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ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

MARCH 1, 2018

BREAKING BARRIERS

Post hosts African American History luncheon



Cindy Hobdy, praise dancer, performs a traditional praise dance during the African American History Month Luncheon at The Landing Feb. 22.

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker and the 1st Aviation Brigade hosted the African American History Month Luncheon at The Landing Feb. 22 where people were able to visualize the struggle of those who had to fight for equal rights throughout history.

The theme for this year's celebration was "African Americans in Times of War," and was meant to highlight the contributions that African Americans have made throughout the nations many conflicts, and show that despite many trials and tribulations, the fight for equality isn't something that comes easy, said Sgt 1st Class Ronald Davis, 1st Avn.

Bde. equal opportunity adviser.

"African Americans have defended our nation with loyalty, honor and patriotism during peace and in every war fought in the United States," Davis said.

Throughout the observance, stories were told, songs were sung and dances were performed, but it was Master Sgt. Anthony F. Thomas, Lyster Army Health Clinic, who helped people envision the proverbial brick wall that African Americans have come up against throughout history.

Thomas started by telling his own story of joining the armed forces and the resistance he experienced from a most unlikely source.

SEE LUNCHEON, PAGE A5



ARMY GRAPHIC

Preparation key to safety during severe weather

Army Flier
Staff Reports

As weather continues to bounce between spring heat and winter cold, Fort Rucker officials urge people to prepare for the year's first severe weather season.

Not including hurricane season, the southeast experiences two severe weather seasons throughout the year and preparation is key to weathering the storms, according to Willie Worsham, Fort Rucker's emergency management officer.

"We are currently in our first severe weather season," he said, which typically runs through April, with the second season running August-September.

"As winter comes to a close, cold fronts come down from the north and the subtropical ridge in the south begins to warm and move northward into the southeast," said Worsham. "As these two systems collide, violent weather patterns can erupt due to the drastic differences in temperatures."

The second season hits when cold fronts begin moving back down and colliding with the warm air of summer, he said.

"The subtropical ridge doesn't allow the cold front to move through, so it will cause a lot of instability in the atmosphere," which can lead to severe thunderstorms and even tornadoes, he added.

People can expect strong storms with high winds, heavy downpours, lightning, possible tornadoes and even flooding in low-lying areas, said Worsham. But tornadoes are one of the main things people need to be prepared for since they are so unpredictable and can strike without warning.

"The dynamics in the atmosphere during these periods are very conducive for the formation of tornadoes," he said. "If people hear tornado sirens, they should immediately move to an interior area of their house, such as a hallway or closet, and try and shield themselves with mattresses or anything they can."

Because of the unpredictable nature of weather, Worsham said that people should always have a plan ready for such an occasion and stay informed.

SEE WEATHER, PAGE A5

RECOGNIZE, RETREAT, REPORT

Unexploded ordnance poses a lethal threat on post

By Nathan Pfau
Army Flier Staff Writer

Although Fort Rucker provides many recreational opportunities for Soldiers and families, the post is a training installation first and foremost.

Being a training installation, Fort Rucker is no stranger to live-fire exercises, which can sometimes leave munitions and other devices undetonated, resulting in unexploded ordnance, according to Larry Powell, Directorate of Plans, Training, Mobilization and Security Training Division chief.

"Since the early 1940s, the (Army) has conducted live-fire training on Fort Rucker, and these exercises required the firing of various rockets, grenades, mortars and other munitions, which contain high explosives," said Powell. "Some of these munitions failed to detonate – which are extremely dangerous and could explode if tampered with in any way."

Most UXOs are found in training areas, which are areas that people

SEE ORDNANCE, PAGE A5



ARMY GRAPHIC

ON THE QT

Silent aircraft spotted enemy movement in Vietnam

By Nathan Pfau
Army Flier Staff Writer

Many aircraft in the Army Aviation inventory are some of the deadliest airships in the world, but not all aircraft were meant to pack a punch.

The Lockheed QT-2PC Quiet Thruster aircraft weren't known for their airspeed, firepower or high-flying capabilities, but more so for their ability to go unnoticed, according to Bob Barlow, U.S. Army Aviation Museum volunteer.

The QT-2PC's roots reach back to the late 1950s in the U.S. Navy's X-26 Frigate program, which was a program designed to help train test pilots on the phenomenon of inertia coupling.

"Aircraft were getting faster, and as they got faster the wings got smaller because they weren't needed as much to provide lift," said Barlow. "As the wings got shorter, you started having more inertia in the fuselage

than you did in the wing, so if you put the aircraft in a roll, sometimes it would become unstable because the inertia would shift forward and back as a process of precession, and the aircraft would tumble."

The X-26 was based on the civilian sailplane, the Schweitzer SGS 2-32, which had an impressive wingspan of nearly 60 feet, and provided a much slower control response than high-speed jets being tested at the time, which allowed the pilots to train to sense the onset of inertia coupling.

Fast forward to 1967, Lockheed became interested in creating an aircraft for light observation and surveillance that was quiet, and came up with the idea of putting an engine on a sailplane.

"Sailplanes have very efficient wings, so it doesn't need much power or thrust to stay in the air, so the less engine you've got, the slower your engine turns and the less noise you have," said Barlow.

Lockheed felt they could combine sailplane aerodynamics with a slow-turning propeller to get the results they were looking for, and the Navy provided them with the two X-26s. After acquiring the aircraft, an engine wasn't placed in the nose or wings of the aircraft, but rather mounted as close to the center of gravity as possible located behind the pilot and observer.

A crankshaft ran from the center of the plane on the exterior of the craft above the pilots to a large propeller at the front of the aircraft.

Lockheed wanted the aircraft to be as quiet as possible, so the engine they mounted only put out about 100 horsepower, but even then the plane didn't require that much power, said Barlow. In order to slow down the propeller, a reduction gear was installed to reduce the

SEE MUSEUM, PAGE A5



PHOTO BY NATHAN PFAU

The QT-2PC Tail No. 1 sits in the U.S. Army Aviation Museum's collection in storage after a recent renovation.

PERSPECTIVE

Motorcycle safety – stay aware, stay alive

By Driving Directorate
U.S. Army Combat Readiness Center

Motorcycling is a lifelong learning process. Far too often riders think after a few years and a few thousand miles that they know it all. That concept can be fatal.

Permanent change of station moves happen often enough to be somewhat of a setback to a rider’s learning curve. At that point, they need to be aware that what they have learned isn’t lost - but they may need to modify their skills for the road conditions at their new duty station. The focus of that learning process is adjusting to the different road surfaces and climatic conditions. High-powered sport bikes are affected most and are the most common motorcycles among Soldiers.

Let’s take a look at this situation pragmatically. Assume you are a rider in the Southeast. The climate is warm and tires tend to adhere to surfaces much better than in other areas of the country. Because roads don’t freeze during the winter, their surfaces are also in better condition. Riders often get accustomed to a certain riding style after a few years, not realizing that may have to change at a new duty location. When those moves occur, they must understand how to ride in their new geographic location, not just fall back on what they’ve always done. However, getting adjusted requires both time and discipline on the rider’s behalf.

That discipline includes learning to read road surfaces, as they may be constantly changing. While some surfaces - such as crowned roads - remain relatively similar throughout the country, the degree of crown may vary at different locations. Motorcycles



COURTESY PHOTO

Staying aware of the changing road conditions and showing the discipline to adjust to them is fundamental to safe riding.

tend to drift away from the direction of the crown. This condition is the same with an automobile, but is much more pronounced with a motorcycle. Two-lane highways are crowned to the centerline, while four-lane highways are crowned to the median. Sport bikes are affected by road crowns more than standard motorcycles or cruisers, so changing motorcycles or riding a borrowed bike can be a recipe for disaster.

Today, because of repairs, there are patches on most road surfaces. Some have raised surfaces, while others may be concave. Each patch causes a differing reaction and no two are alike. When crossed at highway speed, riders must be aware how their motorcycle will react. Crossed at excessive

speed, these patches can change the rider’s direction of travel. That’s not a problem if the rider is reading the surface and knows what to do. But if the rider is daydreaming, or there are other factors such as cracks, tar snakes or weather, the result can be disastrous.

Painted lines, dribbled fuel or oil, railroad tracks, grates, covers, the color of the road surface (is the road blacktop or concrete?) and pavement grooves are other examples of potentially dangerous surfaces. Riders must read road conditions and react accordingly. Because of their sensitive handling, sport bikes react to changes in road surfaces faster than other types of motorcycles, which isn’t necessarily a bad

thing. Quickness is why most sport bike riders chose that type of motorcycle in the first place. This makes it important that all motorcyclists know their bike’s characteristics, react accordingly and stay focused while riding.

While riders may be fully capable of negotiating road conditions in the area where they are accustomed to riding, a PCS move changes the dynamics of these surfaces. Changing to a different type motorcycle or a more powerful version all contribute to the way a rider needs to read and react to road surfaces. Staying aware of the changing road conditions and showing the discipline to adjust to them is fundamental to safe riding.

Rotor Wash

“Read Across America Week starts Friday. Why is it important for children to read on a regular basis?”



Spc. Shuntae Pierson,
31st Forward Support
Company

“(My son) has finally reached his (Accelerated Reading) goals, and now he’s reading books. I don’t just want him to read – I want him to understand it.”



Verniqwa Pierson,
civilian

“I think that reading is really important with how advanced our world is getting today ... if you can’t read you can’t understand any of it.”



Natalia Holmes,
military spouse

“Literacy is important and it helps them think on their own.”



Kimberly Jordan,
civilian

“It helps them to be smart and learn more challenging things.”



Michael Janik,
civilian

“Reading is fundamental. Everything that you might want to learn about is going to stem from reading, so it’s important to build a good foundation.”

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

ACE suicide intervention

Ask your buddy

- Have the courage to ask the question, but stay calm.
- Ask the question directly. For example, “Are you thinking of killing yourself?”

Care for your buddy

- Remove any means that could be used for self-

injury.

- Calmly control the situation, do not use force.
- Actively listen to produce relief.

Escort your buddy

- Never leave your buddy alone.
- Escort to the chain of command, a chaplain, a behavioral health professional or a primary care provider.

SECARMY:

Commitment to readiness includes beefed-up BCTs

By David Vergun
Army News Service

WASHINGTON — Three months ago when Dr. Mark T. Esper became secretary of the Army, he said he would focus on two enduring priorities during his tenure.

First, he committed to making sure that Soldiers, their families and civilians are well cared for, led, trained and equipped. Secondly, Esper wants to ensure everyone commits to Army Values, particularly leaders, who should treat everyone with dignity and respect.

Esper spoke on these priorities at a media press briefing Feb. 15 at the Pentagon.

One of the ways to ensure Soldiers are equipped to handle high-end threats from nations like China and Russia, he said, is to make brigade combat teams more lethal. The Army has been doing that in a variety of ways, including converting infantry brigade combat teams to armored BCTs, he said.

Additionally, those BCTs are being beefed up with more Soldiers, thanks to Congress providing additional funding for manning levels and equipment.

Besides that, BCTs are becoming more robust with additional equipment such as short-range air defense, indirect fire support, and various upgrades like more le-



PHOTO BY SPC. DANIEL PARROTT

Secretary of the Army Mark Esper has made it a priority of his tenure to ensure that Soldiers are manned with the best training and equipment in order to succeed on the battlefield.

thal firepower for Strykers, Esper said, noting that he was recently with Soldiers in Germany during a Stryker live-fire exercise.

BCTs are also now receiving more munitions and replacement parts, he added.

While it is very important for Soldiers in those BCTs to be training with partner nations, it's also important to get a good return on investment in the process, Esper noted. The Army, in consultation with the joint staff,

is looking at its far-flung, worldwide commitments to determine where it might be able to consolidate, he said.

Currently, Soldiers are being deployed a lot more than they were four or five years ago, and at some point, that impacts readiness in a negative way — meaning fatigue and time away from Families, the secretary noted.

FUNDING ASSESSMENT

Esper had praise for the fis-

cal year 2019 budget that was recently released and said he has asked lawmakers to always provide budgets that are “predictable, adequate, sustained and timely.”

With regard to “timely,” he said the appropriation process that takes place in Congress eats up many months of each fiscal year, so when authorization is finally granted, it's too late to spend for modernization, training or classroom seats.

If he was given one wish to ask of lawmakers, Esper responded that his would be “to allow me to spend O&M money over a period of two fiscal years,” which smooth out the spending curve, Operation and maintenance is currently the largest portion of the budget after military personnel.

GREEN OUT, PINK IN

Esper was asked a number of other questions, including what he thinks of bringing back the World War II-era “Pink and Green” uniform.

He noted that the sergeant major of the Army was its biggest cheerleader and that he too is on board with the idea. A decision should be made by summer, pending congressional approval, which Esper said he thinks he has.

The secretary recalled his own 21 years Army service, which included 10 years on active duty in the 1980s and 1990s.

Back then, Soldiers were not too fond of the “Green” uniforms, he said. Soldiers were happy to see them phased out later on.

“It's difficult to explain the pride Soldiers take in their uniform appearance,” Esper concluded. “It really makes a difference in terms of pride, confidence and esprit de corps. It's those intangibles that make a difference in combat.”

General: Army budgeted to dominate ‘great power competition’

By David Vergun
Army News Service

WASHINGTON — The budgets for fiscal years 2018 and 2019 improve funding for readiness and modernization, and “call out our competitors, China and Russia,” who are part of “the great power competition” with the U.S., said Lt. Gen. Thomas A. Horlander.

Horlander, military deputy for Financial Management and Comptroller, spoke Feb. 21 at an Association of the U.S. Army Institute of Land Warfare breakfast here.

The budgets will address these peer-level threats, as well as Iran, North Korea, and transnational terrorists, he said, explaining that the budget is truly a threat-informed strategy that is based on requirements.

The Army's FY19 budget, which was unveiled last week, requests \$182.1 billion in the base, and \$33.7 billion in overseas contingency operations funds, or OCO. That's an increase from FY18, which was \$168.5 billion base, including \$29.6 billion OCO.

While all of the focus has been on the FY19 budget rollout, lawmakers have yet to finalize the FY18 budget, he said, noting both some good and bad news for the FY18 one.

The good news with the FY18 budget, he said, is that lawmakers might tack on another \$6.5 billion, upping the total budget to \$175 billion.

On the flip side, the Army is still operating under a continuing resolution through March 23, so the FY18 budget cannot yet be used until it works its way through subcommittee and posture hearings, he said.

Ideally, each year the budget would be passed on the first day of the fiscal year so spending can be done in a more efficient manner, he said.

But despite the CR, the FY18 and 19 budgets overall deliver results and make it “a really exciting time for the Army,” he said.

Horlander provided a thematic overview of the budget.

A large portion of the base budget for FY18 and 19 focuses on readiness, he said, noting that “Readiness remains the Army's No. 1 priority.”

The second high priority is modernization, Horlander said. Within the modernization effort for FY19 is \$32.1 billion for research, development and acquisition — a significant sum, he said.

The “lion's share of attention” within the RDA are the Army's six modernization priorities, he said: long-range precision fires, a next-generation combat vehicle, future vertical lift platforms, a mobile and expeditionary Army network, air and missile defense capabilities, and Soldier lethality.

Supporting that effort are eight cross functional teams, he said. They will lead modernization reform.



PHOTO BY SGT. JASON YOUNG

A tank crew assigned to 1st BCT, 3rd ID, discusses a battle plan during Decisive Action Rotation 18-01 at the National Training Center in Fort Irwin, Calif., Oct 24. The budgets for fiscal years 2018 and 2019 improve funding for readiness, modernization and training efforts.

