Award during a ceremony at the U.S. Army Aviation Museum June 26. The instructors of the quarter were: Jonathan Carmichael, Civilian Academic Instructor of the Quarter; Juan Mimoso, Civilian Instructor Pilot of the Quarter; Staff Sgt. Junior Casillas, Noncommissioned Officer Flight Instructor of the Quarter; Staff Sgt. Jason Christie, NCO Academic Instructor of the Quarter; CW2 Joseph Sakellar, Officer Instructor Pilot of the Quarter; CW4 Jeffrey Turner, Warrant Officer Academic Instructor of the Quarter; and Capt. Keith Stampley, Officer Academic Instructor of the Quarter.

News Briefs

Commissary open Independence Day

The Fort Rucker Commissary will be open on Independence Day today from 9 a.m. to 4 p.m.

Physical exams moves

Soldiers needing physical exams will now report directly to their primary care clinic. The physical exam rooms, normally behind the coffee shop, are now co-located in the clinic for more convenience.

Clinics move

The Lyster Behavioral Health Clinic moved to its newly renovated space recently. It is located down the hall from the main entrance, across from the pharmacy refill window.

Also, the Lyster Nutrition Care Clinic has changed its main entrance. The new entrance is now located on the same hall as the lab, and is the last door on the left immediately after the physical therapy and chiropractic clinic.

Changes of command

- The 1st Battalion, 223rd Aviation Regiment will host its change of command ceremony Wednesday at 8:30 a.m. at Howze Field. In case of inclement weather, the ceremony will take place in the U.S. Army Aviation Museum. Lt. Col. Todd Marshburn will assume command from Lt. Col. Demetrios J. Nicholson.
- The 110th Aviation Brigade will host a change of command ceremony Aug. 9 at 8:30 a.m. at Howze Field. Col. Jayson A. Altieri will assume command of the unit from Col. Kevin J. Christensen.

AER move

The Fort Rucker Army Emergency Relief office has moved to Rm. 350 of Bldg. 5700 in the Soldier Service Center — formerly the Directorate of Family, Morale, Welfare and Recreation office.

For more information, call 255-2341.

Time well spent

Students drill down during flight school to construct maps

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

For those who have attended the U.S. Army's rotary-wing flight training program, there are a few things that prospective pilots become very familiar with during hours of studying and mission preparation. This includes study "flash" cards, various Army publications and maps.

To the uninitiated, this may not sound like anything surprising until one begins to comprehend the amount of time dedicated to studying and constructing maps for use in the basic warfighter skills portion of the training.

"You're talking non-stop during the week and through the weekend," said WO1 Jack Richardson, a flight student assigned to 1st Battalion, 145th Aviation Regiment, of the time it takes to build a BWS map. "It takes about 40 hours just to build your map."

Prior to beginning BWS training, each student is required to link 30 1:50,000-scale maps together using glue and tape. In addition, students must trace all potential obstacles they could encounter onto their maps and bind the maps together in a manner that is similar to a book. Student pilots in this phase of training are expected to fly lower than earlier phases of training and navigate to various points near Fort Rucker. For these reasons, accuracy of the maps is paramount.

"Basic Warfighting Skills, as the name suggests, teaches the fundamentals of scout reconnaissance and Army Aviation tactics," said Capt. Zachary J. Keefer, commander of Troop A, 1st Battalion, 212th Aviation Regiment. "Many of the lessons taught here at Shell Army Airfield were developed under fire in the jungles of Vietnam. The same fundamentals that were learned in blood 50 years ago are just as relevant now."

Keefer added that map preparation is the biggest requirement prior to starting the BWS portion of flight training.

WO1 Chad Counsel, a B Co., 1st Bn., 145th Avn. Regt. flight student, said some sections of the map book are easier to create than others.

"It took me about three hours to complete the (tracing for the) Ozark section,"

said Counsel. "It gets easier the further away (from Fort Rucker that) you get."

Richardson describes the map-creation process as making a carbon copy of the planning room map at Shell Army Airfield, the location where BWS students begin their training daily. The difference between the map the students create and the one at Shell AAF is the student's map must be folded to fit inside the cockpit of a helicopter. All together, one student-constructed map measures about 10 feet by 12 feet, specially folded so that it can be read in an area about the size of the front seat of a small sedan.

In order to make the map fit in the cockpit, it must open like a book. Maps aren't always compliant when they're receiving new creases and being folded in new ways. Students work to overcome this in a variety of ways.

"I've seen people park their cars on their books (to flatten them)," said Richardson. "It's really an art putting them together."

Richardson said members of his class found this method of compression has mixed results.

"Too much weight can push the glue out from between the pages and you're left with a big sticky mess," explained Richardson. "Uneven weight makes for a lopsided map book."

He said other methods used by his classmates for flattening maps included stacking books on top of the joined maps or using woodwork clamps.

Even joining the pages together is a process that must be handled with care, said Richardson. If one uses plastic cement, too much can saturate the pages so they are unintelligible, while too little adhesive can result in a book falling apart.

The most creative portion of the process is designing a cover for the maps. Richardson said it's important for BWS students to have a sturdy cover and pages because moisture and wind forces can quickly destroy paperwork while flying without doors in the training helicopters.

"A lot of people customize (their books), like with their favorite football team," said Richardson. "The (instructor pilots) like this. It creates a lighter atmosphere."

Even with digital maps built into the most-modern Army airframes, Richard-



PHOTOS BY SGT. 1ST CLASS ANDREW KOSTERMAN

son said building the paper maps, while time consuming, is an important part of becoming familiar with the terrain and the books become useful planning tools in later phases of flight training.

Keefer, the commander at Shell AHP, seconds these thoughts and added that the skills learned in training will be useful to current students in the future.

"Map preparation is a critical skill that students will fall back on one day," said Keefer. "Interpreting a 1:50,000 map, navigation, tactical flight planning are essential skills for future-combat Aviators. Many students say BWS is their favorite phase of flight school."



A close up of a map being constructed for the basic warfighter skills portion of rotary-wing flight training. Of all the tasks flight students must complete during flight school, making maps for BWS is among the most memorable due to the time required to construct quality maps.

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Commander: Gillespie addresses Soldiers as Family

Continued from Page A1

commitment to excellence is well known. I know his experience will serve him well as the commander of the Tomahawk battalion,” said Christensen.

Gillespie graduated from the University of Central Missouri and was initially trained as an OH-58D Kiowa Warrior pilot. Gillespie has been deployed across several different continents, to countries including South Korea, Bosnia and Iraq.

He has held many different leadership positions such as platoon leader and assistant operations officer in 1st Squadron, 17th Cavalry Regiment, Fort Bragg, N.C.; Troop Commander, 4th Squadron, 2nd Armored Cavalry Regiment, Fort Polk, La.; and operations and executive officer for 6th Squadron, 6th Cavalry Regiment, Fort Drum, N.Y.

Gillespie said that when he woke up Friday his boots were a little heavier.

“Bevin, I promise I will do my best to carry on your legacy and take care of the Soldiers and their Families,” he said. “I know they will miss you. I am proud I have been selected to lead them.”

Looking forward to the challenges of command and partnering with the local community to continue the battalion’s quality of excellence is not the only thing Gillespie has been looking forward to.



PHOTO BY SARA E. MARTIN

Lt. Col. Mark C. Gillespie, commander 1st Battalion, 14th Aviation Regiment, 110th Aviation Brigade, walks alongside Lt. Col. Bevin K. Cherot, the battalion’s former commander, Maj. Mark Legaspi, commander of troops for the ceremony, and Col. Kevin Christensen, commander of 110th Aviation Brigade, as they troop the line Friday at Howze Field during a change of command ceremony.

“I was excited when I learned that I would be taking this command. I have been here before—18 short years ago,” he said. “I went through the same battalion as the student training, and I am overjoyed to have this opportunity to command this great bat-

talion.”

Gillespie continued by saying that the Tomahawk regiment has a stellar reputation throughout Army Aviation and that he is confident that the Soldiers will continue to excel and meet the challenges ahead.

“The next two years you will be my Family,” he said addressing his newly acquired troops. “And I pledge to you to give you nothing but my very best.”

The battalion trains more than 850 students annually and conducts all live fire aerial gunnery

qualification at Fort Rucker. The regiment conducts both primary and graduate-level flight instruction in various rotary wing aircraft, but the current mission of the Tomahawks is flight instruction in the Kiowa Warrior and Apache Longbow helicopters.

Policy: Soldiers advised to review service obligation

Continued from Page A1

policy,” he said. “This is going to impact their decisions and their Families, and whether or not they are going to have this money available to fund their dependent’s education.”

Veterans Affairs also has eligibility requirements for transferability. Soldiers must have six years of active duty in or-

der to transfer their GI Bill benefits.

In some cases, if a Soldier has incurred additional time in service in order to transfer GI Bill benefits to a Family member, and is afterward unable to serve that additional time in service, he or she may be required to pay back those benefits.

Viney said that as the Army draws down, some Soldiers will be involuntarily separated under force-shaping ini-

tiatives. Soldiers who are separated early under such circumstances and who had previously transferred their Post-9/11 GI Bill education benefits to their Family members may retain the transferred benefits, without needing to repay them to the VA.

Soldiers who were retirement eligible after August 1, 2009, and before August 1, 2012, and who are considering

transferring their benefits to their Family members should review their service obligation before doing so. All Soldiers will incur a four-year service obligation after Aug. 1 if they transfer their benefits to their Family members.

For additional information, Soldiers may call the Education Center at 255-9288, 255-1072, 255-3941, or stop by the office at Bldg 4502, Rm. 317.

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Roger Staubach,
USAA member, veteran and former NFL quarterback

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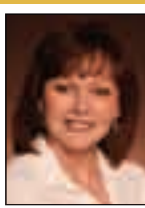


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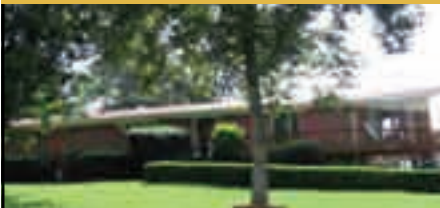
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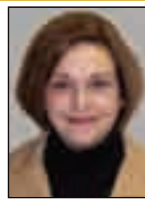
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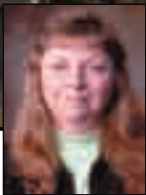


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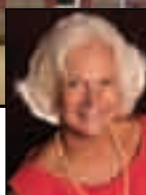
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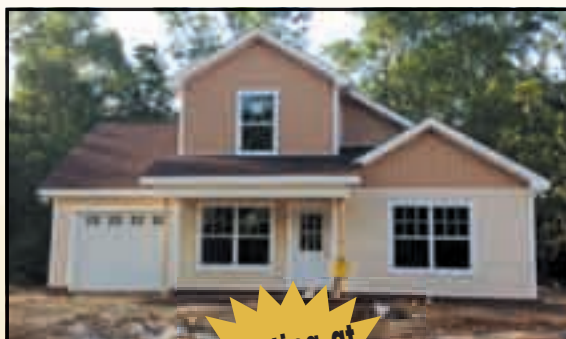
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TRADOC celebrates 40th birthday

By Bethani A. Edwards
*U.S. Army Training
and Doctrine Command*

FORT EUSTIS, Va. — On July 1, U.S. Army Training and Doctrine Command celebrated its 40th year of developing, educating and adapting Soldiers and leaders into the force that we know today.

TRADOC was established in 1973 with a simple mission: to prepare Army Soldiers for war.

