

## GETTING AN EDGE

Workshop dissects federal hiring process, targets spouses

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## LAUGHS, SMILES, FISH

BOSS, Hearts Apart bring 'a little joy' to post youth

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## SLUGFEST

6th MP overpowers 1-223rd during intramural softball

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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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MAY 17, 2018



PHOTO BY NATHAN PFAU

**Bryan Doerries, artistic director, gets ready to perform an excerpt from 'Long Day's Journey into Night' with a panel of actors during an ASAP training session at the post theater May 10.**

## ADDICTION

*Performance on post helps bring awareness to difficult subject*

By Nathan Pfau  
Army Flier Staff Writer

Addiction is something that can be difficult for many to understand, and Fort Rucker is doing what it can to educate people to aid in the fight against it.

Fort Rucker's Army Substance Abuse Program teamed with Theater of War Productions to bring the Addiction Performance Project to the installation at the post theater May 10 as a way to help people understand the dangers of addiction, as well as give people a glimpse into what addiction looks like from the outside, as well

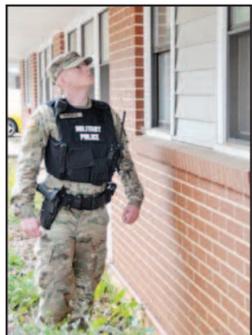
as the inside, said Bryan Doerries, artistic director for the performance.

The way ASAP is looking to get this message across is through performance – specifically an excerpt from Eugene O'Neill's award-winning play, "Long Day's Journey into Night," which depicts the struggles of Mary Tyrone, a woman who abuses prescription painkillers and relapses into full-blown morphine addiction. It is also the story of how her addiction tore her family apart, as her morphine use slowly becomes apparent to her husband and children.

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## Post officials offer tips for safe summer

By Nathan Pfau  
Army Flier Staff Writer



**In this file photo, Sp. James Burgess, 6th Military Police Detachment, inspects the windows of a home on Fort Rucker as he performs a quarters check.**

As the Fort Rucker prepares for the last day of school May 22, families will be gearing up their travel plans for summer, but post officials want to remind people to keep safety at the forefront.

During the summer months, there tends to be an increase in activity, which opens the door for an increase in accidents, said Marcel Dumais, Fort Rucker community police chief, which is why he's asking people on the installation to remain vigilant when traveling, going for a swim

or participating in any recreational activities.

With school letting out, many families will be taking the time to travel away from their homes on vacation, but before venturing off, Dumais asks that people take the proper precautions to stay safe throughout their trip, and one of the main things that can put a damper on any vacation is improper vehicle safety.

"Most of the people on the installation understand the importance of a (preventative maintenance check and service) of your vehicle, so before you're going anywhere on a long trip, you should do those checks on your vehicle," said the police chief.

People should make sure their tires aren't worn to the point of a possible blowout and make sure they are properly inflated, he said. Also check all the fluids in the vehicle to ensure everything is functioning properly, as well.

"Also, when you're planning your trip, understand your limitations when you're driving," said Dumais. "Sometimes we're not as young as we used to be. Understand your limitations and take the necessary breaks that you need to.

"If you become fatigued while driving, pull over at a rest stop and take a break to determine if you can continue on. If not, get a hotel for the night," he said. "You're on vacation – don't push it too far to where you can potentially have an accident."

Dumais also reminds people that speed kills, and to not drink and drive.

Additionally, when driving with children or pets, don't leave them unattended in vehicles on hot days, he added. The consequences could be potentially fatal.

Another thing people should be cognizant of is what information they are posting on social media, said the police chief.

"What you're doing is basically sending out an invitation to the bad guys trolling social media looking

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PHOTOS BY NATHAN PFAU

**Dennis Grater, chief of maintenance for the restoration, works on the XH-51 Compound helicopter May 15 as part of a restoration project on the aircraft.**

## STEPPING STONE

*Experimental aircraft helped usher in modern attack fleet*

By Nathan Pfau  
Army Flier Staff Writer

Today's modern helicopter fleet is a testament to the evolution of the aircraft that came before, and one helicopter proved that experimentation is a necessary process in that evolution.