OCO FUNDING

A large portion of the FY19 \$33.7 billion request, will go to five operations:

- Operation Freedom Sentinel (Afghanistan and the Horn of Africa);
- Operation Inherent Resolve (Iraq);
- European Deterrence Initiative;
- Afghan Security Forces Fund; and
- Counter-ISIS train and equip.

Horlander noted that there was some talk of removing EDI funding from OCO,

but it appears it will stay in for now.

Three other Army priorities, he said, which are also Department of Defense priorities, are bringing business reform to the military services, building a more lethal force and strengthening alliances and attracting new partnerships.

The general said that the Army is actively engaged in building partnerships throughout the world, most notably in Europe and the Pacific.

News Briefs

Army Emergency Relief

Fort Rucker is conducting its Army Emergency Relief fundraising campaign through May 15. The motto for this year's campaign is There for Those Who Serve, according to local AER officials. The kick-off ceremony is scheduled for Tuesday at 2 p.m. at the U.S. Army Aviation Museum.

For more information, call 255-2341.

National Prayer Breakfast

The National Prayer Breakfast is scheduled for March 15 from 6:30-8 a.m. at The Landing. The purpose of the breakfast is for military and civilian personnel, as well as the surrounding communities, to gather and pray for the good of the nation, according to organizers. The guest speaker will be retired Chaplain (Col.) Scott McChrystal, former senior chaplain for the U.S. Military Academy, West Point, New York. Tickets are complimentary and can be obtained from unit points of contact or the Fort Rucker Religious Support Office in Bldg. 8945.

For more information, call 255-2989 or 255-2012.

Supply inventory

The Logistics Readiness Center supply section will conduct a wall-to-wall inventory March 19-23. Normal operations will be suspended on those dates. All turn-ins must be in by 2 p.m. March 14 and normal operations will discontinue at 4:15 March 16. The section plans to resume normal operations March 26. Customers will be notified by the accountable officer. Only emergency requisitions will be accepted during this period.

For more information, call 255-9504.

Free tax help

The Fort Rucker Tax Center, located in Bldg. 5700, Rm. 371F, offers free help with returns and electronic filing for authorized patrons Mondays-Fridays from 9 a.m. to 4 p.m. through April 17. The tax center also offers their drop-off service, which allows single Soldiers to come in and drop off their income tax paperwork, and return in 48 hours to go over their complete return with a tax representative. Soldiers must return between the hours of 9-11 a.m., Mondays-Fridays for their returns. Single Soldiers who wish to utilize the drop-off service must have a simple return with no more than two W-2 forms. When visiting the tax center, people should remember to bring all tax forms, including all valid military ID cards; Social Security cards; all W-2s and wage and earning statements; 1099-R for pensions and retirements; 1098 for interest statements regarding tuitions, student loans, mortgages, etc.; a copy of the previous year's return if available; power of attorney papers if available; 1099-G forms for gambling winnings, unemployment compensations, etc.; and 1099-MISC for payments received for non-employment compensation.

For more information or to schedule an appointment, call 255-2937 or 255-2938.

Weight control

The Lyster Army Health Clinic Fit for Performance Weight Control Program consists of six sessions taken over a six- to 12-week period. The program is available to all active-duty military, retirees and family members. Classes are held on Tuesdays from 9-11 a.m. or 1-3 p.m.

For more information, call 255-7986.



BLOOD DRIVE

PHOTO BY NATHAN PFAU

Pvt. William Rorabaugh, A Company, 1st Battalion, 13th Aviation Regiment, donates blood during a blood drive at Yano Hall Friday.

Cobra Gold strengthens relationships

By Air Force Tech. Sgt. Chuck Broadway
Defense Media Activity

WASHINGTON, Feb. 26, 2018 — Some 5,800 U.S. service members working in Thailand alongside forces from 29 partner nations have wrapped up one of the largest security cooperation exercises in the Indo-Pacific region.

Pentagon spokesman Col. Rob Manning told reporters Monday that Cobra Gold 18, which ended Friday, sought to improve participants' capability to plan and conduct combined and joint operations, to build relationships among participating nations across the region, and to improve interoperability over a range of activities, including enhancing maritime security and responding to large-scale natural disasters.

THREE PHASES TO SUCCESS

Exercise events included a command post operations event, six vertical construction projects as part of an engineer civic actions project, and a field training exercise consisting of nonlive and live-fire operations.

The command post exercise featured coordination among participating nations in non-combatant evacuations, forcible entry tactics and United Nations peacekeeping operations to increase interoperability in a complex scenario and to identify and eliminate procedural differences.

In addition to U.S. forces, representatives from Indonesia, Japan, Malaysia, Singapore, Thailand and South Korea syn-



PHOTO BY AIR FORCE STAFF SGT. MICAHIAH ANTHONY

chronized efforts to overcome the challenges of the exercise.

Humanitarian civic actions also played a large role in the overall exercise operations. Combined task force engineers conducted six school-improvement projects at various locations throughout Thailand.

In addition to improving relationships, the projects aimed to provide quality sustainment training for those involved, to build multipurpose facilities in underserved areas, and to promote security interests of the nations involved. The engineering

efforts placed 124 pillars, more than 15,000 concrete blocks and poured more than 8,000 square feet of concrete.

The field training exercise included a massive combination of forces in air, ground and maritime operations. In an effort to maintain readiness and sustainment training requirements while emphasizing security cooperation between partner nations, participants launched operations responding to a simulated large-scale natural disaster in a foreign country, and they completed processes and procedures to evacu-

ate affected civilians.

ACQUIRING SPECIALIZED SKILLS

South Korean and U.S. reconnaissance Marines learned basic skills necessary to survive and thrive in a hot, dangerous environment from Royal Thai Marines, even learning to capture and kill a snake to drink its blood for hydration. They also learned how to identify local edible and inedible vegetation, how to locate water sources and techniques for building a fire with bamboo and trapping wild game.

U.S. military units participating in the exercise included the 3rd Reconnaissance Battalion, 3rd Marine Division; the Army's 1st Battalion, 21st Infantry Regiment, 25th Infantry Division; and Navy task forces 72, 75 and 76, along with a P-3C Orion detachment and the amphibious assault ship USS Bonhomme Richard. The Air Force provided six F-16 Fighting Falcons from the 13th Air Expeditionary Group.

"This exercise was an integral part of the U.S. commitment to strengthen engagement in the region," Manning said.

Army, DOJ leaders open new DOD biometric facility

By Capt. Holli Nelson
West Virginia National Guard and Matt McLaughlin
Defense Forensics and Biometrics Agency

CLARKSBURG, W.Va. — The path to a future safe from terror runs through West Virginia.

The Army inaugurated biometric operations alongside the Federal Bureau of Investigation this month at the Biometric Technology Center, formally recognizing it Friday with a ceremony featuring remarks from a U.S. senator and representative, the U.S. Army Provost Marshal General, and Director of the Defense Forensics and Biometrics Agency. Other senior leadership from the Departments of Defense, Justice and Homeland Security also attended and toured the facility.

"In a world that's becoming increasingly dangerous and more difficult to figure out where the bad guys are, this center of innovation and collaboration is where I believe we're all at our best," U.S. Senator Shelly Moore Capito of West Virginia said in her remarks.

"Establishing identity is at the center of [military] operations, not just on the periphery," said Provost Marshal General Maj. Gen. David P. Glaser, the ceremony's host.

Following remarks, elected officials and other guests were treated to a tour of the Army component of the joint DOD-DOJ facility, allowing them to see where the team of network administrators, biometric examiners, and intelligence professionals works to identify individuals who threaten national security.

"As I look around this room, whether it be DOD, Homeland Security, or FBI, you all always talk about mission, and each of you, regardless of your team, focus on that mission here," U.S. Representative Evan Jenkins of West Virginia's 3rd District said.

The interagency biometric capabilities present at the BTC have been vital to the last decade-plus of military operations, DFBA Director Glenn D. Krizay observed. "By 2004, we were able to identify bomb makers biometrically and in conjunction with military and intelligence agencies put together a watchlist," he said. "It couldn't be done without the FBI and the dedication of the people here."

Though long a part of the Clarksburg community, DOD and DOJ biometric facilities had been separately located in older buildings until their recent moves into the newly established BTC.

DFBA, an Army field operating agency, occupies one sixth of the 360,000-square-foot BTC, with the FBI's Criminal Justice Information Services Division using the remainder of the space. The CJIS biometric database — Next Generation Identification — contains fingerprints and other



FBI PHOTO

File photo of the Biometric Technology Center in Clarksburg, W. Va., home of the FBI's Criminal Justice Information Services Division and the Biometrics Operations Division of the DOD Defense Forensics and Biometrics Agency.

biometric data used for domestic civil and criminal purposes, while DFBA operates DOD's database focused on encounters with known and suspected terrorists during military operations.

At approximately 16 million files, the DOD biometric repository is far smaller than the FBI's, with well over 100 million entries — but the incidence of known national security threats within the DOD dataset is far higher. It is a key asset for enabling counterterror operations abroad and protecting U.S. borders at home.

The DOD and FBI have different missions and different procedures, but still

face the same basic problem of identifying threatening or dangerous individuals, whatever their background. As a result, the DOD and FBI databases have long been interoperable with one another, and their teams of skilled operators have each been located in Clarksburg for years — the FBI first began operations there in 1995 with the DOD opening its own office five years later. But with the BTC, both are able to work in the same space, enhancing their ability to collaborate even further on operations and technical innovations.

The Provost Marshal General is the principal Army Staff officer for the devel-

opment and execution of the Army Policing Functions and the principal military advisor to the Secretary of the Army and Chief of Staff of the Army on policing matters. He also serves as the Commanding General of U.S. Army Criminal Investigation Command and Army Corrections Command.

DFBA, a field operating agency within the Office of the Provost Marshal General, executes the Secretary of the Army's responsibilities as Executive Agent for Department of Defense Forensics and Biometrics. Visit DFBA online at www.dfba.mil.



PHOTO BY CAPT. HOLLI R. NELSON

Provost Marshal General Maj. Gen. David P. Glaser addresses attendees of the Defense Forensics and Biometrics Agency's grand opening at the Biometric Technology Center in Clarksburg Friday.

Security Clearance Denied/Revoked?

Contact Ron Sykstus NOW! rsykstus@bondnbotes.com 256-713-0221



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- Financial Considerations
- Security Violations
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Luncheon

Continued from Page A1

“I remember back to 1997 just as I broke the news to my family that I was joining the United States Army Reserve Command – I was met with some conflict,” he said. “My brother in law had joined the military, fought in Desert Storm, came back and recently got out of the military after serving for 10 years. “I thought for sure if no one else would get it, that he would,” Thomas said. “As he pulled me

to the side he said to me, ‘Brother, are you sure this is what you want to do? You haven’t raised your hand yet. This Army is not for us.’ I was taken aback, and he went on to explain that with all that he did and all that he tried, he would not and did not get promoted past sergeant.” For Thomas, that became his internal motivator. He said because of that he believed he could achieve anything he put his mind to and, four years later, he was promoted to the rank of staff sergeant. But despite surpassing the rank, his brother in law couldn’t seem to get beyond it – it made Thomas reflect on those who came before that hit that brick wall.

He talked about the hurdles and sacrifices that African-American Soldiers had to endure throughout each conflict in American history, including the Revolutionary War, the War of 1812, the Civil War, both World Wars and more recent conflicts, and with each wall they encountered, Soldiers added a

brick on stage to represent what African Americans had to endure throughout history in the quest for equality. “More than 5,000 African Americans, both slaves and free men, fought,” Thomas said. “Slaves were promised freedom for their efforts, but unfortunately freedom would have to wait for them – they hit a brick wall. “Pursuing independence from Great Britain, African Americans fought for the United States during the American Revolution,” he

continued. “The first all-African American unit was formed ... and in the Battle of Rhode Island, the regiment defeated three assaults enabling the entire American Army to escape a trap and later participate in a victory at Yorktown. Unlike their counterparts, these African-American Soldiers did not receive any compensation after the war – they, too, hit a brick wall.” For each story he told, the wall grew higher and higher, symbolizing the obstacles African Amer-

Ordnance

Continued from Page A1

should avoid unless authorized, but some can be found in recreational areas that have been converted from training areas in the past, such as the Silver Wings Golf Course. “Years ago, those areas were ranges, so as the rain comes and erodes the ground, sometimes the UXOs can resurface,” said the training division chief. In the event that someone encounters a

UXO, Powell said they should not touch or tamper with the device. Some can be hard to identify and come in many shapes, sizes and types, but when it comes to lethality, the size, age or look doesn’t matter. “If you suspect you may have encountered a UXO, consider it extremely dangerous,” he said, adding that people should remember the three Rs – recognize, retreat, report. “Recognizing when you may have en-

countered a munition is key to reducing the risk of injury or death,” said Powell. “It may not look deadly, but it is. Leave it alone and try to remember where it is.” When retreating, people should do so immediately, but carefully, and leave the area following the same path from which they entered. If possible, Powell said to mark the general area of the munition and call either range operations at 255-4303 or 911. When reporting the UXO, people should

describe it as best they can, provide the location, a point of contact and how the location is marked. “We will make contact with Fort Benning (installation in Georgia that has an explosive ordnance disposal unit) and they will have a team that will respond, take the appropriate precautions, determine what the item is, and whether it can be relocated and/or disposed of,” said Powell. “A UXO can kill you, so if you find a UXO, leave it alone.”

Weather

Continued from Page A1

Listen for sirens and make sure everyone in their household knows what to do in the event of a severe weather emergency, he added. Worsham offered tips for people to follow to prepare for such emergencies. • Make a family communications plan. • Identify levees and dams in the area, and determine whether they pose a hazard. • Be sure trees and shrubs

around the home are well trimmed so they are more wind resistant. • Clear loose and clogged rain gutters and downspouts. • Bring in or secure all outdoor furniture, decorations, garbage cans and other items that are not tied down, so they do not become a hazard. • Set the refrigerator thermostat to its coldest setting and keep its doors closed in case of power outages. Freeze water in containers and place in freezer to help keep food fro-

zen. • Turn off propane tanks. • Close all interior doors, and secure and brace external doors. • Watch pets closely and keep them under your direct control. Be sure to have enough food and water for pets. • Fill the bathtub and other containers with water in case the tap water is contaminated for sanitary purposes such as cooking, cleaning and flushing toilets. These tips can be used for just

about any weather emergency, including hurricane season, which typically runs from June-November, he said. Regardless of the type of weather emergency, Worsham said people need to be ready for anything, because anything can happen. “(Something) people tend to forget is that during these storms, power can go out at any time and stay out for days,” he said. “This is something people need to be ready for, especially in more rural areas.”

Normally people should prepare for a 72-hour time period, but in the more rural areas, it might take longer for help to get out to those areas, so people might want to prepare for a bit longer, he said. Keeping an eye on the Fort Rucker Facebook page and signing up for the AtHOC Mass Notification System are two other great tools that can be used to receive information about severe weather, Worsham said. For more information on emergency weather preparation, visit www.ready.army.mil.