Like today, the goals were to recruit, train and shape the Army into a force that dominates the battlefield. So, throw on your bell bottoms, button up that polyester shirt and drop the needle on your favorite Earth, Wind and Fire record as you get the skinny on the Army and culture, then and now. Can you dig it?

Training – then and now

According to the recently published 40-year history of TRADOC, what is now known as the Training and Doctrine Command, began as a small part of a much larger organization – the Continental Army Command. CONARC was responsible for all Army training centers, schools and doctrine until it was decided that its span was



PHOTO BY SOLDIER SYSTEMS DAILY, DAVID FURST, AFP/GETTY IMAGES

Army uniforms then and now: from Olive Green Shade 107 combat uniforms to gray, tan and sage ACUs.

too large for a single headquarters. Under the initiation of Operation Steadfast and the leadership of Gen. William DePuy, TRADOC was born.

Jim Rose, who works as an initial entry training analyst at TRADOC, has a unique perspective on the changes in training new Soldiers. He joined the Army in 1978 and became a drill sergeant in the mid-'80s.

“Back then, basic training was (simply) teaching a Soldier how to be a Soldier – how to walk, how to march, how to clean, how to fire a weapon, (how) to adapt to their new assignments,” Rose said. “It was nothing more than you gotta take that civilian and get them into a military type of mind. They had to learn to crawl, then walk, then run.

“But when we went to war (in the Middle East), we had to start teaching them more combat skills, and that’s when we added Warrior Task and Battle Drills.”

Although TRADOC has made advances in basic training throughout the years, said Rose, one thing that has remained the same is the role of the drill sergeant.

“I don’t really see too much of a difference,” he said. “The hours are still the same. The training is still the same. The requirements have increased, but the job is still teaching Soldiers how to be Soldiers.”

So what else has changed since TRADOC was born?

Fashion – then and now

Edwin Starr asked, “War, huh, yeah! What is it good for?” In 1973, it was for wearing groovy uniforms well equipped for the jungles of Vietnam. Fashioned in Olive Green Shade 107, slanted pockets across the chest and white tees underneath, Army attire was right on. Nametags and rank insignias were worn to be more subdued, and enlisted personnel wore their rank insignias on the points of their col-

SEE BIRTHDAY, PAGE B4



PHOTO BY SGT. MARK SCOVELL

Joining forces

Two AH-64 Apache Longbow helicopters with the 4th Battalion, 501st Aviation Regiment, 36th Combat Aviation Brigade, fly over the USS Ponce and two Riverine Command Boats from the 4th Coastal Riverine Squadron during joint Army-Navy operations at sea in the Arabian Gulf June 27.

3rd CAB weathers hail storm

By Capt. Chad Ashe
3rd Combat Aviation Brigade

KANDAHAR AIRFIELD, Afghanistan — More than 80 U.S. Army helicopters were damaged when a sudden unprecedented hail storm hit Kandahar Airfield April 23, where nearly half of Task Force Falcon’s helicopters were parked.

What happened following the storm was the real phenomenon — returning the aircraft to fully mission capable status without a gap in air support to their teammates on the ground.

The 3rd Combat Aviation Brigade was immediately forced to shift their focus to replacing damaged blades, stabilators and windows following the storm. The aircraft also sustained multiple damages to their sheet-metal skin and were in need of repair.

In order to get these tasks accomplished, the CAB had to enlist the aid from units within the basic force, supporting maneuver units and higher commands in U.S. and Afghanistan.

This enterprise of leaders had to unify to realign critical air assets to Kandahar Airfield where commanders on the ground were still conducting missions in Regional Command-South.

The Army and Aviation Enterprise answered the call for assistance. U.S.

Army Aviation Center of Excellence, U.S. Army Aviation and Missile Lifecycle Management Command, 36th CAB, 101st CAB, U.S. Army Installation Management Command, International Security Assistance Force-Joint Command, U.S. Forces-Afghanistan, 1st Theater Sustainment Command and Department of the Army staff joined with resounding effect to coordinate a solution for the damages.

Daily video conferences simplified the communication across various command echelons, theater logistical units in Afghanistan and logistical experts across the globe orchestrating resupply efforts, resulting in over half of the damaged helicopters repaired in the first week. Within five days, nearly 25 percent of the blades had arrived for replacement.

Army Col. Allan Pepin, commander of Task Force Falcon, 3rd CAB, said he was impressed with the enterprise’s response and minimal impact on the mission.

“I remain impressed at the incredible capacity of the enterprise to source resources to support the combatant commander. The enemy had no opportunity to take advantage of the impact on our aircraft,” said Pepin.



PHOTO BY CAPT. CHAD ASHE

Spc. Samuel Miller, from Ahwahnee, Calif., fastens rivets to a helicopter stabilator on Kandahar Airfield, Afghanistan, May 22. Miller is an Aviation Structural Repairer with the 1106th Theater Aviation Sustainment Maintenance Group, a California National Guard unit from Fresno, Calif., who is supporting maintenance operations for Task Force Falcon, 3rd Combat Aviation Brigade.

SEE STORM, PAGE B4

82nd CAB Aviators conduct decon training

By Sgt. April de Armas
*82nd Combat Aviation
Brigade*

FORT BRAGG, N.C. — Decontaminating a helicopter may seem foreign to 82nd Combat Aviation Brigade troopers who have spent the better part of the last 12 years maintaining and flying aircraft over the skies of Iraq and Afghanistan, but as the All-American Aviators’ mission changes, such training for chemical, biological, radiological and nuclear threats plays an essential role in the unit’s operational readiness.

The Pegasus Brigade teamed up with the 101st Chemical Company to refresh troopers’ understanding of aircraft and personnel decontamination procedures June 21, kicking off the brigade’s portion of the 82nd Airborne Division’s Joint Operational Access Exercise.

Command Sgt. Maj. Ron Evans, 1st Attack Reconnaissance Battalion, 82nd CAB, has been in the Army for more than 20 years and said that this is the first time since 9/11 that the brigade’s focus has incorporated this type of training.

“We haven’t had a viable threat that would cause us to need aircraft decontamination training,” Evans said. “But since we are drawing down and our mission is changing, it is time to refresh our knowledge so we can be prepared no matter what.”

Aviators with the 1-82 ARB and 1st Squadron, 17th Air Cavalry Regiment, 82nd CAB, trained to properly decontaminate the AH-64D Apache and OH-58D Kiowa helicopters.

“Many of the junior troopers have never seen this type of thing done, so we want to ensure they are comfortable with the use the M26, which is the decontamination apparatus for our helicopters, in the event they might have to use it. It is basically like a pressure washer,” said 1st Lt. Victoria Mbachu, chemical officer, 1-17th CAV, 82nd CAB.

SEE DECON, PAGE B4

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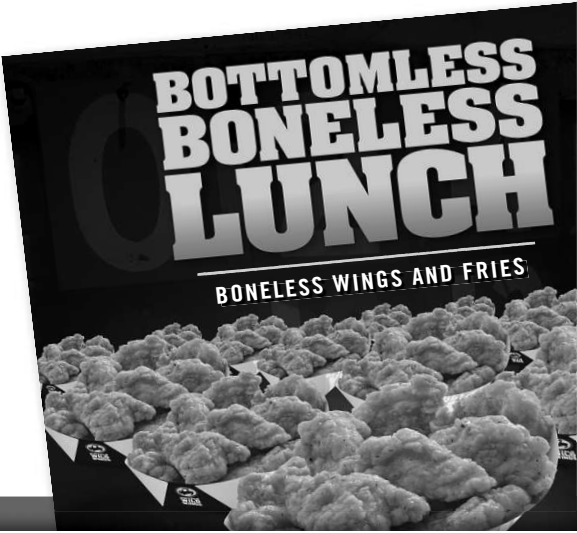
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Birthday: Command focuses on shaping future

Continued from Page B1

lars. The polyester and cotton, durable press utility uniform remained until it was replaced by the Battle Dress Uniform in the mid-1980s.

Now Soldiers wear the Army Combat Uniform, which was established as the combat and garrison uniform in June 2004. The color scheme was changed to the new gray, tan and sage digital pattern and the coats were designed to be single-breasted for better upper body mobility. Name tags and the U.S. Army tape went from sewn placement to Velcro, and both officers and enlisted rank insignias migrated to a hook and loop patch at the center of the coat. The Army even added a handy-dandy three-slot pencil pocket and more hook and pile tape for convenience.

Technology – then and now

On April 3, 1973, Motorola’s Martin Cooper made the world’s first mobile phone call to rival company AT&T. In the 1970s, touch-tone phones were the new wave, replacing the rotary phones many people used at home. It was also more common for people to slip into a phone booth to make a call. Anybody got a dime?

Today, cell phone manufacturers have largely removed

buttons all together. More than 80 percent of Americans use a cell phone with a touch-screen to do a lot more than just talking to each other. Smartphones and other mobile devices are helping to train and inform today’s Soldiers through interactive applications. Soldiers can now use their cell phones to help them with things such as a reference for uniform regulations or achieving their physical fitness goals.

The 1970s also marked an important time for TRADOC and technological advancement. The Multiple Laser Engagement System revolutionized collective training in the Army by incorporating lasers and blank cartridges to simulate force-on-force field training exercises. Since then, TRADOC has been responsible for the development of countless training aids and devices.

Money – then and now

In order for Soldiers to get down with all that technology, they had to bring in some serious cash. In 1973, the monthly pay for an E-1 was \$307.20. That may not sound like much, but it came in handy when gas prices averaged only 30 cents a gallon.

In 2013, an E-1 earns \$1,500 a month, but he has to pay around \$3.55 a gallon to fill up the gas tank.

Entertainment – then and now

Even at a fraction of today’s pay, Soldiers made enough money to catch a flick at the theater. They could hop in their Oldsmobile Cutlass and head to the drive-in to check out the No. 1 film, “Enter the Dragon,” starring Bruce Lee. In the summer of 2013, you may find a Soldier riding around in his environmentally friendly, hybrid vehicle on his way to see a 3-D film at an Imax theater.

If a Soldier was just home from the war, he could have been considered one bad “mamma jamma,” as described in the Jim Croce 1973 hit, “Bad, Bad Leroy Brown.” But in 2013, the music mix comes with a party vibe like in Macklemore’s summer hit, “Can’t Hold Us.”

The more things change ...

Although the fashion and technology of the times will keep changing, one thing will stay the same. From the leadership of Gen. William DePuy, TRADOC’s first commanding general, to Gen. Robert Cone, the command’s 14th and current leader, the command will continue to develop Army leaders and shape the future force through training and doctrine.

Decon: Training ensures Soldiers have necessary skills

Continued from Page B1

The troopers also trained to properly put on and exchange their Joint Service Lightweight Integrated Suit Technology. The suit is used to protect military personnel in the event of a possible CBRN exposure.

“Many of these guys have not had the need to use the JSLIST in the past few years,” Mbachu said. “So it is always good to practice these skills because you never know when it might be needed.”

Moving forward, 82nd CAB leaders plan to continue this type of training as they prepare to move into their duties in support of the U.S. global response force.

“This is the right training, along with all the training the Soldiers will receive this week as we prepare to go whenever we are called upon,” Evans said. “We will ensure our personnel have the skills they need to fight, win and continue to carry on our mission.”



PHOTO BY SGT. APRIL DE ARMAS

Troopers with the 82nd Combat Aviation Brigade practice decontaminating an AH-64D Apache during the 82nd Airborne Division's Joint Operational Access Exercise June 21.

Storm: Teamwork aids in returning unit to mission-ready status

Continued from Page B1

For CW5 Marty Calkins, the brigade Aviation maintenance officer, his priority was the oversight of receiving new parts and installation onto helicopters needed for the fighting season. He saw firsthand the Army providing the logistical support required to get the aircraft back into the fight.