Museum

Continued from Page A1

RPM of the propeller, providing a quieter ride. Additionally, the propeller had a substantial pitch to give it the most authority with the least RPM. “During testing, they found out that at an altitude of about 1,000 feet and at a speed of between 70-80 knots, (the aircraft) was practically silent,” he said. “Judging by the fact that the test program was successful, it was decided that the aircraft would deploy to Vietnam for service testing.” Before being sent off for service testing, further modifications were made by adding avionics, mission equipment, observer windows in the lower fuselage and a deep blue/grey paint job for night operations. In January of 1968, the two QT-2PC’s were sent to Southeast Asia for combat

evaluation. Shortly after, the Tet Offensive broke out, which allowed the aircraft to prove their worth. “The QT-2PCs with their crews, which were multiservice, started flying over the hot areas, night after night, and a lot of times they were launching while under artillery fire,” said the museum volunteer. “They continued to fly night after night for several weeks and the enemy never took notice – they flew virtually with impunity.” Through these missions, the crews were able to gather a wealth of information, including spotting the fleets of sampans coming from Viet Cong bases and supply centers in Cambodia. This discovery confirmed that the target for their offensive was Saigon, and now friendly forces could now plan to deal with the threat,

said Barlow. Following the successful evaluation of the aircraft, they were returned to the U.S. Naval Test Pilot’s School in 1969, he said. There were only two ever made, designated Tail No. 1 and 2, and Tail No.

1 currently sits in the U.S. Army Aviation Museum’s collection in storage. Tail No. 2 was decommissioned and sold, and deconverted back to its original sailplane configuration and still flies to this day, Barlow said.

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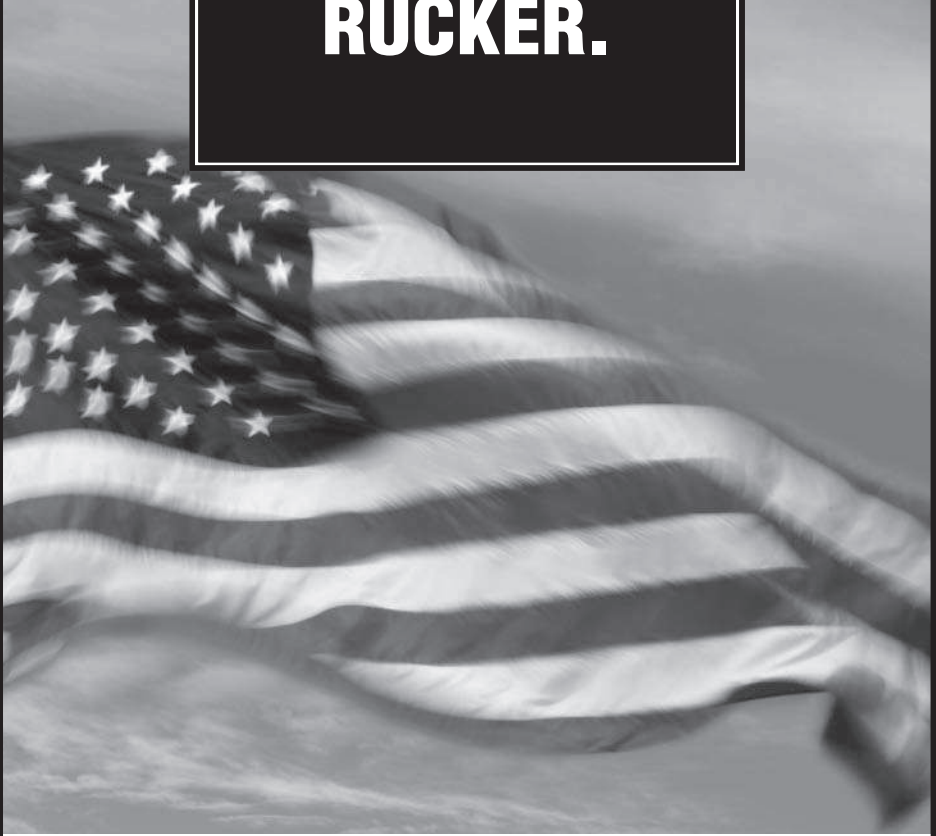
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410 COUNTY ROAD 163, NEW BROCKTON: \$299,000: Beautiful 5 bedroom home on 1/2 +/- acre. Master and 3 bedrooms downstairs with 2 bedrooms plus a bonus room upstairs. 2 water heaters, 2 AC units, 3/4" hardwood floors, huge laundry room, pantry, formal dining room, screened porch. Large back yard with a playhouse. Lots of storage space! **JACKIE THOMPSON, 406-1231 & TERRI AVERETT, 406-2072**



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103 BRITT DRIVE: \$230,000: Custom built one owner home features split bedrooms w/office or formal dining room, two full baths, and half bath/laundry room, convenient to the garage for working in the yard, or coming in from the pool. Door off kitchen to covered patio with bar, and french doors off grandroom to covered patio, all overlooking the pool area. Bring your tools, as you have a detached garage/workshop with electricity. Nice level lot and beautifully landscaped. Tiled floors in kitchen and baths, hardwood in grandroom. **EVELYN HITCH, 406-3436**



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126 GRAYTON LANE: \$294,000: WOW!! This remarkable home is a MUST SEE in Cotton Creek Subdivision. Split bedroom floor plan with walk-in closets in all three rooms, very open grandroom to breakfast area and kitchen as well as a formal dining room. Separate laundry room w/sink and storage, and the garage features not only an insulated garage door, but screen door that lets you work or play in the garage without the bugs and a closet with the hot water heater. Also features an in-house high pressure sprayer. Vinyl privacy fenced backyard. **EVELYN HITCH, 406-3436**



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2 REINDEER TRACE: \$459,000: Gorgeous family home w/4450 +/- sf ideally located convenient to Holly Hill Elem. Dauphin Jr, Faulkner Gate, Shell Field, Enterprise Country Club & Boll Weevil Circle. Home features 6 bedrooms, 4 baths, an office, screened porch, deck, beautiful woodwork/trim, awesome kitchen w/granite & stainless & a large laundry room w/natural light. The huge backyard on the 1.5 +/- acre lot has plenty of room for a pool or workshop. Two water heaters - 1 gas/1 electric. Beautiful stone gas log fireplace in the living room. **JAN SAWYER, 406-2393**



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203 N GLENN ST, GENEVA: \$189,000: Lovely home on large lot 1 +/- acre, on quiet street is perfect for gatherings or relaxing days & evenings indoors or outdoors. Open, split floor plan is spacious & living room & den have tons of storage, built-in bookcases & shelves. Other features: tray ceilings, crown molding, surround sound, metal roof, beautiful landscaped yard, flowering shrubs & trees & more! Large shed & workshop in backyard for storage & hobbies. Three doors lead to extra-large screened porch. Make your appt to see this jewel today! **MARGE SIMMONS, 477-1962**



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41 CONNETTA DRIVE, DALEVILLE: \$225,000: Convenient location to Enterprise, Daleville and Fort Rucker, this four bedroom, two and a half bath two story home features not only a formal living room and formal dining room, but on the main level you also have a library/office, kitchen, and breakfast/family room area with electric fireplace. Garage has a workshop area 10x13, and not only is there a 20x40 inground pool, but a 24x36 workshop w/its own separate HVAC, a 12x12 shed, and it all sits on an acre of beautiful landscaping with blueberry bushes. **EVELYN HITCH, 406-3436**



200 JASMINE CIRCLE: \$174,250: New construction convenient to schools, shopping, golf, restaurants and minutes from Ft. Rucker. Security system, 2 car garage, wood floor in dining area/living room/hall, carpet & tile floors, stainless appliances, natural gas heat/cooking/water heater, low E windows, sprinkler system, 2" faux wood blinds, framed mirrors in bathroom and tray ceiling in grandroom and fenced back yard. (Winterberry Plan) Owner is licensed residential home builder and REALTOR in the state of Alabama. **BILLY COTTER CONSTRUCTION, 347-2600**



104 TOM MORRIS LANE: \$175,000: Beautifully updated home in Tartan Pines. 2 bedroom, 2 bath with new carpet, new roof, and freshly painted walls throughout. This home has lots of windows throughout to provide natural light, and the back patio overlooks a beautifully wooded scene. Owner is licensed residential home builder and REALTOR in the state of Alabama. **BILLY COTTER CONSTRUCTION, 347-2600**



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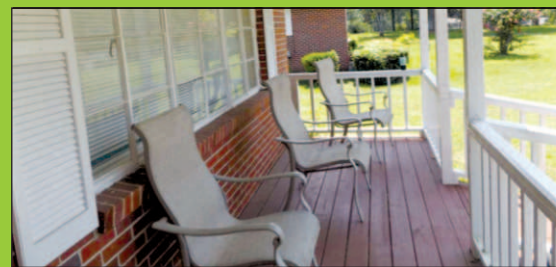
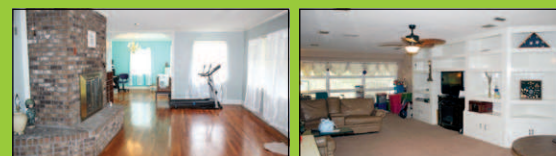


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PHOTO BY STAFF SGT. LETICIA SAMUELS

Soldiers assigned to the 1-35th Armored Regiment load a simulated casualty onto a UH-60 Black Hawk during Army Day at Camp Buehring, Kuwait, Feb. 9.

LIVE FIRE

Ground, air forces work together during CENTCOM Army Day

By Capt. Briana McFarland
For Army News Service

CAMP BUEHRING, Kuwait — There are possible enemy troops in the area, Soldiers are injured and black smoke signals mark the extraction site as the 1st Battalion, 244th Aviation Regiment (Assault), 449th Combat Aviation Brigade medical evacuation helicopters approach.

This was the training scenario for those participating in the combined arms live fire exercise marking the end of U.S. Central Command Commander’s Confer-

ence Army Day at Udairi Range, Feb. 9.

Army Day was comprised of CENTCOM key leaders, service component command teams and Kuwaiti counterparts in order to demonstrate to the CENTCOM commanders the complexity and depth of U.S. Army Central Command’s mission and responsibilities in theater.

“Being able to prepare for an event of this size, as well as maintain our existing operational tempo for day-to-day operations, was certainly a challenge,” said CW2 Todd Hammett, UH-60 Black

Hawk pilot. “Everyone pulled together and worked through obstacles, especially our maintainers.”

Army Day encompassed numerous training events and was attended by multiple distinguished visitors to include Gen. Joseph L. Votel, commander of U.S. Central Command and Lt. Gen. Michael X. Garrett, commanding general of Army Central Command. The CENTCOM commanders traveled from Ali Al-Salem airfield to various locations around Kuwait via rotary wing aircraft to observe the arrival, movement and maneuver

of various teams supporting a unified training scenario.

To ensure key leaders did not miss events, assets from A Company, 1-126th Avn. Regt., 449th CAB and A Co., 1-244th AHB were tasked with providing air movement support. As the flight lead, Hammett was the primary planner for the event. The MEDEVAC operations were important because they simulated timely movement and en route care provided by medical personnel to wounded Soldiers being evacuated from the battlefield.

“Extensive planning went

into this,” said Hammett. “The 1-126th General Support Aviation Battalion and the 244th AHB worked together to ensure we had a solid plan and the resources to back it up. We did several rehearsals leading up to the day of execution in order to validate our plan and refine our methods.”

The culminating live fire event included infantry, armor, artillery and aviation to demonstrate the coalition operations as Task Force Spartan. Army Day allowed TF Spartan to demonstrate its lethality, flexibility and interoperability.

Soldiers receive training on Aviation operations

By Staff Sgt. Leticia Samuels
449th Theater Aviation Brigade

CAMP BUEHRING, Kuwait — The blades of a UH-60 Black Hawk start to swirl as Soldiers assigned to the 1st Battalion, 244th Assault Helicopter Battalion, 449th Combat Aviation Brigade prepare to train 60 Soldiers assigned to the 1-35th Armored Regiment on hot and cold loading procedures with the aircraft Feb. 10.

The 449th CAB provides Aviation strategic partnership training with regional military partners in order to conduct multinational training events. The 244th AHB supports this mission by facilitating training for Soldiers who haven’t been exposed to Aviation assets by ensuring proper procedures are followed to mitigate risk and enforce safety.

“Our crew chiefs explain how to get in and out of the aircraft safely, how to use the restraints and how to get out of the aircraft if there is an emergency,” said Capt. James Alexander, the assistant operations officer assigned to the 244th AHB. “Any time the aircraft is running, there is some inherent danger. We try to mitigate that risk as much as possible.”

The day starts off with Soldiers receiving a brief from the flight crew on proper approach, entrance, loading and exit of the aircraft.

“It’s easier to communicate,” said Alexander. “It’s not as busy, so they can hear our instructions clearly. We can direct them to make corrections if they need to.”

Once Soldiers complete the brief, they walk through a

SEE TRAINING, PAGE B4



PHOTO BY STAFF SGT. LETICIA SAMUELS

Cpl. Jeffery Martin, 1-35th Armored Regt. armor crewman, re-enlists in front of his peers on a UH-60 Black Hawk during hot and cold loading procedure training.

... BUT YOU CAN'T HIDE



PHOTO BY SPC. ESMERALDA CERVANTES

Soldiers assigned to the 3rd Squadron, 3rd Cavalry Regiment, scout the training area for simulated enemies in an AH-64 Apache during Decisive Action Rotation 18-04 at the National Training Center in Fort Irwin, Calif., Feb. 15. Decisive Action Training Exercises at the National Training Center ensure units remain versatile, responsive, and consistently available for current and future contingencies.

10th Mountain Division Aviators receive honor from Lithuania

By Spc. Thomas Scaggs
10th Combat Aviation Brigade
Public Affairs

FORT DRUM, N.Y. — Soldiers from 3-10th General Support Aviation Battalion, 10th Combat Aviation Brigade, 10th Mountain Division (LI), were the first U.S. Army Aviation Soldiers to be presented with the Lithuanian Armed Forces Medal for Mutual Support on Feb. 11 at Fort Drum.

Lithuanian Col. Alvydas Šiuparis, Defense Attaché for the Lithuanian Embassy in Washington, D.C., traveled to present the award to 101 Soldiers from the 3-10th GSAB and two Airmen from the 18th Weather Squadron.

The award recognized the Soldiers and Airmen for their positive contribution to training operations among NATO allies in Lithuania during their recent rotation to Europe in support of Atlantic Resolve. Šiuparis went on to attend the battalion’s formal ball that night as the guest of honor.

“It’s very important for us to commemorate Task Force Phoenix, which has just returned from the mission



PHOTO BY SPC. THOMAS SCAGGS

Lithuanian Col. Alvydas Šiuparis, Defense Attaché at the Lithuanian Embassy, addresses a formation of Soldiers from the 3-10th GSAB Feb. 11 at Fort Drum, N.Y.

abroad, and the great job that they did,” explained Šiuparis. “This ceremony is a symbolic gesture from Lithuanians, saying thank you for their service and showing our appreciation. The U.S. Army has shown great support by dedicating assets to the Baltic countries, like Task Force Phoenix in Lithuania. Together, we are able to train and improve our in-

teroperability, building relationships with each other and understanding how to plan and execute operations using our combined assets.”

Lt. Col. Ryan Miedema, commander of the 3-10th GSAB, said the award was created by Lithuania to recognize the hard work of NATO

SEE AVIATORS, PAGE B4

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- * Tropical Costa Rica - July 9-18, 2018
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- * Cruise & Tour, New England & Canadian Maritimes - Oct. 15-20, 2018
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- * Christmas at Holy Land Exp. Orlando, FL. Dec. 12-14, 2018

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Training

Continued from Page B1

dry run on the aircraft to familiarize them with proper procedures on how to safely enter and exit. They also receive direction on how to properly use a four-point safety harness when sitting in the aircraft.

The real challenge begins when Soldiers reach the run phase as they exercise all training procedures while the aircraft is running.

“Talking about it is great but actually rehearsing and getting your hands on the equipment, is always more paramount than anything else,” said 2nd Lt. Michael Nguyen, the A Company, 1-35th Armored Regt. platoon leader. “It gives the Soldier the ability to see it one time, to do it right and then pass along the information.”

After the flight crew is comfortable with the Soldiers’ familiarization, they receive a flight in the area.

“All the guys were really motivated,” said Nguyen. “They really wanted to do this. Going from a platform of tanks to helicopters is a different shift and to see the guys react to the different environment was great to see.”

To top off the training, Cpl. Jeffery Martin, 1-35th Armored



PHOTO BY CW4 TIM BRUNDAGE

A formation of UH-60 Black Hawks assigned to the 1-244th Avn. Regt., 2nd BCT, 1st Armored Div., approaches a beach to pick up distinguished visitors during Army Day at Kuwait Naval Base.

Regt. armor crewman, re-enlisted upon the aircraft during their area flight.

“Everyone joined the military to jump on different platforms and experience different things,” said Nguyen. “It breaks the mo-

notony.”

This training is beneficial because it allows flight crews to strengthen their interoperability skills while allowing Soldiers to receive hands-on training for proper Aviation operations. Main-

taining this readiness posture directly falls in line with the Operation Spartan Shield’s mission to deter regional aggression and react to possible threats within the Middle East.

“This is what we signed up to

do,” said Alexander. “There is a lot that goes on behind the scenes for one aircraft to take off. To see all the training coming together while being done safely means a lot, not only for me, but for everyone that helps make this happen.”

Aviators

Continued from Page B1

allies who train directly in Lithuania, ensuring peace and stability in the region and helping to deter foreign aggression. To qualify, a Soldier must spend an extended period of time in Lithuania and may only be awarded the medal once.

Miedema explained that just because his battalion has returned from Europe, it doesn’t mean that the strong ties built overseas should be cut.

“We should continue to foster relationships with all of our NATO allies,” emphasized Miedema. “Although we are here at Fort Drum, we should continue to build relationships, leveraging the technology we have today, as this will help us better understand each other and, ideally, make integration in potential future operations quicker. Even though the Army and NATO are big organizations, we never know when

we might find ourselves working together again. The longer we can keep these relationships up, the better, and demonstrates our resolve to our allies.”

Training together can make for an easy environment for service members from allied nations to develop a deep bond with each other. By inviting Šiuparis to be the distinguished guest at 3-10th’s formal ball later that evening, that bond and appreciation can be passed on to U.S. Army families.

“It is always great to share a bit of tradition with one of our allies, especially since we were able to share so many similar events while we were across Europe,” said Miedema. “Most importantly with a senior Lithuanian officer give his thanks directly to families, it ideally helps the families visually see the impact their Soldier had and, just maybe, justify them being separated for nine months.”



PHOTO BY SPC. THOMAS SCAGGS

Šiuparis presents a 10th CAB Soldier with the Lithuanian Armed Forces Medal for Mutual Support Feb. 11 at Fort Drum.

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‘SAY SOMETHING TO SOMEONE’



PHOTOS BY NATHAN PFAU

Steve McLendon, defensive tackle for the New York Jets, participates in a trust exercise with children at the Fort Rucker Youth Center during an anti-bully rally Friday.

NFL player spreads anti-bullying message to Fort Rucker youth

By Nathan Pfau
Army Flier Staff Writer

Bullying is something many children encounter on a daily basis, but for one NFL player, bullying was something he wouldn't stand for growing up.

Steven McLendon, defensive tackle for the New York Jets, visited children at the Fort Rucker Youth Center during an anti-bully rally to spread the message that bullying of any way, shape or form is not OK.

"In high school and middle school, one thing I did not stand for was seeing someone get picked on," said McLendon. "If you see any of your peers (getting bullied), reach out to someone, talk to someone. If anything is going on that you're not comfortable with, say something to someone."

During the rally, the NFL player spoke to the children about his experiences growing up and his encounters with bullies. Since he was the big kid in school, bullies wouldn't confront him, but there were often times where he had to confront bullies.

"My cousin was getting picked on by some older guys (in school) and I knew one thing for sure – even though he's my family, I wasn't going to let anyone pick on him," he said. "He probably could have taken up for himself, but me knowing who I was, I stepped in. That's the same thing you guys can do."

Another way McLendon suggested the children can help combat bullying is by conquering their fears and learning to trust one another, so he had the children participate in a trust fall.

"When you don't trust somebody and you don't trust something, fear takes control of you – that's how fear works," he said. "You can conquer fear each and every day with just a small gesture and by telling yourself you're going to be better today than you were yesterday."

By building that trust with others and speaking up when they see something isn't right, McLendon said the impact they can have on each other can be lifelong.

"Just a year ago, I ran into

this guy from middle school and he introduced himself to me. He brought up an incident of something that happened in middle school with some kids that were jumping on him and beating him up, and I stepped in," said the NFL player. "We're talking about 16-17 years ago – something so small, this man remembered who I was because I stepped in for him."

Simple acts like that have lasting impacts on people, he said, but taking action doesn't have to be through direct intervention, added Sasha LaForge, youth center assistant director.

"When you are going through things like bullying, you have to say something to someone," she said. "Sometimes it might take a friend stepping in and saying something, but sometimes it may take you going to someone and saying, 'Hey, I need to talk to someone.'"

"Bullying is a very serious thing," she continued. "There are so many things going on in people's lives where bullying is affecting people to cause them to either take their own life or take the lives of others – we don't want to get to that place. We don't want anyone to feel that kind of isolation, rejection or hurt."

For many of the children, bullying is something they've either encountered themselves or seen others endure, and sometimes bullying can come from friends, as well, as McKenzie Parks, military family member, found out.

"One experience for me was painful because it was somebody who was close to me," she said. "Something happened, and things were said and rumors were spread, so I went to Ms. LaShia



McLendon poses for a photo with Fort Rucker youth.

(Brooks, youth center associate) and she talked with me and helped me get through everything. It made me feel like I wasn't the only one going through that, and I felt better by actually getting those feelings out."

For Ernest Elphage, military family member, having a person to talk to can make a world of difference.

"I feel like not everyone has the option to have someone to talk to, so we should make that effort," he said. "I think it's important for others to be aware, and if people see something, they should tell somebody about it or try to help – provide a little more support and try to help them through it if they're going through something."

You can conquer fear each and every day with just a small gesture and by telling yourself you're going to be better today than you were yesterday."

— STEVEN MCLENDON,
NEW YORK JETS DEFENSIVE TACKLE

SELFLESS SERVICE

Program honors vital roles volunteers play on Fort Rucker

By Nathan Pfau
Army Flier Staff Writer

Volunteers play vital roles on any military installation, and Fort Rucker is no different.

That's why Fort Rucker makes sure its volunteers are recognized during quarterly ceremonies for the services they provide on and off the installation, and officials want to make sure no volunteer goes unnoticed.

Submissions for volunteers of the quarter are typically due around the last day of each quarter, said Dolores Nabe, Army Community Service volunteer.

Deadlines for each quarter are March 30 for the second quarter, July 2 for the third quarter and Oct. 1 for the fourth quarter. To be eligible, Nabe said volunteers of the quarter need only active volunteer service to be recognized. "For volunteers of the quarter, it's not about the hours, but about meaningful recognition of the volunteers on an ongoing basis."

The volunteer hours can be gained either on or off post, but the hours must be tracked, she added, and depending on the agency, units may submit between one to three volunteers.

Brigades, tenant commands and U.S. Army Garrison may submit up to three vol-



ARMY GRAPHIC

unteers per quarter, and authorized private organizations on post may submit one submission per quarter. Additional submissions may be recognized on a space-available basis, said Nabe.

Submission forms can be found at <https://rucker.armymwr.com/programs/army-volunteer-corps> under the Fort Rucker Volunteer of the Quarter Awards tab. In addition to the form, a brief description of the individual's volunteer experience is required. Submissions should be sent to vernon.b.johnson.civ@mail.mil.

For the quarterly ceremonies, anyone who

is nominated and deemed appropriate will be recognized, but volunteers of the year will be judged on separate criteria.

"For volunteer of the year, we take nominations from the different organizations, and once we have all the nominations in, we have three to five judges, who are neutral, outside of ACS, and outside of the organizations that are nominated, as well, to go through the packets," said Nabe.

Whether volunteer of the year or quarter, Nabe said it's not about the recognition, but the services people are able to provide.

"Nobody goes into volunteering and says they're going to do it for the recognition," she said. "But, I do think that when a volunteer gets recognized for their meaningful services, it's just feels good that somebody took notice. It just helps add to their sense of purpose and motivation, and reinforce what they're doing."

For many volunteers, like Samantha Gonzalez, ACS volunteer, volunteerism is about giving back to services she was able to benefit from.

"I personally benefitted from volunteer services as a kid," she said. "We left a troubled family environment, and it was the work of a lot of volunteers who helped keep our life somewhat stable as kids, so I've al-

ways felt like I have this debt to repay back and I'm always trying to be the person who helped me. Even if it benefits one person over the next 10 years, I feel like I've accomplished that."

For others, like Elizabeth Tirol, Army Family Action Plan volunteer, volunteering is a good way to gain work experience to add to a resume.

"I've been trying to build up my resume because I'm pretty fresh out of college and I don't have much on my resume to begin with, so volunteering helps," she said. "It's a great way to make friends, too. Every time we go to a new installation, that's how I find my buddy."

Although volunteerism might not be for everyone, Gonzalez said that it's something that everyone should give a try because they never know what opportunities might open up for them.

"Just try it once. If it's not for you, then you can say you at least tried it, but you might be surprised at what you discover in the process," she said. "You may find that you really enjoy it or that you're good at whatever opportunity is presented to you, or you may find you have a passion you didn't know about – just try it."

For more information, call 255-1429.

ON POST

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

Child care available

The Fort Rucker School Age Center has spaces available for before and after school care. The school age center is available for children kindergarten through fifth grade. For more information, call 255-9638.

SEUSStival

The Center Library will celebrate Dr. Seuss’s 114th birthday during its annual SEUSStival today from 4:30-6:30 p.m. The event will feature games, crafts and more. All ages are invited, according to organizers. For more information, visit the library or call 255-3885.

Get REAL

Army Community Service’s Army Family Team Building staff will host its Get REAL – Rucker Experience Army Learning – class Monday from 8:30 a.m. to 2:30 p.m. at the Divots Conference Room at Silver Wings Golf Course. The course is designed to help people make friends during an interactive day of learning on topics such as military acronyms, Army customs and courtesies, military ranks, community resources and more. Free lunch and childcare will be provided. The registration deadline is today. For registration and childcare information, call 255-1429.

Breakerspace

The Center Library will host a free program it calls Breakerspace Tuesday from 4:30-5:30 p.m. This year’s theme is Libraries are for Creating. Center Library staff members encourage teens and tweens to let their creative juices flow at this event where they will take apart whatever tech is on hand and then use their imagination to put the pieces back together. The event is open to youth ages 9 to 17. Registration is required and will be limited to the first 20 youth to register. For more information or to register, call 255-3885.

Federal jobs workshop

Army Community Service will host its federal job workshop Wednesday from 8 a.m. to noon in Bldg. 5700, Rm. 284. The workshop is aimed at getting people the information they need to increase their federal employment possibilities. Participants will receive a free copy of Kathryn Troutman’s “Jobseeker’s Guide (7th Edition).” Registration is required two days prior to the workshop. Space is limited to the first 60 people to register and the workshop is open to authorized patrons only. For more information or to register, call 255-2594.

FRG Forum

Army Community Service will host its family readiness group forum March 15 from 8:15 a.m. to 2:15 p.m. at Divots at Silver Wings Golf Course. The FRG Forum is designed for participants to network, share ideas, voice their concerns, learn ways to improve FRG operations and build FRG teams throughout the installation, according to organizers. For more information, call 255-9578.

Employment readiness class

The Fort Rucker Employment Readiness Program will host its workshops March 13 and 29 in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room. People who attend will meet in Rm. 350 at 8:45 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about 11:30 a.m. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required. For more information, call 255-2594.

St. Patrick’s Day craft

The Center Library will host a St. Patrick’s Day craft March 13 from 3:30-4:30 p.m. for children ages 3-11. Light refreshments will be served. Space is limited to the first 40 children to register. For more information or to register, visit the library or call 255-3885.

Baby Sign Language

The Army Community Service New Parent Support Program and Parent to Parent will host a free baby sign language class March 15 from 10-11 a.m. at Bldg. 5700 in Rm. 350. The class is designed to teach expectant parents and those with young children how to communicate with their children and avoid the frustrations associated with language development. People need to pre-register by March 9. The class is limited to



DFMWR PHOTO

Children’s Festival

The 14th annual Fort Rucker Children’s Festival is scheduled for March 24 from 1-4 p.m. at the festival fields. The free family event offers activities, games, inflatables, crafts, children’s karaoke, the seventh annual Diaper Derby – open to all crawling babies no older than 15 months – one of the area’s largest Easter egg hunts and more, according to organizers. For more information, including a schedule of events, visit <https://rucker.armymwr.com/>. Pictured is a scene from last year’s event.

the first 10 people to register. The class will be open to authorized patrons and will be Exceptional Family Member Program friendly. For registration or more information, call 255-9647 or 255-3359.

Newcomers welcome

A newcomers welcome is scheduled for March 16 from 9-11:30 a.m. at The Landing. Active-duty military, spouses, foreign students, Army civilians and family members are encouraged by post officials to attend the newcomers orientation. A free light breakfast and coffee will be served. For free childcare, people can register their children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the newcomers welcome. For more information, call 255-3161 or 255-2887.

Girls Night Out

The Landing will host Girls Night Out March 16 from 6-9 p.m. with a shamrock theme where attendees can wear their favorite green attire, according to officials. The event will feature entertainment provided by a disc jockey, door prizes, a fashion show, St. Patrick’s Day fun facts and trivia game, and more. Prize drawings will be held throughout the evening, with a grand prize drawing at 9 p.m. People must be present to win prizes. The event will be open to the public for those 18 and older. Advanced tickets are on sale for \$5 and are available at MWR Central, The Landing Zone, The Landing Catering Office, and the Coffee Zones at LysterArmy Health Clinic and The Landing Zone. The night of the event, tickets will be available at the door for \$8. For more details, call 255-0769.

Go Green Skate Night

The Fort Rucker School Age Center is going green March 16 with its Go Green Skate Night. Youth are encouraged to wear green from head to toe for a chance to take home a prize, according to organizers. Safety Skate will cost \$2 and will be from 5-6 p.m. Regular skate will cost \$5 and will be from 6-8 p.m. Payment will be accepted in cash only. Participants must be registered with child and youth services. For more information, call 255-9108.

Single Parent Family Game Night

Army Community Service and the Army and Air Force Exchange Service will host its Single Parent Family Game Night March 22 from 5-7 p.m. at the post exchange food court. Free giveaways will be included. The event will be Exceptional Family Member Program friendly. The event is an initiative of the Fort Rucker Community Health Promotions Council Community Resiliency Work Group. The game night will be open to authorized patrons who are single parents. The deadline to register will be March 16 and will be limited to the first 20 families to register. People are asked to pre-register by calling 255-3359 or 255-9647.