“We received immediate support from the Aviation task force in Regional Command-East and units in Kuwait, who began sending every blade, canopy and anything else we requested,” said Calkins.

This is where several of the Army major commands aided to provide parts and assistance where needed, demonstrating the Army’s logistical tenacity — all without a noticeable reduction in supporting ground forces with air assets.

Calkins said AMCOM had the lead in the United States to begin movement of replacement items, which were mostly helicopter blades. He attributes the quick turnaround for repaired helicopters to the Theater Aviation Sustainment Maintenance Group and says that the sheer number of airframe repairs required after the hail storm provided five years worth of experience for the airframe mechanics.

“Their (TASM) dedication, commitment and professionalism throughout the repair processes produced incredible results getting 90 percent of the damaged fleet back into the fight within three weeks — a complete success story,” said Calkins.

Army CW2 Calvin Lambert, a platoon leader for the maintenance shop from Task Force Workhorse, 3rd CAB, coordinated for the repair of all the stabilators — an aircraft component that sustained significant damage from the golf ball-sized hail.

“The support we received from the outlying forward operating bases, as well as the support received from stateside in parts, was phenomenal,”

said Lambert.

Lambert said his unit was in charge of receiving and issuing all the blades and stabilators as they came into KAF from the U.S., Afghanistan and Kuwait. He says the contributions by those involved was what made the quick recovery of replacement parts possible. Lambert also credits the repairs to the TASM, attached to the CAB.

“TASM was a big help in all the repairs,” said Lambert.

The 1106th Theater Aviation Sustainment Maintenance Group from Fresno, Calif., supports the maintenance initiatives for the fleet of helicopters operated by Task Force Falcon, 3rd CAB. The TASMG provides the capability of repairing damaged sheet metal on helicopters, sustaining the helicopters’ outer skin and internal structure.

The California National Guard unit provided more than 200 sheet metal repairs for the CAB follow-

ing the hail storm. The unit, charged with providing depot-level structural repair for helicopters, keeps Task Force Falcon’s helicopters mission ready in Regional Commands-South, Southwest and West — an area slightly smaller than Montana.

Spc. Samuel Miller, a Aviation Structural Re-

pairman with TASMG, supports maintenance operations for Task Force Falcon, 3rd CAB. Miller said that if there are any dents, damages or cracks, he must replace the entire part or repair as needed. His expertise was put to use following the damages when helicopter parts, mostly blades and stabilators, were

in need of repair.

“This is my first deployment and it means a lot to me,” said Miller. “I’m proud to serve my country and be out here and do what I was meant to do — fixing aircraft so that the people who are using them can have them when they need them to do the real mission out there.”

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JULY 4, 2013

Lake Tholocco

Post facility offers summer escape

By Nathan Pfau
Army Flier Staff Writer

With summer in full swing, people on Fort Rucker don't have to travel far to get their beach and camping experiences all in one place.

Lake Tholocco Lodging offers cabin rentals, a recreational vehicle park where people can reserve spots for months at a time, as well as boat, kayak, and canoe rentals, and everything in between, Megan Royer, Lake Tholocco Lodging business manager, said.

"This is kind of a little well-kept secret," she said about the cabins. "We have 22 cabins that are available to rent, 21 of which are two-bedroom cabins, and the last one is a three-bedroom cabin, which only people of a certain rank can rent."

Regardless of rank, however, people can take advantage of everything the cabins have to offer, which include: fully-furnished accommodations, fully-equipped kitchens, screened-in back porch 32-inch flat-screen TVs, satellite and DVD players and complimentary wireless high-speed Internet access.

Royer said that there are 12 cabins – the Singing Pines Cabins – on West Beach, where people can enjoy "breathtaking" sunrises, and 10 cabins along East Beach, where people can enjoy a view of the Alabama sunset.

"Pets are welcome in four of our cabins located on West Beach, but we do ask that pets are kept to domestic animals such as dogs and cats," she added.

The cost to rent the cabins is \$70 a night, Sundays-Thursdays, and \$75 a night, Fridays and Saturdays, but Lake Tholocco Lodging asks that people rent them for both nights on the weekends.

Royer said that the rates can't be beat when it comes to the amenities they offer compared to hotels in the area.

"For what you would pay for a hotel, you can stay in a fully furnished cabin on the lake with multiple bedrooms – you just can't beat that," she said, adding that the proximity to everything that Lake Tholocco has to



PHOTO BY NATHAN PFAU

Cabins sit alongside the water on Lake Tholocco's West Beach. In total, 22 cabins are available to rent along East and West Beach, and all cabins come with amenities, such as flat-screen TVs, satellite and DVD players, and complimentary high-speed wireless Internet access.

offer only sweetens the deal.

In addition to the cabins, Lake Tholocco Lodging also offers 48 sites at the RV park that people can rent, including 18 long-term sites.

The long-term sites can be rented for two to three months at a time, depending on the season, said Royer. The park's sites, located on the west side of the lake, rent for \$18 a night, but patrons might be eligible for a discount.

"We have three different kinds of passes that we accept that give people a discount: the Golden-Age pass, Golden-Access pass and the America the Beautiful pass," she said. "Those passes drop the rate from \$18 a night

to \$12 a night."

The long-term sites rent for \$7 a night, but must be rented for two to three months at a time, but although the sites are long-term, homesteading isn't allowed and people are only allowed to rent one specific time period at a time. Cabins and RV sites are available to authorized patrons only.

Lodging isn't the only thing offered at Lake Tholocco. The Lake also boasts a bevy of recreational activities like boating, water skiing, hiking, biking, swimming, fishing and even hunting.

"Outdoor recreation at Lake Tholocco rents everything from canoes, paddleboats, kayaks, pontoon boats

and everything in between," said Royer. "People don't even have to have a boating license to operate the water vessels, they just have to complete the Fort Rucker boater's safety course."

The course is a 25-question test that people must complete either online or on-site, she said, adding that operators must also be at least 18 years of age. The boats are available to authorized patrons only.

"We treat every guest that we have like a VIP, and people that come out here really have a lot of fun, and that's what it's all about," said Royer.

For more information or to make reservations, call 255-4234.

'The Warrior' helps disabled Soldiers hit lake

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker is never shy about showing its support for Soldiers injured in the line of duty, and the installation makes sure wounded warriors aren't left out when it comes to life in the outdoors.

Outdoor recreation has a new boat, aptly named "The Warrior," that helps meet the recreational needs of wounded warriors and physically disabled people on Fort Rucker, said Janice Erdlitz, Directorate of Family, Morale, Welfare and Recreation marketing manager.

The boat is a specially designed vessel that was purchased with funds that were raised through last year's Wounded Warrior Hunt, said Erdlitz.

"The Warrior has been completely customized to fit the needs of a physically disabled boater to be able to operate the boat or be a passenger on the boat," she said. "Fort Rucker's Outdoor Recreation is excited to (add) the new boat to its inventory of wounded warrior recreational equipment."

The decision to purchase the boat came from feedback provided by wounded warriors on what they felt would most improve their quality of life.

"Outdoor recreation asked wounded warriors that attended the (Wounded Warrior Hunt last year) what type of equipment they would like to see purchased with the money raised," said John Clancy, ODR program manager. "Their input and suggestions was for a boat that can be utilized by wounded warriors."



PHOTO BY NATHAN PFAU

Mark Yoakum, outdoor recreation facilities manager, drives "The Warrior" on Lake Tholocco with Tony Vilardo, a wounded warrior, in April. The wounded warrior boat is now available at ODR for wounded warriors and disabled Family members to rent.

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

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

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

the boat, but gas must be reimbursed.

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

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

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

"It's also perfect to use to just spend a day on the lake with the Family," he added.

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

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

The wounded warrior boat isn't the first big-ticket item that ODR has provided to make the lives of disabled Soldiers and Family members easier.

In the past, the organization has provided three hydraulic tree stands and a track chair with accessories that help wounded warriors hunt, said Clancy.

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

For more information, call 244-4305.

ON POST

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

Lending Hangar closures

Army Community Service’s Lending Hangar will be closed on Tuesdays and Thursdays starting Tuesday and ending Sept. 26 because of the furlough.

For more information, call 255-3735.

AFTB Leadership Development

Army Community Service’s Army Family Team Building will host AFTB Leadership Development classes Tuesday and Wednesday from 8:30 a.m. to 2:30 p.m. at The Commons, Bldg. 8950. Classes include: communication skills for leaders, leadership styles, building cohesive teams, managing group conflict and more.

Advance registration is required. To register or get more information, call 255-2382.

Financial Readiness Training

Army Community Service offers Financial Readiness Training July 12 from 7:30 a.m. to 4 p.m. at the Soldier Service Center, Rm. 284. The free training provides a practical approach to personal financial management to help Soldiers and Families gain control of and manage money effectively. The training is required for all first-term junior enlisted Soldiers (E-1 through E-4).

For more, call 255-2594 or 255-9631.

Children’s craft-making activity

Center Library will host a craft-making activity for children ages 3-11 July 16 from 3:30-4:30 p.m. Space is limited to the first 65 children to register. Light refreshments will be served.

To register or get more information, stop by the library or call 255-3885.

Care Team Training

Army Community Service offers care team training July 18 from 5-9:30 p.m. at Bldg. 5700, Rm. 371A. Care teams offer short-term care and support to Families of deceased and seriously wounded Soldiers and civilians until the Family’s own support structure is in place. They are utilized at the discretion of the Family and the command. They are not mandatory, but are an additional resource to provide valuable support to Families. Although Soldiers and Family members are encouraged to attend the training, command makes the final decision on who will comprise of its care team. ACS staff, along with other trainers, will conduct training in these areas: care team overview, care team operations, Survivor Outreach Services overview, casualty notification, dealing with loss and grief, and dealing with the media.

For more, call 255-9578.

Crafting with Books

Center Library will host Crafting with Books July 18 from 5-6 p.m. For many people, digital readers are doing away with the need for old books, but there is no need to throw books away, said library officials. During this workshop, people learn how to recycle their old books by turning them into decorative household items. With a few items from local crafts stores, people can convert old classics into new works of art. The program is designed for adults, but children 10 and older are welcome to take part. Jackie Chappell, reference librarian at Center Library, will show people how to turn old books and book pages into fun and functional craft projects. Books will be provided by the library.

For more, call 255-0741.



ARMY PHOTO

Soldier Show

The Directorate of Family, Morale, Welfare and Recreation hosts the U.S. Army Soldier Show Aug. 2 and 3 at Enterprise High School. The free, 90-minute live musical performance is at 7 p.m. Aug. 2 and at 2:30 p.m. Aug. 3 and is open to the public. No tickets are required. For more, call 255-9810.

Youth center lock in

The Fort Rucker Youth Center hosts a lock in July 20 beginning at 6 p.m. and ending July 21 at 6 a.m. The theme is Minute to Win It, and there will be competitions being held on the hour, every hour. The fun will include: dancing, games, food, movies, sports, rock climbing and prizes. Cost is free for CYSS-registered members. Guests will have to pay \$10 and must have a valid ID.

For more information, call 255-2245.

July auto center special

The Fort Rucker Automotive Skills Center offers its Freedom, Fireworks and Air Fresheners special throughout July. With the special, people will receive a free air freshener when they purchase “The Works” wash at the center. A receipt must be presented to receive the free air freshener.

For more, call 255-9725.

AFTB Get REAL

Army Community Service’s Army Family Team Building will hold its Get REAL – Rucker Experience, Army Learning – presentation July 23 from 8:30 a.m. to 2:30 p.m. at The Commons, Bldg. 8950.

For more, call 255-2382.

Fort Rucker Job Fair

The 10th annual Fort Rucker Area Job Fair is scheduled for July 25 from 9 a.m. to 1 p.m. at Enterprise High School. The free event is co-sponsored by the Army Community Service Employment Readiness Program, the Enterprise and Daleville Chambers of Commerce and the Army Career and Alumni Program. More than 100 businesses will attend the job fair. For a full list of companies attending, visit <http://www.ftruckermwr.com/acs/employment-readiness-program/>.

Job seekers will meet representatives from a diverse blend of local businesses, government contractors and federal agencies. Applicants should bring at least 10 copies of their resume and be dressed ready to interview – no shorts or flip flops. Job opportunities are available in the fields of retail, logistics, medical, law enforcement, Aviation, food service, administration, sales and more.

For more information, call 255-3949 or (334) 347-0581.

DFMWR Spotlight

SPLASH! OPEN TO THE PUBLIC!



For more information on Fort Rucker MWR swimming facilities and admission rates visit www.ftruckermwr.com



Sports, Fitness & Aquatics
Office, (334) 255-9162

ACS, DFMWR swap offices

By Sara E. Martin
Army Flier Staff Writer

Freedom Fest often takes up a lot of time for organizations on post that organize vendors, entertainment and traffic routes, but two Family-focused programs took the plunge to transfer offices during one of the busiest times of the year at Fort Rucker.

Army Community Service and Directorate of Family, Morale, Welfare and Recreation switched offices last month in order to better serve their customers, said Evy Blutsworth, DFMWR deputy director.

“The base of ACS is in our old office, Rm. 350, and DFMWR headquarters is in ACS’s old space in Rm. 390 now,” she said. “We wanted to address the needs of our Army Families. This is just one way where we can provide for them better.”

Other parts of ACS have gone into several different areas. Survivor Outreach Services is now on the ground floor of Bldg. 5700 in Rm. 102 and Army Family Team

Building is now located at The Commons, Bldg. 8950.

“The ground floor is a better location for our survivors, and ACS needed more privacy,” said the deputy director. “It is a space more conducive to the number of employees that they have and how they help Army Families. We at DFMWR headquarters needed a bigger space, more square footage.”

Room 390 does not have much privacy, said Blutsworth, and Rm. 350 has more private offices, which ACS had a need for.

“When ACS counselors deal with Family advocacy or financial decisions or sexual assaults or any other issues that need to be addressed they need a private setting when they do their counseling,” she said. “Now they have the ability to make their Soldiers or Family members more comfortable.”

The privacy of individuals has been in the making for several years, said Blutsworth, adding that everyone is happy that

it has finally come to fruition.

“The directors of DFMWR and ACS, and the garrison command team looked at what Families needed and what was available to make it happen. After they figured this was the best option for everyone, we began working on the logistics of moving,” she said.

The switching of offices began June 7 and was completed June 21, with both organizations fully operational. All phone numbers, fax numbers and e-mail addresses remain the same.

An unexpected benefit of the move was a massive spring cleaning of files and of both offices.

“We found out that the people on the installation that support us when we go into do things like this were there for us, and they worked hand-in-hand with us and our information technology guys,” said Blutsworth.

“The maintenance workers who helped us move the cubicles around and the

people who worked with all of the communication pieces were phenomenal,” she continued. “They worked so hard to make sure our phones were up on time and that our computers were down no more than a couple hours.”

The deputy director said that both organizations really appreciate that exceptional service and that it made the move a lot smoother.

“Everyone pitched in and did their part. It was definitely teamwork and you couldn’t ask for a better team to do it with,” she said.

Though ACS and DFMWR remained open during the move and tried to provide as much service as possible, Blutsworth said she hopes that they were able to tackle everyone’s needs.

“We really appreciate everyone’s patience while we were moving offices. I know it was an inconvenience some days when people were not able to help them or had already relocated,” she said.



PHOTO BY SARA E. MARTIN

Gloria Smith, DFMWR administrative assistant, organizes the last remaining boxes from the office switch between ACS and DFMWR.



COURTESY PHOTO

Pick-of-the-litter

Meet Grundgetta, an eight-week-old female, long-hair calico available for adoption at the Fort Rucker stray facility. She was found dumpster diving but she is a beauty, and is now healthy enough to adopt. It costs \$81 to adopt Grundgetta and other animals at the facility, which includes all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the veterinary clinic or the commissary. Visit the Fort Rucker stray facility’s website at <http://www.facebook.com/fortruckerstrayfacility/> for updates on the newest animals available for adoption.



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

DALEVILLE
FARMER’S MARKET

2 to 5:30 p.m.

Corner of Hwy 134 & Daleville Ave

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Thursdays on June 27th &
July 11th, 18th & 25th
(No Market on July 4th)

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Squash, Peppers, Onions, Cabbage,
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Meats & Fresh-Cut Flowers

FRESH
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BUTTER BEANS

Squash, Blueberries, Peaches,
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Cantaloupes, Cookies, Pies,
Cakes, Chicken Salad,
& Homemade Ice Cream
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Church Directory

First United
Methodist Church

Traditional Worship Service
8:30AM & 11:00AM
Contemporary Worship -
New Connection
8:45AM & 11:00AM
The Gathering - Youth
5:45PM
Sunday School
10:00 M
Nursery Care: During all services
217 S. Main St • Enterprise, AL
Office: 334-347-3467
cfumc@adelphia.net
Prayer Line (24 Hours) 334-393-7509

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

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www.GraceBaptistChurch-Ozark.com

Call 347-9533 to advertise your church on this page.

Summer safety key to summer fun

Gulf Shores and Orange Beach Tourism Press release

Sun, sand, surf and sea make coastal Alabama a warm and inviting hotspot for Families throughout the year, especially during the summer season. Although Gulf Shores and Orange Beach provide a prime spot for soaking up the sun and diving into an array of attractions, there are a few coastal occurrences to be aware of to make each guest’s experience as enjoyable as possible.

“Many of our summer guests come back year after year, or even different times of year for different activities,” said Colette Boehm, special projects director for Gulf Shores and Orange Beach Tourism, “and some are discovering our destination for the first time. Whether they feel right at home on our beaches or they are from a land-locked area visiting for the first time, we want their stay to be a positive, memorable experience. To accomplish that, we like to remind them to keep safety in mind while they’re here and to have a healthy appreciation for the wonderful natural resources we all love here.”

A few tips and practices can help make each beach trip safe and sound this summer.

One of the most valuable safety tips to be aware of can be found flying along the area’s beachfront – flags. The following guidelines apply to the flags on Alabama’s beaches:

- **Double Red:** water closed to the public (note that the beaches remain open)
 - **Red:** high hazard (high surf and/or strong currents)
 - **Yellow:** medium hazard (moderate surf and/or currents)
 - **Green:** low hazard (calm conditions, exercise caution)
 - **Purple:** dangerous marine life
- Storms and other coastal occurrences may cause

dangerous conditions such as rip currents, also known as riptides. When a red flag is flying, high surf and rip currents are present. If you are caught in a current, relax as much as possible and swim parallel to the shore until you are free from the current. Note that a rip current could still be present under the surface even if the top appears calm.

While tanning is a popular beach activity, it is vital to always use and regularly reapply sunscreen during all outdoor activities. Do not be fooled by the shade of an overcast day — the sun’s rays can actually be more harmful when the sky is overcast.

Hydration is a must when hanging out in the heat, and the best way to do so is to drink water and sports drinks containing electrolytes. Some beverages, especially those containing alcohol, can cause dehydration.

Coinciding with the state’s motto, “Alabama the Beautiful,” coastal Alabama prides itself on having clean beaches. Help keep Alabama’s beaches beautiful by disposing of trash and recycling when possible.

The sand dunes covered in sea oats along Alabama’s 32 miles of beachfront not only provide an excellent background for family photos, but also provide a habitat for coastal critters such as nesting sea turtles and the Alabama Beach Mouse. Help preserve this habitat by not disturbing, walking on or littering the dunes and not picking the sea oats which hold them in place.

Orange Beach is known for some of the finest fishing on the Gulf Coast. While fishing this summer by charter, personal vessel, pier or from the beach, protect Alabama’s marine life by recycling used or broken fishing line.

With the sinking of The LuLu on Memorial Day weekend, Alabama marked the map as a diving destination. When boating and fishing along the coast, be aware of dive safety rules. The State of Alabama requires divers to prominently

display a dive flag and to stay within a 50-foot radius of it. Boaters are to stay at least 100 feet away from a displayed dive flag.

The coast is home to many marine creatures, including dolphins. Viewing these whimsical creatures on a dolphin cruise or even from a condo balcony or waterfront restaurant can be magical, but feeding them is harmful to their health, natural habitat and behavior. Some of the area’s dolphin cruise captains are certified by Dolphin SMART, a program promoting the protection of wild dolphins. For more information on this program, visit www.sanctuaries.noaa.gov/dolphinmart. To view a public service announcement from the National Oceanic and Atmospheric Association about not feeding these creatures, go to www.dontfeedwilddolphins.org.

Among the wonderful wildlife inhabiting the Gulf’s waters are jellyfish, which can leave behind an unwelcome mark. If you encounter a jellyfish sting, there are simple solutions to take away the sting and get you back to fun and sun. As tempting as it may be, do not use fresh water or rub the affected area – that will only make things worse. Simply wash the area with salt water or alcohol to shut down the stinger and remove the nuisance with tweezers if it becomes visible.

Green, Kemps Ridley and Loggerhead sea turtles inhabit Gulf waters and nest from May 1 through Oct. 31. While volunteers with Share the Beach, a program that works to provide protection for and education about these endangered and threatened sea turtle species, monitor the nests, it is important to be aware of these creatures. To learn more about the program or to report turtle activity, visit www.sharethebeach.com.

For more information on this family beach destination, visit www.gulfshores.com or www.orangebeach.com.

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

NOW THROUGH JULY 27 — The Route 52 Farm Trail is composed of several small family-owned farms in Geneva County with a shared passion for agriculture and the community. All of the farms on the trail share a strong commitment to using environmentally friendly, sustainable farming practices. The Route 52 serves as a connection to buying direct from the farm. Visit all the farms along the trail, every Saturday in July from 8 a.m. to 2 p.m. For more information, visit www.facebook.com/52trail.

JULY 15-19; 22-26 — The Flagship Theatre’s Summer Theatre Camps for ages 11-18 begin at 9 a.m. and go to noon each day. This year’s summer camp show will be “The Pharaoh and the Pauper.” Participants will recreate aspects of ancient Egypt. All performances are noon on Friday and are free to the public to attend. The cost is \$120 for the first child and \$100 for each additional child. For more information or to register, call 699-FLAG or visit www.theflagshiptheatre.com.

JULY 22-25 — The Flagship Theatre will offer several different art camps this summer featuring arts and crafts fun. Week-long classes will be held from 1-3 p.m. each day

and the cost per child is \$50, which includes all art supplies. The theme is “Under the Sea.” Pre-registration is required. To register, e-mail ajbmhbl@netzero.net or text 769-1587.

JULY 29-AUG. 2 — The Flagship Theatre will offer several different art camps this summer featuring arts and crafts fun. Week-long classes will be held from 1-3 p.m. each day and the cost per child is \$50, which includes all art supplies. The theme is “Art Resist and Painting Fun.” Pre-registration is required. To register, e-mail ajbmhbl@netzero.net or text 769-1587.

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.