Blended Retirement System Seminar

Army Community Service accredited financial counselors will present a Blended

DFMWR SPOTLIGHT

BECOME A LIFEGUARD!



Fort Rucker's Sports, Fitness, & Aquatics Branch is now accepting applications for Summer lifeguard positions for the following locations:

- SPLASH! Pool & Spray Park
- Flynn Outdoor Pool
- Lake Tholocco Swimming Area

If you are not currently certified, but take a training course through Fort Rucker SFA, 50% of your training fees will be reimbursed if you are employed with Fort Rucker Aquatics through Labor Day 2018.

March Lifeguard Training Course
The Lifeguard Training Course will be held at the Fort Rucker Physical Fitness Center
March 26-30 (Spring Break Week)
Monday-Friday from 8 am - 5 pm

Apply Today! Ages 15 & Up

For more information contact Fort Rucker Aquatics at (334) 255-9162/2296 rucker.armymwr.com



Retirement System Seminar March 20 from 6-7 p.m. at Bldg. 5700, the Soldier Service Center, in Rm. 282. The seminar will be a discussion of the significant changes to the current military retirement system, including continuation pay and the Thrift Saving Plan with matching government contributions. Pre-registration is required by March 19. Free child care available with registration. Class is subject to cancellation if enough people do not pre-register. For more information, call 255-3949. Registration can be completed by visiting <http://rucker.armymwr.com/us/rucker/programs/army-community-service>.

WWI presentation
The Center Library will offer a World War I presentation by Bob Barlow of the Army

Aviation Museum March 22 at 5 p.m. The presentation is titled “WWI Naval Warfare” and is part of a year-long commemoration of America’s entry into WWI. The event will be open to authorized patrons and will be Exceptional Family Member Program friendly. For more information, call 255-3885.

Resilience training
Army Community Service will host resilience training March 23 and 26 from 8:30 a.m. to 2:30 p.m. in Bldg. 5700, Rm. 350. Resilience training is designed to provide family members and civilians with the tools to better cope with and overcome adversity and challenges, as well as perform better in stressful situations, according to organizers. For more information, call 255-3161 or 255-3735.

FORT RUCKER MOVIE SCHEDULE FOR MARCH 1-4			
Thursday, March 1	Friday, March 2	Saturday, March 3	Sunday, March 4
Proud Mary (R)7 p.m.	Black Panther (PG-13)7 p.m.	Den Of Thieves (R)4 p.m. 12 Strong (R)7 p.m.	Paddington 2 (PG)1 p.m. 12 Strong (R)4 p.m.
TICKETS ARE \$6 FOR ADULTS AND \$5 FOR CHILDREN, 12 AND UNDER. MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME. SCHEDULE SUBJECT TO CHANGE. FOR MORE INFORMATION, CALL 255-2408.			

CHIEF ENGINEER:

Army Corps of Engineers exceeding goals in Puerto Rico

By Devon L. Suits
Army News Service

WASHINGTON — As power grid restoration efforts continue throughout Puerto Rico, approximately 84 percent of the territory’s energy production capability has been restored.

The keys to that success have been the Soldiers and Civilians of the U.S. Army Corps of Engineers, said Lt. Gen. Todd Semonite, chief of engineers and commanding general of the USACE, during Wednesday briefing at the Pentagon.

Over the last year, the corps has played a vital role in assisting with hurricane response efforts in Puerto Rico, the Virgin Islands, Texas and Florida, and with wildfire debris removal throughout northern California.

While the corps is not doctrinally responsible for power grid restoration, Semonite said that in Puerto Rico, the corps was asked to take on that role. Limited access to resources on the Virgin Islands and in Puerto Rico, he said, prompted the Department of Energy to seek out the help of the corps.

“You couldn’t drive the trucks to Puerto Rico, so this is where the Department of Energy came to us and said, [they] need the corps to come in and help orchestrate [the effort,]” Semonite said. “So we came in on the eighth day with contractors to start the grid repair.”

According to Semonite, the corps has exceeded its goals to restore 30 percent of the island’s power grid by the end of October and 50 percent by the end of November. By January, the corps already exceeded their goal of 75 percent. Semonite said he hopes to get to 95 percent by the end of March.

The problem, Semonite said, is closing the last 5-percent gap, which he said consists of locations



PHOTO BY PATRICK LOCH

Lt. Gen. Todd Semonite, U.S. Army Corps of Engineers commanding general and chief of engineers, visits USACE personnel assigned to the Ponce Port, Puerto Rico, receiving shipments of material to repair the power grid.

that are geographically difficult to power.

As power continues to be restored in Puerto Rico and the Virgin Islands, FEMA and USACE have been working to remove or move generators throughout the region. In turn, out of the 1,667 generators installed in Puerto Rico, 808 are currently still in operation providing micro-grid support until they implement a permanent power option.

“I have had guys on Puerto Rico for 157 days,” Semonite said. “That’s a lot of days with generators. But that is what’s allowed us to get a lot of people with some degree of electricity.”

In addition to power generation capabilities, debris removal has been a significant challenge for FEMA and USACE personnel. The corps has removed from Puerto Rico approximately 83 percent of the debris left as a result of Hurricane Maria, which equates

out to 3.24 million cubic yards, Semonite said. In the Virgin Islands, he said, debris removal is at about 75 percent.

“The problem we had in Puerto Rico and the Virgin Islands is the vegetative debris,” Semonite said. “There’s very little land. We have some areas the size of football fields that have truckloads of debris coming in right now.”

Currently, FEMA and USACE are trying to draw support from the Dominican Republic, which utilizes wood chips to fuel their biomass power plant.

“[We’re working to] get the people that run the power plant to come over to Puerto Rico and get the wood chips. They take the wood chips back, getting the material off of the island and the locals get their land back,” he said.

Running in tandem with debris removal, the corps also rolled out temporary roofing support throughout the region.

“We found that if you can get a tarp on [a home] in a couple of weeks, even though it has some water damage, you can still save the house,” Semonite said.

Contractors have been installing a thin tarp created for disaster relief, referred to as “blue roofs.” Currently, these efforts in Puerto Rico are 92 percent complete, while the Virgin Islands is 100 percent complete.

ENGINEERING WEEK — INSPIRING WONDER

Before Semonite’s update about hurricane response and other recovery efforts, the general discussed the current impact of DOD engineering and its ability to generate innovative solutions to current and future problems.

As the chief of engineers, Semonite’s area of responsibility is vast. On the one hand, the general works to ensure that the 90,000 Soldiers distributed across more than 20 en-

gineering MOSs receive the proper equipment and training they need to be successful.

On the other hand, Semonite is also is accountable for approximately 37,000 Corps personnel that directly support engineering initiatives throughout the U.S., DOD and other agencies.

Semonite said that while the Corps does a fantastic job today, it is constantly looking towards the future so it can be ready for what comes next.

“We’ve got to ... try to figure out how do we push the envelope? How do we continue to keep going?” Semonite said.

“We continue to be able to take care of our installations and to be able to make sure that the taxpayer is getting the best value,” he said. “That is what engineers have to bring. You just don’t build a building. You’ve got to be able to find a way to deliver a quality product, ahead of schedule and below cost.”

Overall, the general said, the corps’ primary responsibility is to deliver a full range of quality products that meet senior leader intent and that support the federal community.

He highlighted the corps’ role in expanding New York’s waterways; construction and infrastructure development for combatant commands; and standardization efforts to improve Defense Department Education Activity schools, and Defense Health Agency and Department of Veterans Affairs hospitals.

“Engineers don’t just build with concrete and steel. Engineers have to be one of the guys shaping that vision,” he said. “It’s all about impact, real-world impact. That’s what we got to do. We have got to be something that really is making a difference out there and to be able to make sure that the nation knows it.”

FORT RUCKER RELIGIOUS SERVICES

WORSHIP SERVICES

Except as noted, all services are on Sunday.

Headquarters Chapel, Bldg. 109
8 a.m. Traditional Protestant Service.

Main Post Chapel, Bldg. 8940
8:30 a.m. Catholic Confessions
9 a.m. Catholic Mass
11 a.m. Collective Protestant
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. Latter-Day Saints
10:45 a.m. Wings Crossroads (Contemporary Worship Protestant Service)
11 p.m. Eckankar Study (4th Sunday)

Spiritual Life Center, Bldg. 8939
10:15 a.m. CCD (except during summer months)

BIBLE STUDIES
TUESDAYS
Crossroads
Discipleship Study (Meal/Bible Study)
Wings Chapel, 6:30 p.m.

Protestant Women of the Chapel
Wings Chapel, 9 a.m. and 6 p.m.
Adult Bible Study
Spiritual Life Center, 7 p.m.

WEDNESDAYS
Catholic Women of the Chapel
Spiritual Life Center, 9 a.m.

Above the Best Bible Study
Yano Hall, 11 a.m.

1-14th Avn Regt Bible Study
Hanchey AAF, Bldg. 50102N, Rm. 101 11:30 a.m.

164th TAOG Bible Study
Bldg. 30501, 11:30 a.m.

Precepts Bible Study
Soldier Service Center, 12 p.m.

Kingdom Kidz & Youth Group Bible Study
Spiritual Life Center, 5:30 p.m.
Adult Bible Study
Spiritual Life Center, 6 p.m.

THURSDAYS
WOCC Bible Study (1st/3rd Thursday) Swartworth Hall, Bldg. 5302,



COURTESY PHOTO

Nathan Kuhn (center), Fort Rucker Elementary School fifth grade student, is presented an award by school staff, including Dr. Vicki Gilmer (center left), Fort Rucker Schools principal; teachers Lesley Cravey, Amy Goette, Laurie Robishaw, Laura Gaydos, Jennifer Walsh; and Command Sgt. Maj. Christopher Spivey, Fort Rucker garrison command sergeant major, for winning the Dale County Spelling Bee. Kuhn will go on to represent Fort Rucker and the surrounding communities in the Statewide Spelling Bee in March.

Bringing People Together Thru Faith

ARMY FLIER Church Directory

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

First United Methodist Church
214 S. Main Street • Enterprise
347-3467
Prayer Line 347-3467 ext 321
Service Times:
Traditional - in the Fellowship Hall..... 11:00AM
Contemporary C-3 - in the Fellowship Hall.....8:45AM
The Gathering (Youth) 6:00PM
Sunday School.....9:55AM
Nursery CareEvery Service

Here, it's not about the building...

“Small things done with great love will change the world”
VINEYARD CHURCH
DOTHAN
Sun 10:30 Service; Wed 6:30 Small Groups
(334) 671-0093 • 150 Bethlehem Rd
DOTHANVINEYARD.COM

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

Selma celebrates commemorative year

Army Flier
Staff Reports

Selma will host the Bridge Crossing Jubilee March 1-5.

This annual event in Selma, Alabama, commemorates “Bloody Sunday,” which occurred March 7, 1965, when a group of more than 500 African American demonstrators gathered at Browns Chapel to demand the right to vote.

They walked six blocks to Broad Street, then across the Edmund Pettus Bridge, where they were met by more than 50 state troopers and a few dozen

possemen on horseback.

When the demonstrators refused to turn back, they were beaten. At least 17 were hospitalized and 40 others received treatment for injuries and the effects of tear gas.

The attack, which was broadcast on national television, caught the attention of millions of Americans. Two weeks later, Rev. Dr. Martin Luther King Jr. and more than 3,200 civil rights protesters marched 49 miles from Selma to Montgomery — an event that prompted Congress to pass the Voting Rights Act.

Every year on the first weekend in

March, the Bridge Crossing Jubilee commemorates both the bloody confrontation at the Pettus Bridge and the march from Selma to Montgomery.

Events include a parade, a Miss Jubilee Pageant, a mock trial, and a commemorative march to the bridge. Every five years, celebrants continue all the way to Montgomery.

Activities include a pageant, a dance, women and youth conferences, a parade, festival, interfaith service and National Voting Rights Hall of Fame induction.

For more information, visit www.selmajubilee.com.



WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

ONGOING — The American Legion Post 80 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.

ONGOING — The American Legion Post 80 hosts a dance with live music every Saturday from 7:30-11:30 p.m. 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 Sundays, and games and TVs are available for entertainment. 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.

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

DOTHAN

ONGOING — Veterans of Foreign Wars Post 3073 Wiregrass Post membership meetings are at the post headquarters at 1426 Taylor Road every third Tuesday of the month at 6:30 p.m. There is a fish fry every Friday night from 5-7 p.m., then karaoke beginning at 6 p.m. Breakfast is served Sundays from 8-11 a.m. The post can host parties, weddings, and hails and farewells.

ONGOING — American Legion Auxiliary Unit 12 hosts a pancake breakfast the third Saturday of each month. Pancakes will be served from 7-10:30 a.m. for \$6 for the general public, \$5 for military members and veterans and free to children 8 and under. Proceeds go toward helping veterans, military members and their families. The post is located at the intersection of S. Park Street and Hwy. 605 (Brannon Stand Road). For more information, call 334-400-5345.

ONGOING — Disabled American Veterans Chapter 87 meets the third Thursday of each month at 6 p.m. at the Doug Tew Recreation Center. For more information, call 334-86-0217 Ext. 122 or email davchapter87@gmail.com. The chapter maintains office hours at 545 West Main St. (Mixon Business Center, Rm. 122), Mondays, Tuesdays, Wednesdays and Thursday from 9 a.m. to 2 p.m. to assist, free of charge, disabled veterans and their spouses with disability compensation claims and other benefits.

ENTERPRISE

ONGOING — Military Order of Purple Heart meetings are the third Tuesday of each month at 5:30 p.m. at American Legion Hall on East Lee Street. For more information, call 334-347-2727 or 334-447-6954.

ONGOING — To help veterans and their families fight back from service-related injuries, the Professional Golfers’ Association of America and the Veterans Administration have partnered up nationally to use golf as therapy. The national organization has a local chapter, PGA HOPE Wiregrass in Enterprise. The free program meets Mondays at 10 a.m. at Highland Oaks Golf Course. People who know veterans with service-related injuries, whether registered with the VA or not, can have them call PGA HOPE Wiregrass at 239-272-7086 or visit the chapter’s Facebook page.

ONGOING — The Coffee County Toastmasters Club, an organization dedicated to the development of leadership and public speaking skills, meets the second and fourth Tuesdays of each month from 6:15-8 p.m. at the Enterprise State Community College Student Center Community Room. For more information, call 334-347-0259.

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 on 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 — The Disabled American Veterans Wiregrass Chapter 99 Veterans Assistance office is open Tuesdays and Wednesdays from 9-11:00 a.m. except on federal holidays. The office is located in the town hall.

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.

OZARK

ONGOING — The Friends of Ozark holds a monthly meeting on the second Tuesday of every month at 6 p.m.

at the Ozark-Dale County Library. For more information, call 477-6221 or email wcholmes53@hotmail.com.

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

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

PINCKARD

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

SAMSON

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

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

TROY

ONGOING — Troy Bank and Trust Company sponsors senior dance nights every Saturday night from 7-10 p.m. at the J.O. Colley Senior Complex. The complex is transformed into a dance hall and features music from the 40s, 50s, and 60s with finger foods and refreshments. For more information, call Janet Motes at 808-8500.

WIREGRASS AREA

MARCH 8 — The U.S. Army Warrant Officers Association Above the Best Silver Chapter is having their monthly meeting at 11:45 a.m. in Rms. 4 and 5 in Swartworth Hall, 5302 Outlaw Street, Fort Rucker. In addition to normal monthly meeting activity the organization is still working on plans for the 100th anniversary celebration of the U.S. Army warrant officer to occur in July. Lunch and refreshments will be served. The organization is looking for input from warrant officers, past and present. For more details, call 703-665-7004 or visit the organization on Facebook at <https://www.facebook.com/AboveTheBestSilverChapterUSAWOA/>.

MARCH 10 — The Hartford Civic Club will host the 40th annual Winston Howell 5K Road Race at 9 a.m. at the Hartford National Guard Armory. Entry fee is \$20 for people ages 19 and older and \$15 for those 18 and younger. For more information and the entry form, visit <http://winstonhowellroadrace.blogspot.com/>.

Beyond Briefs

Nina and Pinta

March 2, the Pinta and the Nina, replicas of Columbus’ ships, will open in Orange Beach. The ships will be docked at The Wharf, 23101 Canal Road, until their departure March 6. The Nina was built completely by hand and without the use of power tools. Both ships tour together as a new and enhanced sailing museum for the purpose of educating the public and school children on the caravel, a Portuguese ship used by Columbus and many early explorers to discover the world, according to organizers. While in port, the general public is invited to visit the ships for a self-guided tour. Admission charges are \$8.50 for adults, \$7.50 for seniors and \$6.50 for students ages 5-16. Children 4 and under are admitted for free. The ships will be open every day from 9 a.m. to 5:30 p.m. No reservations necessary.

For more information, call 787-672-2152 or visit www.ninapinta.org.

Emerald Coast Boat and Lifestyle Show

Panama City Beach, Florida, will host the Emerald Coast Boat and Lifestyle Show March 2-4 from 10 a.m. to 5 p.m. each day at Aron Bessant Park, 600 Pier Park Drive. The show will feature boat displays from all major manufacturers and

the top dealers representing the latest in boats, high tech engines, electronics and marine accessories. Boats will range from entry level bow riders and center consoles all the way up to the next generation 42-foot center consoles with quad outboards that have become so popular, according to organizers. The event features everything for the kind of active, outdoor beach living so popular along the Emerald Coast: stand up paddleboards, fishing kayaks, outdoor kitchens, diving equipment, active wear and beach-cruising bicycles. In short, all the great things residents and visiting tourists enjoy on and around the water along the beaches is available at this event.

For more information, including ticket prices, visit <http://www.gulfboatshow.com/>.

Scottish Festival

The 26th annual Panama City Beach Scottish Festival will be at Frank Brown Park in Panama City Beach, Florida, March 3. The event includes Scottish athletic competitions, Scottish clan representatives, bagpipe bands, a British Car Club show, children’s activities, Scottish and Irish food, Irish step dancers and more, according to organizers.

For times, ticket prices and more information, visit <http://pscotfestival.com>.

Parks guide

The “2018 Guide to Georgia State Parks

and Historic Sites” can help people plan spring break, summer vacations or even family reunions. The free booklet is filled with tips on the ideal hiking trails, fishing spots, cabins, campsites and company picnics. Produced annually by the Georgia Department of Natural Resources, the travel guide features colorful photos from all across the Peach State.

For a free copy, call 770-389-7286 or stop by any Georgia State Park or State Historic Site. An online version can be found at GeorgiaStateParks.org. Outdoor enthusiasts and history buffs can keep up with the latest news and discounts by signing up for the park system’s e-newsletter at GeorgiaStateParks.org/enews or following them on Facebook at [Facebook.com/georgiastateparks](https://www.facebook.com/georgiastateparks).

Emerald Coast Cruizin’ Car Show

Panama City Beach, Florida, will host the Emerald Coast Cruizin’ Car Show March 7-10 at Aaron Bessant Park, 600 Pier Park Drive. The family fun event will feature thousands of classic cars, hot rods, custom cars and trucks, and much more. For more information, visit <https://emeraldcoastcruizin.com/>.

Warrior Dash

Panama City Beach, Florida, will host the Warrior Dash March 10 at 8 a.m. at Sweet Bay, 3204 Heartleaf Avenue. Warrior Dash is a 5k obstacle race that anyone

can conquer, according to organizers. The event features 12 world-class obstacles — leaping over fire and venturing through mud-caked backroads. Participants will be rewarded with a finisher medal, a T-shirt and a fuzzy warrior helmet.

For more information, visit <https://warriordash.com/location/2018-warriordash-panama-city/>.

OCS Alumni Association Reunion

The Army Officer Candidate School Alumni Association Reunion is scheduled for March 25-29 in Columbus, Georgia. The reunion will include a Hall of Fame induction ceremony, reception and formal dinner including the presentation of the Patterson Award. There is an optional tour to the Little Whitehouse/Warm Springs. There will also be demonstrations and briefings at Fort Benning, highlighting developments related to the OCS program. The reunion will include lunch and other interactions with current OCS candidates. The reunion will be conducted at the Columbus Marriott Hotel, 800 Front Avenue, Columbus. The hotel can be reached at 706-324-1800. The association represents all Army officers commissioned through any Officer Candidate School, regardless of previous locations or branch affiliation.

For more information, visit <https://www.ocsalumni.org> or call 813-917-4309.

BANK ON IT

Military Saves Week encourages saving over spending

By Susan A. Merkner
U.S. Army Installation Management Command

JOINT BASE SAN ANTONIO, FORT SAM HOUSTON, Texas — Unless you have a money tree in your backyard, it's likely that growing your personal finances from a tiny acorn to a mighty oak takes constant vigilance.

Just like providing water and food to the garden, Soldiers and family members must employ tactics such as saving regularly and avoiding too much debt.

"The financial readiness of Soldiers and their families is a priority for the Army because it has a direct effect on mission readiness," Lt. Gen. Kenneth R. Dahl, commanding general, U.S. Army Installation Management Command, said while signing a proclamation noting the Monday-Sunday observance of Military Saves Week.

"Soldiers and their families who manage their finances successfully have less stress and worry over bills, and are better equipped to withstand the unique demands of Army life," Dahl said. "Sound money management also helps them protect themselves against predatory lending and financial fraud."

This year's Military Saves theme is "Set a Goal. Make a Plan. Save Automatically."

The Military Saves proclamation, which Dahl signed Feb. 20 while accompanied by IMCOM Command Sgt. Maj. Melissa A. Judkins, states the importance of personal and household savings, calling it "fundamental to America's stability and vitality."

Soldiers and their families are encouraged to save regularly, set aside funds for retirement and pay off debt quickly. "The knowledge that personal finances are secure at home facilitates Soldier readiness," Dahl said.

After the signing, Dahl informally asked some of his staff members, "Are you saving money?" All replied affirmatively.

Dahl also recommended that Soldiers, families, civilians and retirees take the Military Saves pledge at <https://militarysaves.org/for-savers/savings-tools-and-resources/>



PHOTO BY SUSAN A. MERKNER

Lt. Gen. Kenneth R. Dahl, IMCOM commanding general (center), signs a Military Saves Week proclamation, joined by IMCOM Command Sgt. Maj. Melissa A. Judkins (left) and Panesha G. Johnson, IMCOM G9 Financial Readiness and AER program manager.

take-the-pledge to save money, reduce debt and build wealth over time.

The pledge allows participants to choose a goal, such as creating an emergency fund, saving for retirement or a special trip, repaying debt, financing education, or building a transition fund for moves due to permanent change of station, temporary duty or shifting to civilian life. A contest linked to social media also is offered.

Army installations are holding pledge drives and other events locally to reinforce the campaign's importance by joining with federal, state and local resources, including military banks and credit unions.

Military Saves is part of the nationwide

America Saves Campaign conducted in cooperation with the Consumer Federation of America, one of the DOD's official financial readiness nonprofit partners. IMCOM is a partner in the Military Saves campaign.

Soldiers and families are encouraged to explore the variety of approved resources available:

- **Blended Retirement System** — <http://militarypay.defense.gov/BlendedRetirement>;
- **Military OneSource** — <http://www.militaryonesource.mil>;
- **Military Saves** — <http://www.militarysaves.org>;
- **Thrift Savings Plan** — <https://www.tsp.gov/index.html>;

- **Army Community Service's Financial Readiness Program** — <http://www.myarmyonesource.com/FamilyProgramsandServices/FinancialReadiness/Default.aspx>; and
- **U.S. Army Family and Morale, Welfare and Recreation Financial Readiness Program** — <https://www.armymwr.com/programs-and-services/personal-assistance/financial-readiness>.

Taking advantage of these resources can help Soldiers and families feel more financially secure — even without a money tree.

Love makes world go 'round, but more needed for happy union

Military Health Care
Communications Office Staff Report

FALLS CHURCH, Va. — Jennifer Alexander was an ROTC cadet at Arizona State University working on her bachelor's degree in nursing. Michael Siegert, an Army veteran studying health care administration, was also an ROTC cadet and the class operations officer. One day in early 2007, Mike needed assistance to manage a weapons range and asked Jenna to help.

"I wanted to work with her," he said.

Jenna, nervous about the unfamiliar assignment, focused on the military mission and didn't notice Mike's romantic interest. "I thought she was attractive and smart," Mike said. When he asked her to meet him for dinner and a movie, Jenna assumed it was a group get-together with friends they had in common.

"When I showed up and saw it was just him, I was a little startled," she said. "But we clicked right away. I was drawn to his sense of humor, intelligence and rugged good looks."

Jenna and Mike quickly became a couple. Dating was allowed, they say, because they were in the same class. When they graduated in 2007 with Army commissions, they were serious enough about a future together to both ask for assignments in El Paso, Texas.

Jenna went to William Beaumont Army Medical Center. Mike was assigned to a cavalry division at nearby Fort Bliss.

"We continued courting, if you will," Jenna said, laughing. They got married in April 2009. Today, Capt. Jenna Siegert is a family nurse practitioner and Capt. Mike Siegert is chief of clinical operations at WBAMC. Feb.

14 marked the ninth year they've celebrated Valentine's Day in a dual-military marriage.

About 12.3 percent of active-duty married service members are in dual-service unions, according to the latest Department of Defense statistics. The Air Force has the most, 19.4 percent; followed by the Navy, 11.5 percent; Army, 9.1 percent; and Marine Corps, 8.9 percent.

"The demands of military service can be difficult," said Maj. Aimee Ruscio, a licensed clinical psychologist and clinical psychology subject matter expert at the Psychological Health Center of Excellence.

"Often times there's high operational tempo, long work hours, and inflexible schedules," Ruscio said. "When both members of the couple are in that situation, it can be very challenging."

Also, military relationships are often complicated further by deployments, remote assignments, and other geographic separations, said Ruscio, who spent almost a year counseling service members at Camp Arifjan, Kuwait.

A month after the Siegerts got married, Mike was deployed to Iraq for 12 months. Four years later, Jenna deployed to Afghanistan. Five months after her return, they spent another year apart. Jenna moved to Maryland for the first of two years in a master's degree program at Uniformed Services University of the Health Sciences. Mike went to Fort Sam Houston, Texas, for the first of two years in the Army Baylor dual master's program in health administration and business. The couple's son, Ethan, who's now 3, was born while his parents were in grad school. Mike joined Jenna in Maryland for his second-year residency at Walter Reed National Military Medical Center.

Some couples report feeling more connected after separations, Ruscio said. "The time apart gives both people

a chance to grow as individuals before coming back together. Separations can maintain a sense of vibrancy in the relationship that you may not get if you're always together and your experiences are all the same."

Also, there are benefits to both partners being in uniform. "When you have two people who have a strong connection to service or a commitment to something greater than themselves, it can be a source of strength in a relationship," Ruscio said. "Shared experiences can be helpful from the perspective of partner support. Empathy becomes really easy. It's like, 'Yeah, I really do get it.'"

With the same military branch, rank and general career field, the Siegerts have advantages other dual-military marriages may not. "The most important thing is us as a couple, not my career," Mike said. "At this point, I'll do whatever Jenna wants us to do."

Jenna added, "As long as we're able to stay together as a family, I think we'd both absolutely like to be in the military until retirement."

Ruscio offers the following tips for all couples striving to keep their relationship strong.

- Express your fondness and admiration frequently. "Humans are constantly scanning for what's wrong because that helps us to survive," Ruscio said. "But in the case of your partner, you really want to pay attention to what's good, and communicate it regularly."
- Be aware of making and accepting bids for attention, including physical affection.
- Learn how to have difficult conversations. "If I'm in an argument, the top level is anger, but underneath that anger are a lot of vulnerable emotions such as fear and insecurity," Ruscio said. "If you're communicating anger, you get anger back. But if you can risk communicating some of the vulnerable emotions, you're more likely to get a connected response."



PHOTO BY RICK ESCAJEDA

Feb. 14 marked the ninth Valentine's Day in a dual-military marriage for Capts. Jenna Siegert, a family nurse practitioner, and Mike Siegert, chief of clinical operations at William Beaumont Army Medical Center in El Paso, Texas.

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COURTESY PHOTO

Feb. 6, the Fort Rucker Community Spouses' Club hosted several Wiregrass senior citizen centers for their annual philanthropic event. As in years past, the theme was "Sweetheart Bingo." Over 350 seniors filled the banquet hall graciously donated by Hillcrest Baptist Church in Enterprise. They were served breakfast and snacks by volunteers of the club while playing bingo. The FRCSG chairs, Jodi Coyle and Lawanda Grill, organized the event, however, it would not have been accomplished without the support and donations of many local businesses. Because of their generosity, none of the participants went home empty handed. It was a huge success and everyone had a great time. The club looks forward to hosting a similar event next spring, according to spouse club officials.

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MARCH 1, 2018

RIDE YOUR WAY

Indoor cycling provides customizable fitness experience

By Jeremy Henderson
Army Flier Staff Writer

Weather conditions aren't always ideal for outdoor running or biking, but indoor cycling provides the same fitness benefits in the comfort of a gym.

Kendra Pena-Collazo, fitness programs coordinator, said indoor cycling caters to a wide range of patrons including beginners seeking to kick off a new fitness routine and more experienced patrons seeking to enhance their current training.

"Each of the stationary bikes is equipped with a resistance knob an instructor will use throughout the workout," she said. "Participants can adjust the resistance to suit their comfort and current level of fitness when the workout begins."

Indoor cycling workouts typically begin with a warm-up period, according to Pena-Collazo, where participants ease into the workout, become familiar with the bike and learn what starting resistance level works best for them.

Participants can also discreetly adjust resistance to fit their fitness needs throughout the workout.

"Instructors will give directions throughout the class to either increase or decrease the resistance by turning the knob to fit the day's workout," Pena-Collazo said. "If the instructor calls for a full turn and that doesn't fit your fitness level, then you can do a half turn or no turn at all. If you feel like you need a little more, then you can do more than one turn. The class really provides a lot of freedom for participants to determine their individual needs and goals."

Nicole Crowley, fitness specialist and indoor cycling instructor, said indoor cycling provides numerous health benefits.

"Indoor cycling can increase cardio endurance, build muscle tone and is a low-impact exercise – so, it is easy on the joints especially for those that have knee and hip problems," she said. "A 45-60-minute class can burn over 500 calories. Indoor cycling is an all-weather activity because



PHOTO BY JEREMY HENDERSON

Nicole Crowley, fitness specialist, leads a recent class through an indoor cycling workout routine.

you are indoors. Rain, wind, heat, hail or even snow can't interfere with this workout."