NOW THROUGH JULY 26 — Each Friday Landmark Park will present Animal Adventures, a special one hour educational program that provides a unique opportunity to learn about the natural world. Children ages 5 and older are encouraged to come and see the wonder of many native animals. Programs begin at 10 a.m. in the Interpretive Center Auditorium. Event is free with paid gate admission. Animals discussed are owls, snakes, alligators, cats, insects and honeybees. For more information, call 794-3452 or visit www.landmarkpark.com.

NOW THROUGH AUG. 16 — Landmark Park’s Digitarium Planetarium will offer special showtimes on Tuesdays and Fridays to give children and adults a chance to learn about stars, constellations and the universe. Regular admission is \$2 per person. Seasonal Stars and Stories is led by an instructor who can give tips on how to identify objects in the night sky, while the Full Dome Videos are animated educational movies about space. Registration is required for weekday shows. For more information, visit www.landmarkpark.com.

NOW THROUGH AUG. 9 — The Wiregrass Museum of Art will feature three separate summer camps highlighting different aspects of visual arts.

Play in the Clay! is a pottery camp where children can learn a variety of ceramic techniques and create three projects to take home. Play in the Clay! is available for children ages 5-9 July 23-26 from 10:30-11:30 a.m. Price is \$65.

Art Around the World gives children the chance to explore the world through various

art forms. Children will travel to a different country each day, learn the culture and customs, and create a work of art native to that region. This camp is available for children ages 5-10 Aug. 5-9 from 9 a.m. to noon. Price is \$105. For more information or to register, call 794-3871 or 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

SATURDAY AND SUNDAY — The Wiregrass Futbol Club- 3v3 Live Tournament will begin at 9 a.m. at Henderson Park. Registration fee is \$180. All teams will play a minimum of four games and all players will receive an official 3v3 Live Futsal Tour tournament T-shirt. The top four teams in each division will qualify for the regional final of their choice. For more information, visit www.3v3live.com/page/show/810239-june-29-enterprise-al.

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 will meet today at 6 p.m. in the New Brockton City Hall. The chapter also meets each Tuesday and Wednesday at 6 p.m. at New Brockton City Hall. Food and drinks are served followed by regular chapter business. A guest speaker from the Veterans Administrations’ Veterans Center, Bay County area will deliver a DAV appropriate speech. Election of new Chapter 99 officers for 2014 will be the final order of business. Chapter No. 99 maintains a DAV service office in the New Brockton Police station Each Tuesday and Wednesday from 10 a.m. to noon. All veteran services provided are free. For more information, call 718-5707.

OZARK

SATURDAY-JULY 27 — The Rudd Art Center hosts Katrina Larsen Exhibit. Opening reception Saturday from 7-9 p.m.

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

Civil War anniversary

Chattanooga commemorates the 150th anniversary of the Civil War throughout the rest of the year. Chickamauga and Chattanooga National Military Park was the site of the bloodiest, two-day battle of the Civil War, with an estimated 36,000 casualties.

There will be a variety of special events, including the largest reenactment in the western theater for the anniversary

with over 10,000 actors, an outdoor patriotic concert and the four-day signature event “Occupation and Liberation.”

For more information, visit www.chattanoogaofun.com/150th-anniversary-of-the-civil-war-special-events.

Fourth of July Celebration

Perdido Beach Resort in Orange Beach Fla. will hold an annual Independence Day Celebration Friday featuring the Grammy-nominated Wannabeatles performing live along with a beach-front fireworks display. Executive Chef John Hamme will be preparing a barbecue buffet

on the beach deck.

For tickets or more information, call (251) 981-9811 or visit www.perdidobeachresort.com.

Civil War Tour

Fort Morgan Civil War Twilight Tours are held Tuesday evenings until July 30 at the Fort Morgan State historic site. Living history interpreters in Civil War period dress tell the story of Fort Morgan’s Civil War service through historic vignettes based on actual events.

For more information, visit www.fortmorgan.org.

DOD to expand benefits to all military spouses

By American Forces Press Service

WASHINGTON — Defense Department officials will move forward in making benefits available to all military spouses, Defense Secretary Chuck Hagel said in a statement issued after the U.S. Supreme Court struck down the Defense of Marriage Act.

The law had prevented federal agencies from offering all of the same benefits to spouses in same-sex marriages that they provide to other spouses.

The secretary's statement: "The Department of Defense welcomes the Supreme Court's decision today on the Defense of Marriage Act. The Department will immediately begin the process of implementing the Supreme Court's decision in consultation with the Department of Justice and other executive branch agencies. The Department of Defense intends to make the same benefits available to all military spouses – regardless of sexual orientation – as soon as possible. That is now the law, and it is the right thing to do.

Every person who serves our nation in uniform stepped forward with courage and commitment. All that matters is their patriotism, their willingness to serve their country and their qualifications to do so. Today's ruling helps ensure that all men and women who serve this country can be treated fairly and equally, with the full dignity and respect they so richly deserve."

Later, a Defense Department spokesman issued a statement detailing some of

the steps the department is taking:

- The department will immediately begin to update the identification card issuance infrastructure and update the applicable implementing guidance. Officials estimate that this process will take about six to 12 weeks. For civilian employees, the department will look to the Office of Personnel Management for guidance. For civilian employees who are eligible for ID card-related benefits, DOD intends that ID cards will be made available to same-sex spouses of civilian employees at the same time as same-sex spouses of military members.
- The Supreme Court's ruling means that the Defense Department will extend all benefits to same-sex spouses of military personnel that are currently extended to opposite-sex spouses, including medical, dental, interment at Arlington National Cemetery, Va., and with-dependent Basic Allowance for Housing. DOD will implement these benefit changes as soon as possible for same-sex spouses.
- The policies governing burial at Arlington National Cemetery will apply equally to same-sex and opposite-sex spouses.
- DOD is carefully reviewing command sponsorship for overseas tours, and all applicable Status of Forces agreements.
- DOD will assess costs as it moves forward with implementation.



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SATURDAY, JULY 20
7 – 11 a.m.

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• www.southwesternproduce.com •



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FROM 7 – 11 a.m.
at Davis Produce, 4206 Ross-Clark Circle

Directions: Across from the Northside
K-Mart & by Burger King. (Look for the
refrigerated truck in the parking lot.)

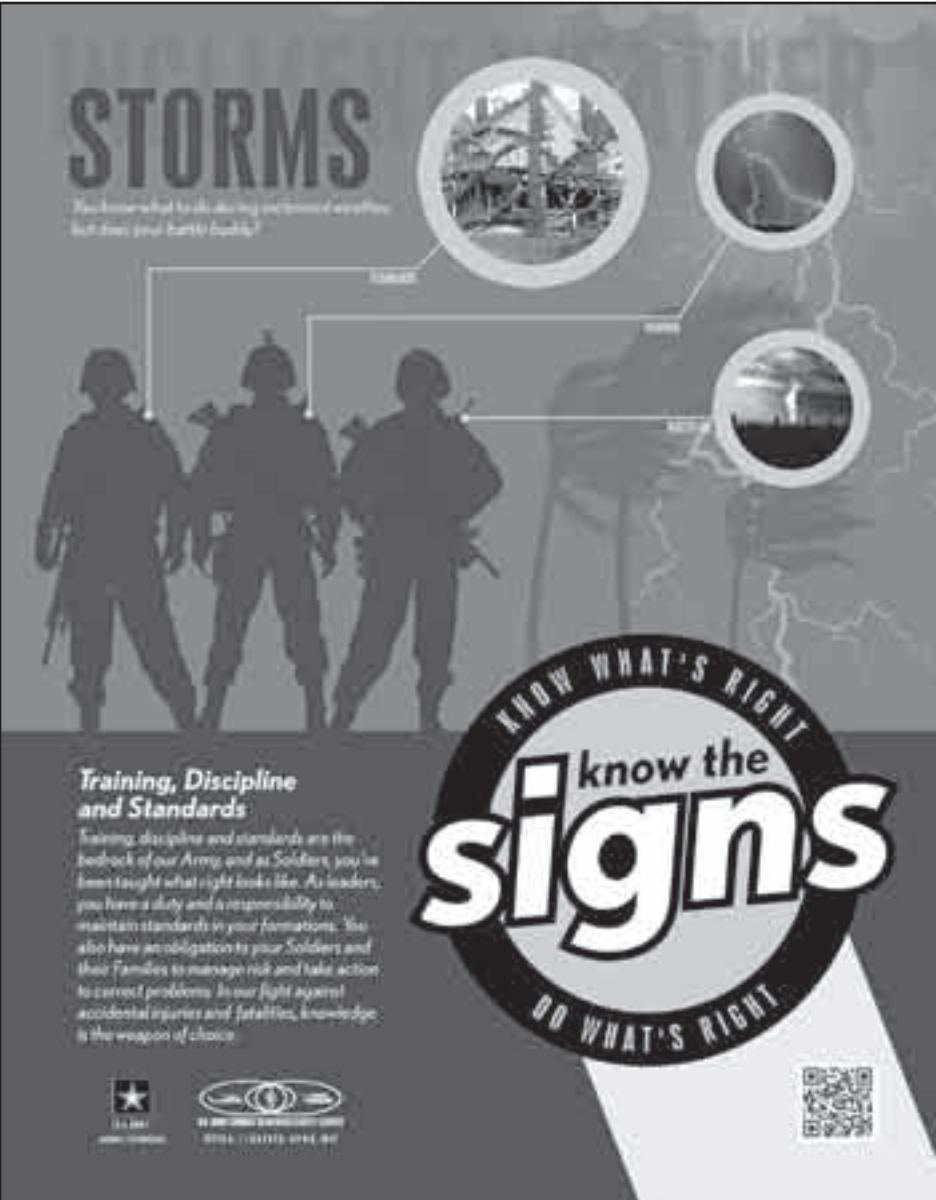
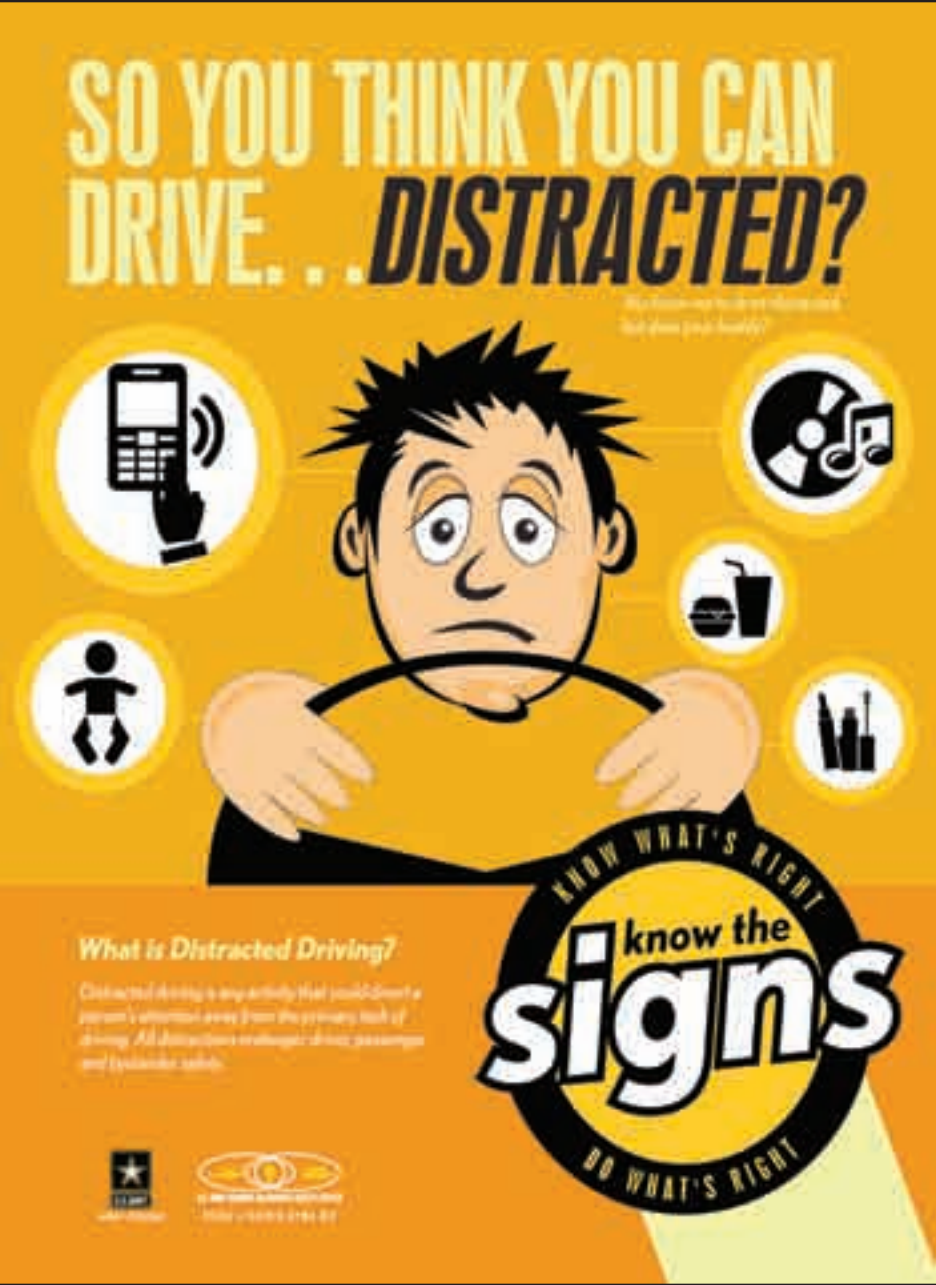
TO PLACE AN ORDER:

Just go online to
www.southwesternproduce.com
and click on the 'Dothan Order
Form' conveniently 24/7 OR
call 1-800-914-6337 (toll free),
Monday-Friday 8 a.m.-5 p.m.
Orders MUST be placed by
5 p.m. EST on July 18.

All items are in 8 lb bags unless otherwise noted and have been shelled, blanched and frozen.

Fordhooks	\$27	Cream Yellow Corn 4#	\$10	Soup Blend	\$16
Baby Butter Beans	\$16	White Corn	\$16	Broccoli	\$16
Green Beans	\$16	Yellow Corn	\$16	Cauliflower	\$16
Pole Beans	\$16	Collard Greens	\$16	Baby Carrots	\$16
Speckled Butter Beans	\$16	Turnip Greens	\$16	Brussel Sprouts	\$16
Blackeye Peas	\$16	Mustard Greens	\$16	Raspberries 5#	\$20
Butter Peas	\$16	Spinach	\$16	Blueberries 5#	\$20
Crowder Peas	\$16	Breaded Okra	\$16	Blackberries 5#	\$20
Green Peas	\$16	Cut Okra	\$16	Mango Chunks 5#	\$20
Pinkeye Peas	\$16	Whole Okra	\$16	Pineapple Chunks 5#	\$20
Sugar Snap Peas	\$20	Sliced Yellow Squash	\$16	Whole Strawberries 5#	\$20
Zipper Peas	\$16	Sliced Zucchini	\$16	Dark Sweet Cherries 5#	\$22
Cream White Corn 4#	\$10	Mixed Vegetables	\$16	Peaches	\$20

Our 2013 sales: July 20, Sept. 21, Nov. 16



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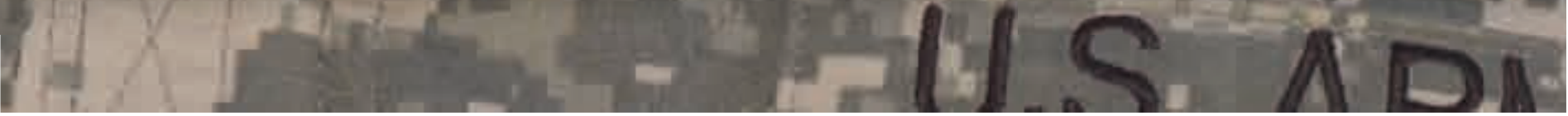
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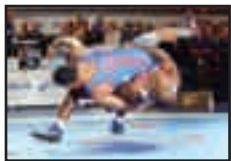
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JULY 4, 2013

FUEL YOUR BODY

Experts offer tips to improve performance

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

(Editor's note: This article is part of a series that offers methods and tips for improving physical performance. As with all physical training advice, one should consult a physician or otherwise trained and qualified professional before beginning any type of training regimen. In addition, understanding your limits and being acclimated to your surroundings is essential to the success of any training program.)

In the Profession of Arms, it is widely known that endurance is an important part of being a top Soldier. The challenge for many within the profession is execution.

Part of the solution to attaining peak performance is proper amounts and intensity of training. The other part is proper nutrition.

"Balanced nutrition supports training and can improve performance and health," said Theresa Osteen, a registered dietitian at Lyster Army Health Clinic.

Frequency and amount

While the exact amount each individual should eat varies from person to person, Osteen recommends eating regular meals every four-to-five hours during the day using a method like the U.S. Department of Agriculture's "Choose My Plate" nutrition guide to obtain all the nutrients needed to maintain muscle mass and bone density. The guide is available free online at www.choosemyplate.gov.

Osteen said about half a meal should include fruits and vegetables. A quarter of the meal should include complex carbohydrates like whole-grain pasta or potatoes.

The other quarter of a meal can include lean proteins, like a three-ounce portion of canned tuna packed in water or three-ounces of white-meat chicken, according to the Livestrong Foundation.

"There are many adjustments to the diet a Soldier can make to maximize their performance, but if they are not starting with basic healthy eating, no other adjustments will be as beneficial," said Osteen. "One of the most basic, but important, things I tell Soldiers is to eat your nutrients instead of drinking them or consuming them as supplements."

Osteen says portion sizes vary depending on the food, but overall a half a cup of a cooked or canned fruit or vegetables constitutes a single serving within the



food group. This serving size is one cup if served raw. One ounce is a serving from grains. About three ounces, the size of the palm of most people's hands, is a serving of a meat or protein food, and one cup, about eight ounces, is a serving of milk or yogurt. You can include more than one serving from each of the food groups as long as weight is in a good range and the increase in a food group doesn't decrease another group.

Army Field Manual 7-22 Army Physical Readiness Training states, "Good nutrition practices helps ensure Soldiers have the needed vitamins and minerals for safe performance of exercise in hot environments. Sodium, potassium and B complex vitamins are lost through sweat and exertion in the heat. It is important to replenish calories lost during exercise with foods containing these nutrients. Try to eat within an hour after exercise. This will assist in recovery as the body is still burning calories at an elevated rate."

Hydration

Improper hydration is one of the most common, and potentially most dangerous, mistakes Osteen says Soldiers make when training.

"Hydration is very important for the body to function normally and is even more important when activities or heat are added that deplete the body fluid," said Osteen. "Balanced eating,

along with staying hydrated daily, eliminates the need for sports drinks for most people. An exception would be someone participating in activities that occur over an extended period of time."

She added that water and electrolyte drinks, which contain sodium and potassium, help prevent dehydration. Carbohydrates can help delay fatigue.

Capt. Daniel Klinkner, the deputy director of training for Army National Guard Aviation and USA Track and Field certified Level 1 coach, said certain drinks are better than others.

"My recommendation is stay away from the citric acids ... no orange juice or anything like that before the PT test run," Klinkner says.

Klinkner added that citric juices are OK to drink after a workout, but consuming them before could lead to one developing some acid reflux symptoms and possibly throwing up.

Field Manual 7-22 also states, "Ensuring that Soldiers are properly hydrated and receive regular, adequate nutrition is a good way to prevent the onset of heat injuries. Water is the preferred hydration fluid before, during and after physical training activities."

The manual recommends Soldiers drink 13 to 20 ounces of cool water at least 30 minutes before beginning exercise. This is about two glasses of water. After exercise, drink to satisfy thirst, then drink a little more.

Avoidance of alcoholic beverages and soft drinks is recommended because these are not suitable for proper hydration and recovery, according to FM 7-22. Electrolyte drinks may be consumed, but are not required, and contain a considerable number of additional calories.

The manual also warns of the effects of consuming too much water. One should limit intake to no more than 1.5 quarts per hour during periods of heavy exertion.

Things to do for top performance

The world's top athletes ensure they are properly fueled before the start of events. Soldiers should also strive for top performance.

"What I brief to my guys is definitely fuel your body prior to the PT test," said Klinkner.

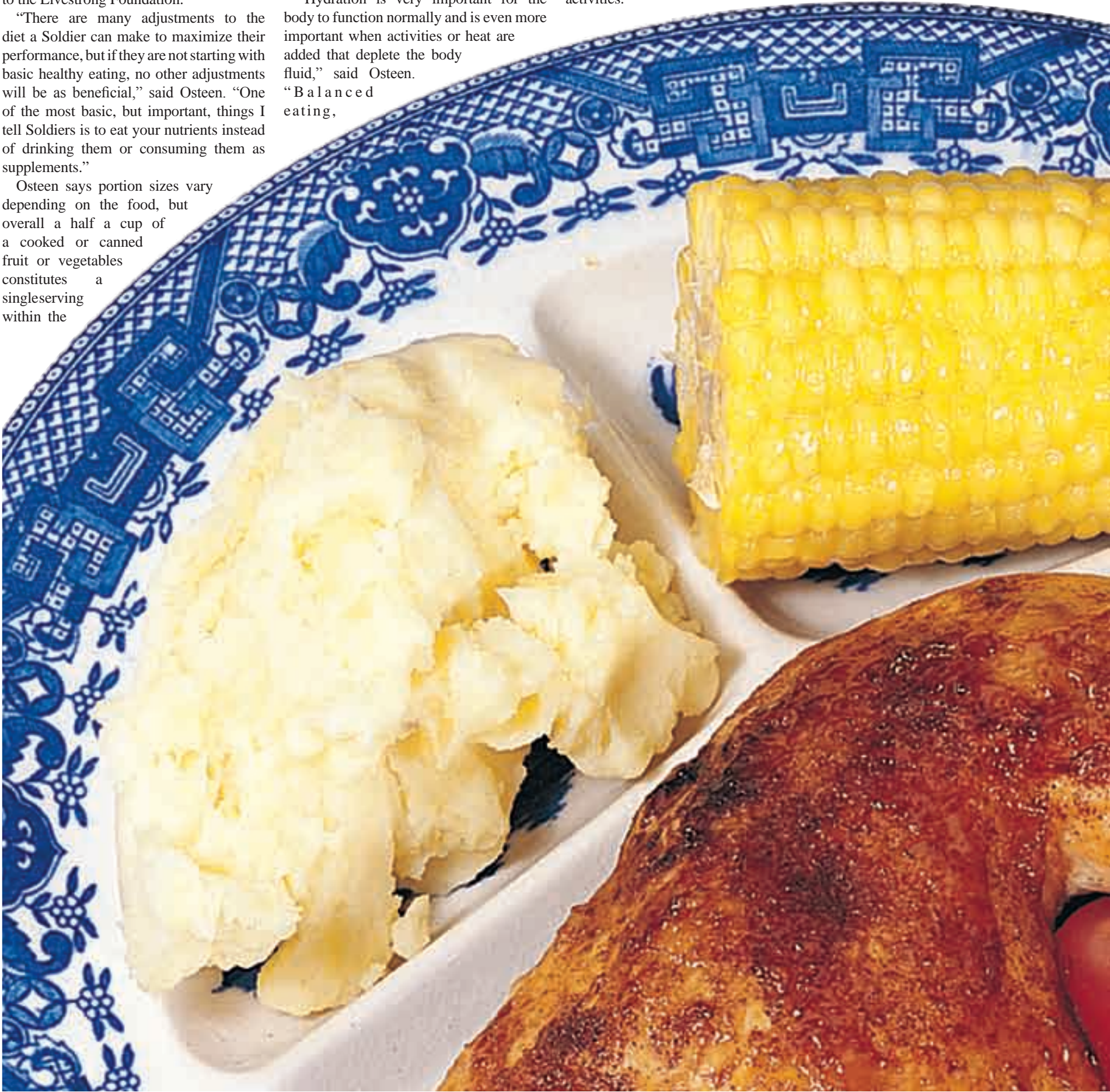
Klinkner recommends one eating a banana and a couple pieces of bread or toast for a quick snack before the PT test. He said that one should wash that down with some water, apple juice or an electrolyte drink.