Why should patrons try indoor cycling?

"Indoor cycling can be a fun way to get that cardio and lower body workout in for the day," Crowley said. "Some instructors choose great music to go with their ride or create a whole visual experience. Every person sets the tone for their own ride. So, you learn to challenge and really push yourself. Who wouldn't want to come to a karaoke party while getting that sweat on?"

Patrons who have never attended an indoor cycling class should arrive early to properly setup their bike for the class, according to Crowley.

"You should arrive 10-15 minutes to get your bike properly set up," she said. "Make sure you have water and grab a complimentary towel and be prepared to sweat. Don't be nervous – this is your ride."

According to Pena-Collazo, indoor cycling has become increasingly popular with units on post.

"I think it is because it allows everyone to participate as a team," she said. "No one is singled out and it provides an excellent workout no matter the weather conditions."

Units can reserve time for physical training classes by contacting the Fortenberry-Colton Physical Fitness Center. Cost is \$1 per person and a minimum of 12 people is required to reserve a class.

Indoor cycling is currently offered Mondays and Wednesdays from 6-7 a.m. and 8:30-9:30 a.m., and Tuesdays and Thursdays from 5-6 p.m. Strength and Cycle, which combines indoor cycling and weight training, is currently offered Fridays from 8:30-9:45 a.m.

Cost is \$3.50 per class. Patrons may also purchase two weeks of unlimited classes for \$15 or one month for \$30.

Class availability is subject to change. Patrons are advised to check the current month's group fitness calendar for current class offerings. Schedules are available at the front desk of both physical fitness centers on post or online at <https://rucker.armymwr.com/programs/fitness-centers/>.

For more information, call 255-2296.

GET MOVING

DOD doc: Focus on prevention, not cure for heart disease

Military Health Systems
Communications Office Staff Report

FALLS CHURCH, Va. – Can a broken heart be mended? Relationship experts may have opinions on this, but health care experts say the focus should be on prevention, not cure.

"A large percentage of heart health problems are preventable," said Navy Lt. Cmdr. Cecily Dye, chief cardiologist at Naval Medical Center Camp Lejeune, North Carolina.

Heart disease is the leading cause of death in the United States, according to the Centers for Disease Control and Prevention, killing more than 600,000 Americans annually.

"Heart disease is a broad term that encompasses many different problems," said Navy Lt. Cmdr. Geoff Cole, staff cardiologist at Walter Reed National Military Medical Center in Bethesda, Maryland, and director of the anti-coagulation clinic.

Coronary artery disease is the most common heart disease. It's caused by the buildup of plaque in the walls of the arteries supplying blood to the heart. Over time, the arteries narrow, blocking blood flow.

For many people, the first sign of having CAD is experiencing a heart attack. About 735,000 people in the United States have heart attacks annually, according to the CDC. About 30 percent of these occur in people who've already had one.

Risk factors for heart disease include gender, age and family history. "Patients can't do anything about these," Cole said, "but other risk factors can be managed by adapting a healthy lifestyle."

For example, diets high in refined foods, which have been manufactured and don't have all their original nutrients, have been linked to increased risk of heart disease, as have some animal products. In general, red meat has more cholesterol and saturated fat than chicken, fish, and vegetable proteins. So, Cole and other health experts recommend a diet rich



PHOTO BY NAVY PETTY OFFICER 2ND CLASS NICHOLAS N. LOPEZ

Navy Lt. Cmdr. Cecily Dye is chief cardiologist at Naval Medical Center Camp Lejeune, N.C.

SEE PREVENTION, PAGE D3

TOP PRIORITY

Program aims to increase Soldier readiness

By Jeremy Henderson
Army Flier Staff Writer

Readiness is key for units at Fort Rucker and one program aims to help Soldiers remain ready while also reducing their time away.

Go First Class, a dental program designed to include more than one service in an appointment, seeks to improve overall readiness by streamlining dental visits, reducing time spent in the clinic and increasing time spent with the unit, according to Lt. Col. Lewis Wayt, commander of U.S. Army Dental Clinic Command.

The program potentially combines three dental appointments into one visit, reduces the waiting period for treatment and increases readiness, Wayt said.

"It's a better process," he said. "It eliminates the need for multiple appointments that take Soldiers away from their unit. Go First Class allows us to provide the cleaning, examination and sometimes initial treatment in a single visit. It allows us to take them to a higher level of readiness in a shorter period of time."

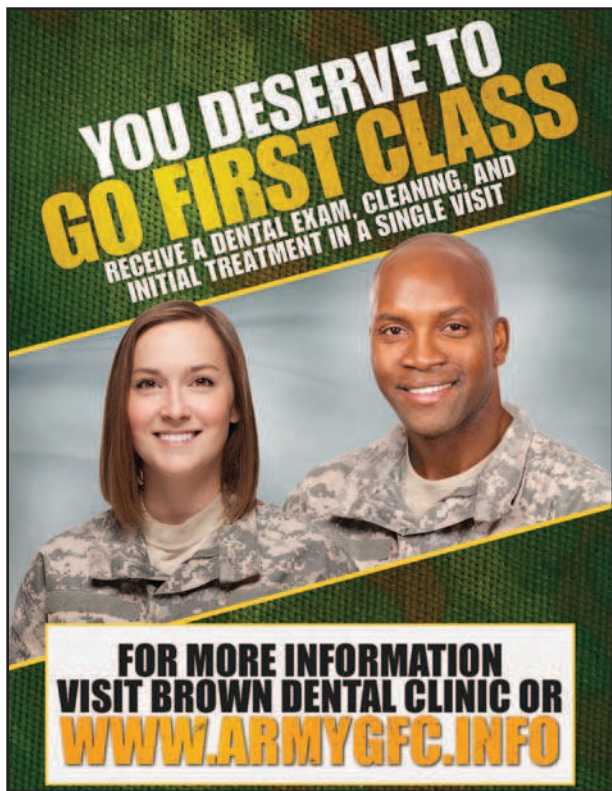
The Go First Class program is designed for permanent party Soliders on post and replaces the familiar walk-in exam only system. Soldiers in need of an examination who are set to deploy soon or who have other special considerations will be handled on a case-by-case basis, he added.

However, according to Wayt, the program's overall success relies on the proactive scheduling and keeping of dental appointments.

"We [dental clinic staff] also have to be good stewards and liaisons with the units in giving them information," he said. "We must ensure they know when they [have Soldiers who] are 90 days out from [needing an examination] and who they need to send over for an appointment. Sixty days out, here's a list of people who haven't come into the clinic. Thirty days out, it is immediately important they come in now. If they wait until one week out, then we run into difficulties. [The clinic] books appointments out three weeks in advance. That Soldier could potentially be Class 4 for three weeks and the readiness of their unit drops. And what is our primary purpose here? Readiness."

According to Wayt, the goal is to ensure every Soldier within a unit is Class 1, which means the Soldiers requires no further treatment or re-evaluation for 12 months. Class 2 and 3 patients have oral conditions expected to result in oral emergencies if not treated within the next 12 months.

Go First Class seeks to ensure Soldiers labeled as Class



COURTESY GRAPHIC

2-3 are brought to Class 1 readiness as quickly as possible, and to prevent Soldiers from entering Class 4, which occurs when no dental exam has been given within the last 13 months.

Brown Dental Clinic will continue to offer walk-in exams for students, as space is available, and scheduled appointments. Large groups of students must pre-arrange with Staff Sgt. Nikki Woods, dental NCO in charge, and Sandra Detommaso, readiness coordinator. Woods can be reached at 255-1507, and Detommaso at 255-3393 or 255-2367.

Brown Dental Clinic is open from 7:30 a.m. to 4:15 p.m. with lunch from 11:30 a.m. to 12:15 p.m. Staff training takes place Thursdays from 12:15-1:30 p.m. Sick call is Mondays-Fridays from 7:40-8:40 a.m. Soldiers are asked to limit sick call visits to dental needs that cannot wait until normal business hours.

Soldiers with dental emergencies after hours may call 334-400-6099 to speak with the dentist on call. Calls to the after-hours number should be limited to dental emergencies only.

For more information or to schedule an appointment, call 255-3393 or 255-2367.

DOWN TIME



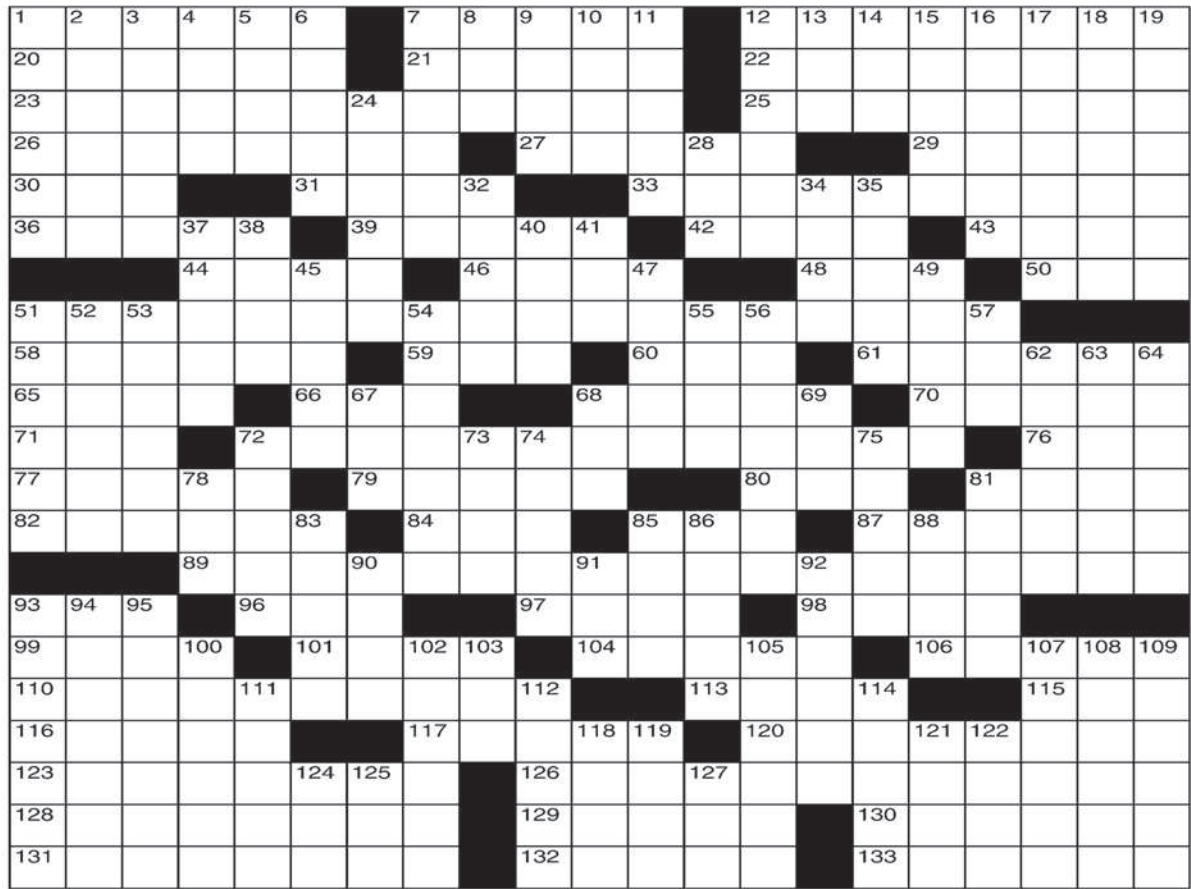
TRIVIA

1. LITERATURE: What American poet wrote the line, "My candle burns at both ends; it will not last the night"?
2. MATH: The Roman numerals MCDXIV are equal to what Arabic number?
3. MONEY: Which U.S. president's image appears on the \$50 bill?
4. MEASUREMENTS: What does a "candela" measure?
5. MOVIES: What was the original name of Disney's Mickey Mouse?
6. HISTORY: What war is the Battle of Leipzig associated with?
7. GENERAL KNOWLEDGE: What is the birthstone associated with March?
8. GEOGRAPHY: What is the most populous city in the world?
9. NOBEL PRIZES: Who was the first American to win a Nobel Prize?
10. U.S. PRESIDENTS: Which president had a yacht titled the "Honey Fitz"?

See Page D3 for this week's answers.

Super Crossword IN HONOR OF LEAP YEAR

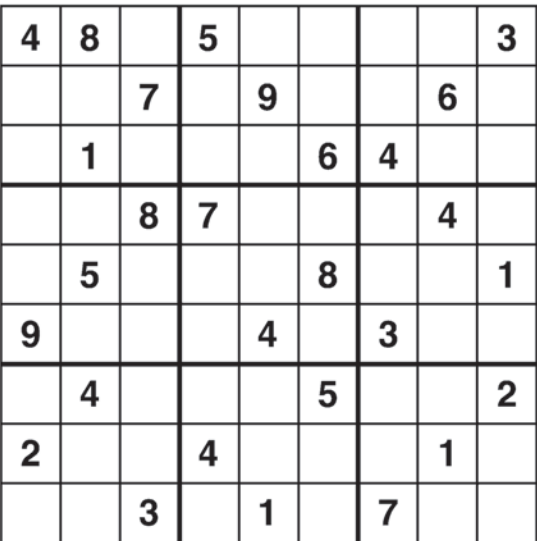
- ACROSS**
- 1 Spanish squiggles
 - 7 Blue Ribbon brewer
 - 12 Places for military craft
 - 20 Declare the truth of
 - 21 — Brothers ("That Lady" R&B group)
 - 22 Most rare
 - 23 Elicit the stamp "NSF"
 - 25 Pause with uncertainty
 - 26 Web site facilitating job-hunting
 - 27 In — (prebirth)
 - 29 Credit card come-on
 - 30 Bit of work
 - 31 Little mistake
 - 33 Chinese appetizer
 - 36 Premolars, e.g.
 - 39 Splendor
 - 42 "Allow — introduce myself"
 - 43 Mall come-on
 - 44 Austrian "a"
 - 46 Nation due south of Iran
 - 48 Maritime plea
 - 50 Put a flaw in
 - 51 Hell-bent
 - 58 Got the soap out of
 - 59 Slalom turn
 - 60 "— won't!" (firm refusal)
 - 61 Gave the slip
 - 65 "That's —!" ("False!")
 - 66 Its cap. is Boise
 - 68 French subway
 - 70 Beethoven's "Für —"
 - 71 Drill Sgt., e.g.
 - 72 Sky's high arch, figuratively
 - 76 Abbr. on a rap sheet
 - 77 "Inferno" author
 - 79 Milo of movies
 - 80 Hector
 - 81 Skated
 - 82 Nuts
 - 84 "Whether — nobler ..."
 - 85 Beatty of movies
 - 87 In-house
 - 89 Start following a trend
 - 93 Acct. amount
 - 96 — Paulo, Brazil
 - 97 Spanish coin
 - 98 Starting from
 - 99 List abbr.
 - 101 Lands in the ocean, to Henri
 - 104 Leave the house
 - 106 Sky twinklers
 - 110 Go by plane
 - 113 Bronze coin in Harry Potter books
 - 115 — chi
 - 116 Stupefy
 - 117 Angel player
 - 120 Transverse rail support
 - 123 Courage
 - 126 Track-and-field event
 - 128 Tangles
 - 129 Come next
 - 130 Irish city near Killarney
 - 131 Scares
 - 132 — Park, Colorado
 - 133 Indian lutes
- DOWN**
- 1 iPad Air, e.g.
 - 2 Côte d'— (country in Afrique)
 - 3 Cocktail bar
 - 4 Flashy
 - 5 Acct. hoops shot
 - 6 Tool-holding buildings
 - 7 Lawn lunch
 - 8 Oar wood
 - 9 Sky color, in Cannes
 - 10 Religious branch
 - 11 Rug rats
 - 12 No longer sailing
 - 13 See 73-Down
 - 14 Univ. dorm monitors
 - 15 BYOB part
 - 16 Cast list
 - 17 Froth made by waves
 - 18 Ward of Miss Havisham
 - 19 Pittsburgh footballer
 - 24 Quinn who played Annie
 - 28 Tachometer abbr.
 - 32 Walks laboriously
 - 34 "Who's there?" response
 - 35 Nary a soul
 - 37 Uptight
 - 38 Animal skin
 - 40 City of Iowa
 - 41 Tit for —
 - 45 Gymnast
 - 46 Comaneci
 - 47 Cherry with the 1989 hit "Buffalo Stance"
 - 49 Number of deadly sins
 - 51 Chastain of soccer
 - 52 Tin Man's container
 - 53 Coalitions
 - 54 Gives a hand at a card table
 - 55 Mechanical learning
 - 56 Carmen of "That Night in Rio"
 - 57 East Indian lentil stew
 - 62 Scripted lines
 - 63 Inuit or Yupik language
 - 64 Benumb
 - 67 Tag team, e.g.
 - 68 Deg. for a painter
 - 69 Female cells
 - 72 Hot planet
 - 73 With 13-Down, it's risky to skate on
 - 74 Opposite of east, in Spain
 - 75 "By gar!"
 - 78 Trump — Mahal
 - 81 Elevator part
 - 83 Send via PC
 - 85 Stepson in "I, Claudius"
 - 86 Thing read on a Kindle
 - 88 Low cards
 - 90 — sci
 - 91 "O" in a letter, maybe
 - 92 Essence
 - 93 Isn't naughty
 - 94 Super-insect of 1960s TV
 - 95 City near Anaheim
 - 100 More slothful
 - 102 Means of exit
 - 103 That lady
 - 105 Mothers' brothers
 - 107 Head Hun
 - 108 Luise of "The Good Earth"
 - 109 Long fights
 - 111 Lavish meal
 - 112 Giggly laugh
 - 114 Wrongful acts, in law
 - 118 Phoenix hoopsters
 - 119 Once, old-style
 - 121 Goa dress
 - 122 Some jazz singing
 - 124 Org. for pucksters
 - 125 Mid grade?
 - 127 Fitting



See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

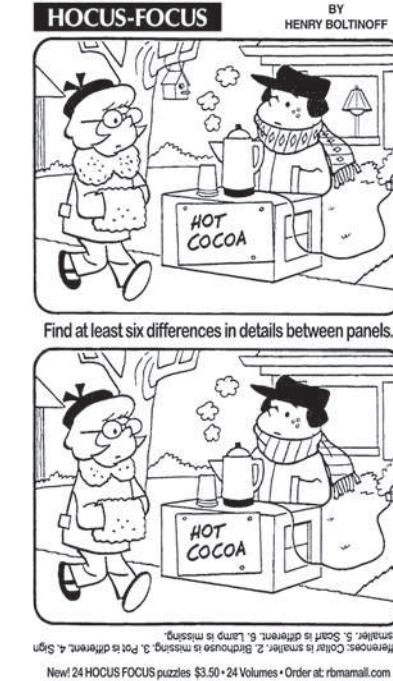
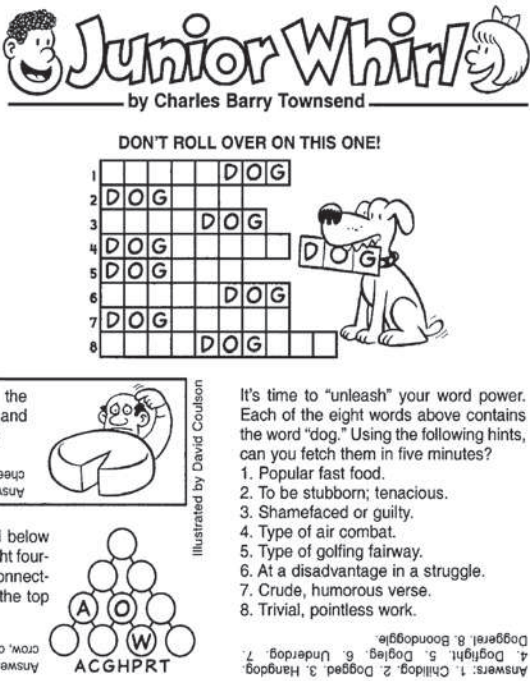
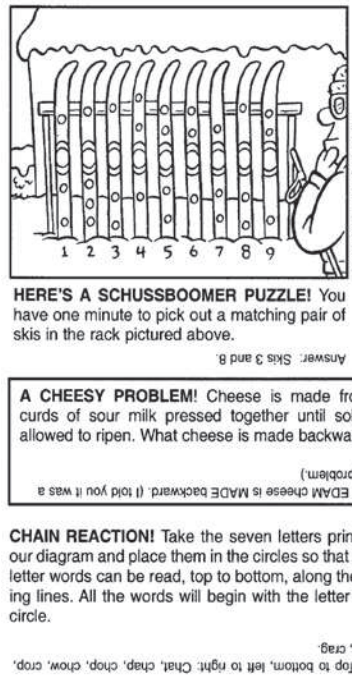
DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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See Page D3 for this week's answers.

KID'S CORNER



HEALTH CARE OF THE FUTURE

Virtual doctor-patient visits a reality at National Capital Region

Military Health Systems
Communications Office
Staff Report

FALLS CHURCH, Va. — Technology has helped people from every corner of the world connect with friends, family and colleagues. And, soon, technology will connect physicians and patients in the Military Health System.

The once far-fetched concept of virtual health care may soon become reality in military medicine as experts help the Military Health System transform its offerings to connect doctors and patients in remote locations through a secure medium.

“We can’t afford not to think about this today,” said Dr. Christine Bruzek-Kohler, director of clinical operations at National Capital Region Medical Directorate, also known as NCR. The NCR is one of six regional, multi-service health care markets across the country and a leader in the pursuit of virtual health services in the MHS. “It’s time to get health care out to beneficiaries in ways we’ve never done before,” Said Bruzek-Kohler.

Military Health System leaders devoted a day to the future of telehealth services in a gathering at Walter Reed National Military Medical Center for the Virtual Health Summit on Jan. 30. Participants learned about current virtual health capabilities at military treatment facilities in the NCR and explored ideas to help MHS meet new requirements outlined in a Congressional mandate due Oct. 1. According to the National Defense Authorization Act, sec-



PHOTO BY DAVID E. GILLESPIE

In a demonstration of the telehealth process at Blanchfield Army Community Hospital, Fort Campbell, Ky., a clinical staff nurse Lt. Maxx Mamula examines mock patient Master Sgt. Jason Alexander using a digital external ocular camera. The image is immediately available to a provider at Eisenhower Medical Center, Fort Gordon, Ga., offering remote consultation.

tion 718 requires the enhancement of telehealth services use within the Military Health System.

What does this mean for beneficiaries?

The term telehealth, also referred to as virtual health within the MHS, includes secure messaging between providers and beneficiaries and appointment scheduling. It allows providers to complete actions through video-conference, phone, tablet, or home monitoring devices. These actions include assessing and evaluating diseases and symptoms, diagnosing disease, supervising treatment, and monitoring health outcomes.

Providers and patients will be able to connect without an in-

person visit for primary and specialty care. Providers will also be able to connect with one another for consultation and share medical information. Restrictions, which are being worked out as the MHS maps its virtual course, will apply.

How the MHS will satisfy these new requirements was the primary focus of the summit, but not its only goal. Dr. Bruzek-Kohler challenged participants to think beyond the basics.

“Don’t be limited – be creative and think about what virtual health should be for our patients,” said Bruzek-Kohler. “We are here to change the direction of health care delivery for our beneficiaries.”

Dr. Jamie Adler, lead of the MHS Virtual Health Strategic Plan and Connected Health Office for the Defense Health Agency, called virtual health a ‘positively disruptive’ force within the enterprise. He discussed some of the unique challenges that have come up during the process, such as low provider adoption, technical platform interoperability issues, and differing policies, practices, workflows, and metrics. Other challenges include training variances and the lack of budget planning for virtual health, he said. Some of these issues are similar to those in civilian health care, while others are unique to the military.

“We have certain security issues

to deal with,” said Adler, adding that he’s looking for solutions that would be translatable down range. “We want to train how we fight. This is part of our unique experience developing an enterprise solution.”

Navy Commander Melissa Austin, director of Clinical Support Services at Fort Belvoir Community Hospital, said her team was able to get the task done because IT became willing partners.

“We found a gap in the system that allowed us to do this,” said Austin. “We went through trials, errors, and we make a lot of tradeoffs.”

At WRNMMC, 16 clinics currently provide a mix of telehealth services. In February, seven new clinics will start offering telehealth, including child psychology – a service in high demand.

Dr. Thomas Handler, research vice president at Gartner, said the foundation is forming for virtual health in the MHS. The work ahead will not only involve changes in process, technology, and policy, but also fundamental shifts in how leaders and providers think about health care, he added.

“At MHS, we are rewarded for being in the room with a patient versus being rewarded for doing something for a patient,” said Handler. “Virtual health requires a mindset change.”

Handler said the MHS needs to look far ahead in the future and take a shot as the vision, whether or not it seems like a longshot, is divided into incremental pieces. Beneficiaries can expect to hear about developments in the coming months as the system finalizes the course to its virtual future.

Prevention

Continued from Page D1

in whole grains, fruits, nuts, vegetables and legumes – a class of vegetable that includes beans, peas, and lentils.

Exercise is another important part of a healthy lifestyle. “Every time someone asks me how to prevent heart disease, I tell them to get moving,” Dye said. “Regular physical exercise is a significant part of maintaining a healthy heart.”

“And you don’t need to become a marathoner to reap the benefits of exercise,” Cole said. “Any activity that causes you to move is a good thing.” Cole recommends starting out slowly and then gradually increasing exercise over weeks to months to allow the body time to adapt and

prevent injury.

At least 30 minutes of aerobic exercise daily, or 150 minutes weekly, maintains cardiovascular fitness, Dye said.

Avoiding tobacco products is a third heart-healthy move. The chemicals in tobacco smoke can damage heart function, as well as the structure and function of blood vessels, Dye said.

“Smokers are twice as likely to have heart attacks as people who’ve never smoked,” she said. “Every time you smoke, you increase your likelihood of having heart disease by 25 to 30 percent. And you’re harming those around you, because exposure to secondhand smoke also increases a person’s risk of heart disease.”

Dye said that, unfortunately, she sees “too many young, active-duty service members in the cardiology clinic with early onset CAD. They’re exercising and eating right to meet physical fitness standards. But they smoke.”

Dye said kicking the cigarette habit can decrease the likelihood of CAD progressing. “So even if you’ve smoked your whole life, it’s time to stop.”

Cole said some people may feel overwhelmed by tackling diet, exercise and quitting tobacco all at one time. “So make small changes,” he recommends, “because over time, they’ll become big changes.”

And the sooner, he said, the better. “Developing healthy habits when we’re young helps reduce our risk of developing heart disease as we age.”

FORT RUCKER SPORTS BRIEFS

Kickball tournament

The Fort Rucker Physical Fitness Center will host a double-elimination kickball tournament Saturday beginning at 8 a.m. The tournament will be held at the Fort Rucker Softball complex on Andrews Avenue. There will be prizes for first-third places – the first-place team will receive \$500, and team and individual trophies; the second-place team will receive \$300 and a team trophy; and the third-place team will receive \$225 and a team trophy. A concession stand will be open. The event is open to the public.

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

Softball coaches meeting

The Fort Rucker Physical Fitness Center will host intramural softball coaches meetings March 8 at 9 a.m. and 5:30 p.m. The meetings are for anyone interested in coaching an intramural softball team. The meetings will be held in the Fort Rucker PFC’s conference room.

For more information, call 255-2296.

Thursday Evenings on the Range

Silver Wings Golf Course hosts its Thursday Evenings on the Range with PGA professional Ty Andersen Thursdays from 5-6 p.m. at the driving range. Cost is \$10 and can be paid at the pro shop before the session starts. The afternoon is a supervised practice with unlimited range balls.

For more information, call 255-0089.

Youth turkey hunt

Fort Rucker Outdoor Recreation will host its youth turkey hunt March 10 from 7 a.m. to noon. The hunt is open to the public for

youth ages 5-15. Registration is \$20. A parent or escort of the youth must have an Alabama State Hunting License and hunter education completion card. There will be door prizes for all registered youth. Lunch will be provided. The top three turkeys will receive an additional prize.

For more information or to register, visit ODR or MWR Central, or call 255-4305 or 255-2997.

Gobbler Classic Turkey Hunt

Outdoor recreation will host its Gobbler Classic Turkey Hunt March 15 through April 30. The entry fee is \$25 and participants must have an Alabama State All-Game License, Fort Rucker Post Hunting Permit and hunter education completion card. Alabama State Regulation and Fort Rucker 215-1 regulation apply. The turkey must be harvested on Fort Rucker to qualify. The overall winner will receive a cash prize payout.

People can register at ODR or MWR Central. For more information, call 255-4305 or 255-2997.

Shamrock Shuffle

The Fort Rucker Physical Fitness Center will host the annual Shamrock Shuffle 5K Walk, 5K/10K Run and 1-Mile Fun Run March 17. Race day registration will run from 7:30-8:45 a.m. The 5k walk and 5K/10k run will start at 9 a.m. at the PFC on Andrews Avenue. Participants are encouraged to pre-register at either PFC. Forms are available at either PFC or MWR Central, and are printable from the MWR website at <https://rucker.armymwr.com/>. The fun run will begin at about 10:45 a.m. after the race is complete. It will be open to all children and be free of charge.

For more information, including costs and awards categories, call 255-2296 or 255-3794.

Saturday Afternoons on the Range

Silver Wings Golf Course hosts its Saturday Afternoons on the Range with PGA professional Ty Andersen Saturdays from 1-2 p.m. Cost is \$10 and can be paid at the pro shop before the session starts at the driving range. The afternoon is a supervised practice with unlimited range balls.

For more information, call 255-0089.

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.

Outdoor recreation mentorship

The Fort Rucker Outdoor Mentorship Program is being created to foster an environment of good stewardship in all areas pertaining to the great outdoors, according to ODR officials. Mentors will be connected with Soldiers and civilians in and around the installation based on experience levels of both the mentor and the novice. Mentors age 18 or older may sign up in one of the following areas: hunting, fishing, camping, water sports and general outdoor sports.

For more information, call 255-4305.

PUZZLE ANSWERS

Super Crossword

Answers

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

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. Edna St. Vincent Millay
2. 1,414
3. Ulysses Grant
4. Luminous intensity
5. Mortimer Mouse
6. The Napoleonic Wars
7. Aquamarine
8. Shanghai
9. Theodore Roosevelt (Peace)
10. John Kennedy

**OWNER
SAYS ...**

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¹ NOT AVAILABLE WITH SPECIAL FINANCING, LEASE AND SOME OTHER OFFERS.
PLUS T.T. & L. MUST TAKE DELIVERY BY 3/5/18.
SEE DEALER FOR DETAILS.