"You got to eat before you run," says Klinkner. "The problem is (exercisers have) gone 12 hours without any food. You got to put something in the system that's going to provide some energy, something to pull from, while you're working."

After conducting a PT test or working out is the time to refuel the body with a meal or a snack for recovery, says Osteen. This meal should contain both protein and carbohydrates. The amounts needed are different for each person.

"A good post meal or snack may contain low-fat chocolate milk, whole-grain bread with peanut butter and banana or yogurt

SEE FUEL, PAGE D3



DOWN TIME



TRIVIA

1. GENERAL KNOWLEDGE: What was the name of the priest who founded Boys Town?
2. ANATOMY: What is the common name for horripilation?
3. LAW: What amendment to the U.S. Constitution gave women the right to vote?
4. MOVIES: In the movie "Speed," what was the lowest speed that the bus could travel without blowing up?
5. LITERATURE: Who wrote the memoir "Life on the Mississippi"?
6. GEOGRAPHY: The Douro River flows through which two countries?
7. TELEVISION: What is the theme song for the reality TV show "Cops"?
8. MUSIC: How many copies does an album have to sell for it to go platinum?
9. ANIMAL KINGDOM: What kind of animal is a gerenuk?
10. MYTHOLOGY: How is the Roman god Janus often depicted?

See Page D3 for this week's answers.

Super Crossword

ACROSS

- 1 Ditto
- 9 Pop out from the cockpit
- 14 Capital of Eritrea
- 20 Flowed out
- 21 Bull using its horns, e.g.
- 22 "The Cometh"
- 23 "Bus Stop" star, in Annapolis?
- 25 Offer freely
- 26 Null and void
- 27 "Life — cabaret —"
- 28 Blue Light Special
- 30 Lots and lots
- 32 Question of incredulity, in Topeka?
- 37 Sing like Ella Fitzgerald
- 41 Eyelid hair
- 43 Next in line to reign
- 44 Opt (to)
- 45 Successful investors pay them, in Austin?
- 50 Tooth driller's deg.
- 51 Herb of the Tijuana Brass
- 52 Scooby- (toon dog)
- 53 "Just a —"
- 55 Chairman with a "Little Red Book"
- 56 See 40-Down
- 58 Zig's mate
- 59 Josh
- 62 Slip — (blunder)
- 66 Adage fostering pity parties, in Jefferson City?
- 71 Color shade
- 72 Ping- —
- 73 " — as — say —"
- 74 Financial adviser Suze
- 75 Influential Darwin work, in Salem?
- 79 Polite reply to a lady
- 80 Hobo's attire
- 81 Gaffer Ernie
- 82 Relative of a reindeer
- 83 Ending for 115-Down in a cereal name
- 85 Billfold bill
- 87 Narc's org.
- 88 Persevere in
- 90 Java cup
- 93 Parasite-infested critter, in Montpellier?
- 100 Bar fixture
- 102 2,055, to Nero
- 103 Brontë's "Jane —"
- 104 "Do — others as —"
- 105 Gulf War leader, in Atlanta?
- 108 Country rocker Steve
- 111 700-mile African river
- 112 Bit of land in a river
- 114 Disco activity
- 119 Most favorable conditions
- 121 "Not as simple as all that!" in Salt Lake City?
- 125 Corrupt " — lift?"
- 126 Tooth next to a canine
- 127 " — Pointe Blank" (1997 film)
- 129 Italian city on the Adige
- 130 South-of-the-border citizen
- DOWN**
- 1 18-wheeler
- 2 " — I met — with seven wives"
- 3 Sportscastr — Albert
- 4 Irish New Age star
- 5 Foyers, e.g.
- 6 Web vending
- 7 Crime writer Ruth
- 8 Roush of baseball
- 9 Id regulators
- 10 Book after Obadiah
- 11 Drop the ball
- 12 Corp, biggie
- 13 Big fan of Captain Kirk and his crew
- 14 "Michael Collins" co-star Quinn
- 15 "Cape Fear" director
- 16 Intellectual
- 17 Accrued
- 18 Hamelin pest
- 19 Meth-ending
- 24 — spot (shave imperfectly)
- 29 Chico or Harpo
- 31 Comedian
- 33 Very, very
- 34 Just painted
- 35 A-E fill
- 36 Sci-fi beings
- 37 Swindle
- 38 Soothing pink lotion
- 39 Designates
- 40 With 56-Across, marketing links
- 42 State bordering Veracruz
- 46 Melancholy
- 47 2, for hellum: Abbr.
- 48 NASA scrub
- 49 Regarding
- 54 Resort near Naples
- 57 Bygone Toyota
- 58 Insults wittily
- 59 Foxworthy and Bridges
- 60 Job bid figs.
- 61 Extant
- 63 Discovered
- 64 Tilted
- 65 Ob- — (delivery Dr.)
- 67 Jerky sort
- 68 Film director Nicolas
- 69 Infringe upon
- 70 Scoffing sort
- 71 To's amuser
- 76 Hershiser of the diamond
- 77 Former Nair competitor
- 78 Screen siren
- 84 Prefix for "quintillionth"
- 86 Pro gridiron match-ups
- 87 Segments: Abbr.
- 89 Kiwi relative
- 90 Chinese food additive
- 91 Sport- —
- 92 Extend as far as
- 94 Hi-tech "zine"
- 95 Atmospheric music genre
- 96 — ray Disc
- 97 Turn a blind
- 98 Big gun gp.
- 99 Lush green vegetation
- 101 Planet paths
- 106 Laughable
- 107 "The Father of the Symphony"
- 109 Kind of paint
- 110 As a friend, to François
- 113 " — first you don't —"
- 115 Alternative to vanilla: Abbr.
- 116 Jamaica, por ejemplo
- 117 Flatbread of India
- 118 Greek pita sandwich
- 119 Part of WHO: Abbr.
- 120 " — favor, señor!"
- 122 — Lingus
- 123 Visit with
- 124 Engine stat

See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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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

AGE GRABBER! How old is Grandpa? Here's a way to find out. Scissors your own age from 50. Age Grandpa and then forming a number out of the digits in the number you get. For example, if you are 10, you get 40. If you are 15, you get 35. If you are 20, you get 30. If you are 25, you get 25. If you are 30, you get 20. If you are 35, you get 15. If you are 40, you get 10. If you are 45, you get 5. If you are 50, you get 0. If you are 55, you get 5. If you are 60, you get 6. If you are 65, you get 6. If you are 70, you get 7. If you are 75, you get 7. If you are 80, you get 8. If you are 85, you get 8. If you are 90, you get 9. If you are 95, you get 9. If you are 100, you get 10. If you are 105, you get 10. If you are 110, you get 11. If you are 115, you get 11. If you are 120, you get 12. If you are 125, you get 12. If you are 130, you get 13. If you are 135, you get 13. If you are 140, you get 14. If you are 145, you get 14. If you are 150, you get 15. If you are 155, you get 15. 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Fuel: Proper nutrition aids in reaching peak performance

Continued from Page A1

plus fruit or a protein- and carbohydrate-containing sports bar,” said Osteen.

Things to avoid

Osteen said one should avoid all performance-enhancing supplements unless a medical provider, such as a primary care manager or dietitian, has recommended it.

“It is important to know that supplements are not regulated like medication or food are,” said Osteen. “You can be getting questionable substances and amounts from them.”

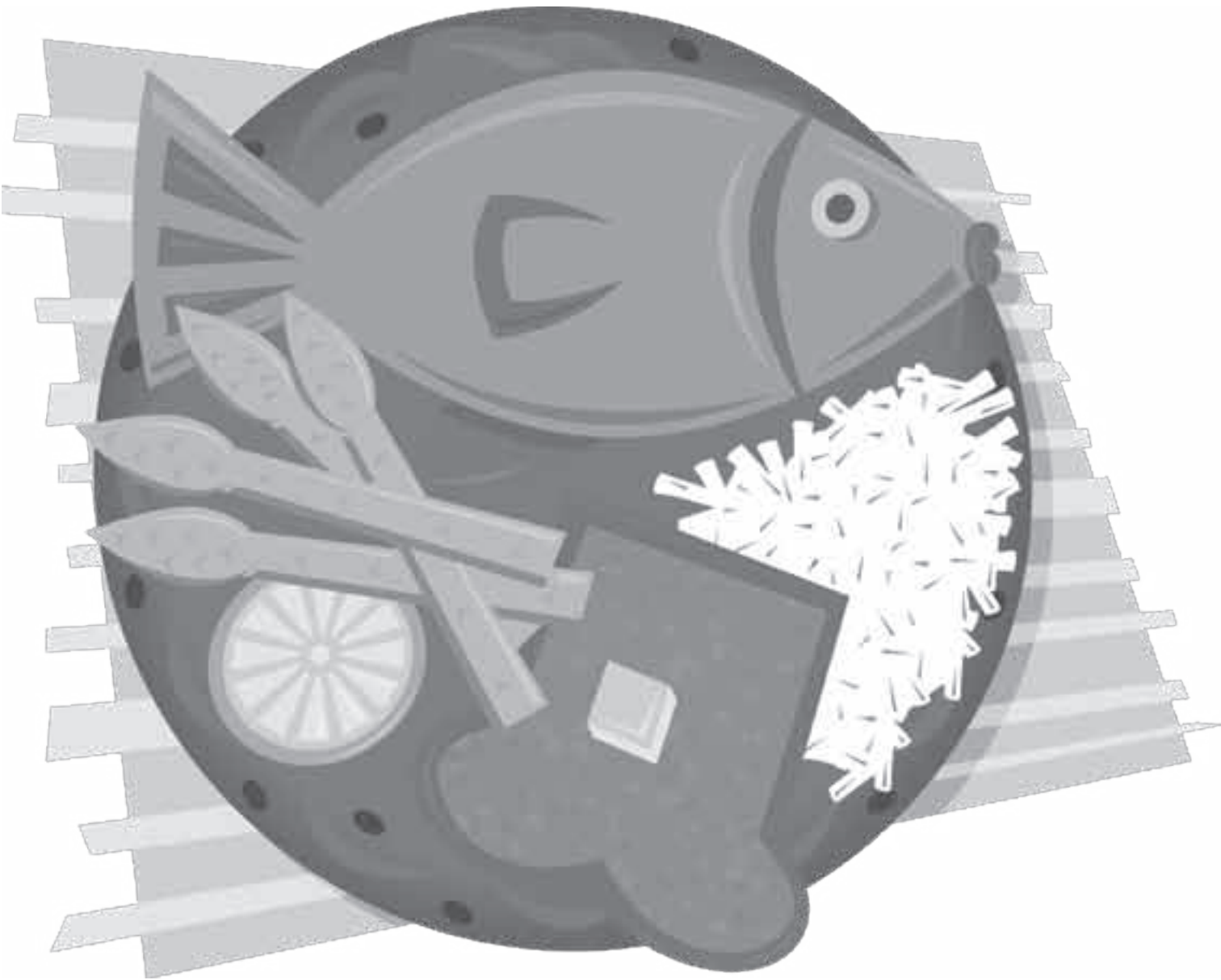
She said taking supplements can help one elevate performance to pass a PT test, but adds that the supplements many are using are not recommended to be used at all because of the dangerous and potential deadly side effects they can cause. In addition, legal ramifications may result, depending on what products are used.

Instead of relying on supplements and enhancers, Klinkner recommends shopping for natural foods in the grocery store.

“When you do your grocery shopping, if you can stay on the outside aisles of the grocery store — if that’s where the primary and majority of your food purchases come from - you’re good to go,” said Klinkner. “That’s where all the healthy and fresh food is (located).”

Klinkner added that if one starts getting into the processed food areas of the store, the health value of those foods is significantly less or nonexistent.

“Foods with partially-hydrogenated oils are very difficult for your body to break



down and it’s not natural,” said Klinkner.

Additional resources

Osteen said that every person differs on how much they should consume based on height, weight, age, body composition, activity level, if they have any health problems, and if they are trying to lose, gain or maintain their weight. Lyster Army Health Clinic patients can visit the nutrition care

clinic Mondays through Fridays from 7:30-8 a.m. to have a basic assessment done to determine how much they should be consuming.

The clinic also offers individual and group appointments to assess and treat Soldiers, retirees and Family members who have diseases that include nutrition as part of the treatment plan. This includes, but is not limited to, diabetes, heart disease, kidney diseases, Crohn’s

disease, Celiac, gastrointestinal disorders, nutrient deficiencies, cancer, underweight, feeding and swallowing problems, eating disorders, tube feeding and obesity. The clinic also performs metabolic testing for patients as well as provide general classes on healthy cooking and food shopping.

Bottom line

Many Soldiers know it is

an obligation to take care of themselves physically to execute their mission, and this includes fueling the body properly. This is an obligation owed to the nation and anybody else one cares about.

“If the body doesn’t have the right fuel up to several days prior to an event,” said Osteen, “it will not be able to function the way it needs to in order to perform to the best it is capable of performing.”

EFMP, Hearts Apart Family Bowling

Army Community Service’s Exceptional Family Member Program and Hearts Apart invite all active-duty military Families with special needs, disabilities, and Families with Soldier’s deployed and serving an unaccompanied tour to attend a night of bowling at Rucker Lanes July 11 from 5-10 p.m. Future nights will take place Aug. 15 and Sept. 12. The cost is \$1 per game and \$1.50 for shoe rental. Registration is required no later than two days prior to event.

To register or get more information, call 255-9277 or 255-3735.

Youth sports registration

Fort Rucker Youth Sports will hold youth 7-on-7 tackle football (intramural), cheerleading, tennis and fall soccer registration now through Aug. 2. Children must meet age requirements by Sept. 1, and a current sport physical and a valid child, youth and school services registration are required for participation. Costs are \$65 for tackle football, \$40 for cheerleading, \$40 for fall soccer, and \$40 for tennis. Cost for ages 4-5 is \$20. A multiple child rate will be determined at parent central services during registration.

Age requirements are 8-13 for 7-on-7 tackle football, 4-12 for cheerleading, 4-14 for soccer and 7-18 to play tennis. Coaches are needed for all age groups. Special requests for coaches and players cannot be honored. There will be no extension on registration.

For more, call 255-2257, 255-0950 or 255-9638.

Pro Am Golf Tournament

The 2013 Silver Wings Pro Am Golf Tournament is scheduled for Aug. 3 at Silver Wings Golf Course. Cost is \$75 for members and \$100 for non-members. Entry fee includes tour-

nament courses, fees, range balls, tee gifts, tournament meals and prizes. Deadline to enter is 5 p.m. July 19. The Emerald Coast Golf Tour will be held in conjunction with the 2013 Silver Wings Pro Am. Amateur eligibility requires a current verifiable U.S. Golf Association Handicap Index. Pro eligibility requires PGA members and apprentices, Emerald Coast Professional Golf Tour Members and NGA Hooters Pro Golf Tour Members. Professional participants must enter through the Emerald Coast Professional Golf Tour organization.

For more information, call 598-2449.

Fort Rucker Army 10-Miler Team

The Fort Rucker Army 10-Miler Team is looking for members to represent the post at the service’s annual run in October in Washington, D.C. People interested should attend one of the team’s workouts or call 400-5582 for more information.

Workouts take place Tuesdays at 5:30 a.m. at Henderson Park in Enterprise, Wednesdays at 6 p.m. at the Fort Rucker Physical Fitness Facility track and Saturdays at 6:30 a.m. at Lake Tholocco’s West Beach.

Enterprise baseball

The Enterprise baseball team needs high-school aged and older players for its ongoing season. For more information, call Joe Jackson at 347-4275.

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.

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

The Fort Rucker 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.

Racquetball tournament

The Fort Rucker Physical Fitness Center will host a racquetball tournament July 20. For further details, call 255-2296.

PUZZLE ANSWERS

Super Crossword

Answers

S	A	M	E	H	E	R	E		E	J	E	C	T		A	S	M	A	R	A			
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Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. Father Edward Flanagan
2. Goose bumps or goose flesh
3. 19th
4. 50 mph
5. Mark Twain
6. Spain and Portugal
7. "Bad Boys"
8. 1 million
9. Gazelle
10. Janus, the god of endings and beginnings, has two faces, each looking the opposite way.

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II MONSTERS UNIVERSITY - G

Everyday

2:10, 4:30, 7:10 & 9:15

WESTGATE CENTER

III WHITE HOUSE DOWN - PG13

Everyday

2:00, 4:40, 7:10 & 9:40

IV THE HEAT - R

Everyday

2:00, 4:30, 7:00 & 9:30

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Everyday

2:00, 7:00 & 9:50

II WORLD WAR Z - PG13

2D - Everyday 5:00 & 7:15

MAN OF STEEL - PG13

Everyday 2:00 & 9:30

III THE LONE RANGER - PG13

Everyday 3:00, 6:00 & 9:00

WCAP Soldiers earn berths in Wrestling World Championships

By Tim Hipps
Installation Management Command

STILLWATER, Okla. – Three wrestlers in the U.S. Army World Class Athlete Program earned spots on Team USA for the World Championships at the 2013 U.S. World Team Trials June 21-22.

Sgt. Spenser Mango, Spc. Justin Lester and Spc. Caylor Williams will compete Sept. 16-22 at the 2013 FILA Wrestling World Championships in Budapest, Hungary.

An unprecedented eight Soldiers reached the finals of the U.S. World Team Trials, including four in two weight classes, ensuring that at least two Army wrestlers would make Team USA.

Mango, a two-time Olympian who will be making his fourth appearance at the World Championships, won two straight matches against WCAP teammate Sgt. Nate Engel in the best-of-three finals of the Greco-Roman 121-pound division.

Lester, a 2012 Olympian who earned his sixth trip to the World Championships, defeated WCAP teammate Pfc. Ellis Coleman in two consecutive matches in the 145.5-pound Greco-Roman division.

“I’ve just been feeling good,” Lester said. “I’m having fun again, and that’s what it’s all about. When I’m having fun, I’m wrestling well. Still got awhile to go – got to get my offense clicking. Obviously my lungs are back. Just get my moves clicking and I’m going to be ready to go by Budapest.”

Lester welcomed Coleman’s move into his weight class and onto the Army WCAP squad.

“He’s somebody else I have to beat,” Lester said. “It’s great for him because he’s a ‘tweener’ like me, but he’s young, so he made the right move in going up. (It’s) just (unfortunate) that I’m there, too. We’re going to be battling until these shoes are off, but until then, I expect him to push me and I’m going to push him to make him a better wrestler.”

Williams, 22, a 2013 graduate of the University of North Carolina at Greensboro, prevailed in two matches against New York Athletic Club’s Marcus Finau in the Greco-Roman 211.5-pound class.

“The same way I came into this tournament – nobody knew who I was, I wasn’t a favorite – that’s the same way I feel about the world,” Williams said. “The No. 1 guys from Russia, Cuba, Hungary – I’m ready to wrestle all of them. I’ve wanted to make the national team and the world team for a long time.

“This stuff is all cool,” Williams said after receiving his Team USA uniform from



PHOTOS BY TIM HIPPS

Spc. Caylor Williams, U.S. Army World Class Athlete Program wrestler, throws New York Athletic Club's Marcus Finau en route to victory June 22 in the finals of the 211.5 pound Greco-Roman division of the 2013 U.S. World Team Trials in Stillwater, Okla. Williams won the best-of-three series in two straight matches to earn a spot on Team USA for the 2013 FILA Wrestling World Championships Sept. 16-22 in Budapest, Hungary.

Mitch Hull, USA Wrestling director of national teams. “But I don’t really care – I’m trying to win the Worlds.”

Williams praised the Army for renewing his wrestling life after UNC-Greensboro dropped its wrestling program.

“I thank WCAP for picking us up and taking us to the next level,” he said. “It’s the No. 1 team in the country right now.”

Shon Lewis, WCAP head wrestling coach, is glad to have Williams on his squad.

“He’s so explosive,” Lewis said. “He’s one of our new guns and we’re happy to have him. He’s working hard and he’s hungry. As long as he stays hungry and he stays humble, I think he’s going to do great things.”

After wrestling through a daylong challenge tournament, three other Soldiers reached the finals and will serve as alternates for the World Championships.

Capt. Jon Anderson dropped two straight matches to 2011 U.S. World Team member Andy Bisek of the Minnesota Storm in the finals of the Greco-Roman 163-pound weight class.

Anderson, 28, a 2006 graduate of the United States Military Academy at West Point, N.Y., defeated Minnesota Storm’s Jake Fisher to reach his first final in the U.S. World Team Trials. He saluted Family



Capt. Jon Anderson, U.S. Army World Class Athlete Program wrestler, reacts to earning a berth in the finals of the 163-pound Greco-Roman division of the 2013 U.S. World Team Trials with a victory over Minnesota Storm’s Jake Fisher June 22 in Stillwater, Okla. Anderson lost to Andy Bisek of the Minnesota Storm in the finals.

members and Army fans for their support from the grandstands at Gallagher-Iba Arena on the campus of Oklahoma State University and others watching on the Internet.

“I’m pumped,” Anderson said. “I’ve got my Family out there: my wife, my parents, brother in law, a bunch of guys came down – even my old commander that I went to Iraq with, he’s here watching, and his wife. It’s awesome that I’ve got all my Family watching online, too. All the

hard work paid off.”

Spc. Peter Hicks lost to reigning national champion Jordan Holm of the Minnesota Storm in the 185-pound Greco finals.

Reigning national champ at 112 pounds, Pfc. Whitney Conder, wrestling up a weight class, lost to 2012 World silver medalist Helen Maroulis of New York Athletic Club in the women’s freestyle finals at 121 pounds. Conder, 25, was a 2007 Junior World champion. “She really showed her

toughness by coming here to compete and going against women five or six kilos heavier than she is, and knocking them off,” Lewis said. “Right now, she’s ranked No. 2 at 55 and ranked No. 1 at 51.”

Fresh off an Olympic cycle, the Army wrestling team already has reloaded.

“By far, this is the strongest and the deepest team that we’ve had,” Lewis said. “We put three on the team and we had a chance to put four or five on the team.”



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