The Lockheed XH-51 Compound helicopter was the next step in a series of aircraft that helped to shape today's U.S. Army Aviation attack helicopter fleet, according to Bob Mitchell, U.S. Army Aviation Museum curator.

An evolution of the XH-51A aircraft, the XH-51 Compound was the next step in achieving greater speed in rotor-wing aircraft and did so by not only utilizing a four-bladed, rigid-rotor system, but by adding stub wings with an auxiliary 2,900-poundforce J60-2 engine mounted on one side for added thrust.

"This was just to get it past the speed range they wanted, so they could prove that the rigid-rotor system would in fact work at extreme speeds," said the museum curator.

With the added thruster, the aircraft first flew in 1965 and by 1967 it had reached a speed of 302 miles per hour during a shallow descent, a record for rotor-wing flight that stood for decades, said Mitchell. The aircraft was also able to achieve a top level-flight speed of 257 mph, with a cruising speed of 160 mph.

Comparatively, today's AH-64 Apache helicopters have a top speed



**The XH-51 Compound helicopter was an evolutionary aircraft that utilized a four-bladed, rigid-rotor system, along with stub wings with an auxiliary 2,900-poundforce J60-2 engine mounted on one side for added thrust. The one-of-a-kind aircraft sits in the U.S. Army Aviation Museum's collection and is undergoing restoration.**

of around 182 mph.

Being able to reach these kinds of speeds in a helicopter was a marvel, said the curator, considering rotor-wing aircraft speeds are limited due to dissymmetry of lift, which occurs when the retreating blade can no longer achieve lift due to the aircrafts forward speed.

"The rigid-rotor system was gyro-stabilized, so it was better able to accommodate and handle that difference in lift," said Mitchell, adding that the additional rotor blades also helped to alleviate the phenomenon.

"But you eventually get to a point where you can no longer compensate and it goes too fast, and the aircraft will just roll."

The museum currently boasts in its collection the only XH-51 Compound in the world, which is undergoing restoration. The aircraft was, unfortunately, neglected and mishandled over the years, requiring a substantial amount of work, said the curator.

Despite the amount of work involved, the restoration so far has

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# PERSPECTIVE

## BE A PART OF THE SOLUTION —

### *Normalizing mental health starts with you*

By Col. Michael Place  
Commander, Madigan Army Medical Center

JOINT BASE LEWIS-MCCHORD, Wash. — For the past several years, we, as a military, have been encouraging service members to optimize their mental health.

We know that mental health is just as important as physical health to service members' overall wellbeing, readiness and performance downrange, and because of this we want more service members to proactively use mental health services.

But how do we get after truly lowering the traces of stigma about mental health that still linger in our military culture? The answer, quite simply, is for you to participate directly in this shift, and that starts with checking your own attitudes and thoughts about mental health.

Are you comfortable with thinking about mental health, talking about it, addressing your own mental health needs or encouraging others to get help? And what do you do if the answer to any of these is no?

With nearly 20 percent of Americans experiencing mental illness in any given year, chances are that you know somebody who is living with a mental health illness. Studies show, however, that even family members of people with mental health conditions can still espouse stigmas which can show up as avoidance, gossip, distrust or even pity.

So, the question is, what can you personally do to change how we as a military culture think about mental health? You can start by examining your own thoughts about



ARMY PHOTO

mental health and mental illnesses — don't be too quick to judge yourself if some of those thoughts are negative, since they most likely reflect how society views mental health conditions. Once you realize that you may have stigmatizing thoughts about mental health, then you can start replacing them with the realization that mental health is a part of all of our lives and that we all will experience mental health stress, injuries or illnesses at some point. It's a part of our makeup as human beings.

Next, think about how you talk about mental health, and most especially how

you talk to people who are experiencing depression, anxiety, stress, grief or emotional trauma.

Are you open to listening to them in a nonjudgmental way? Do you encourage them to get help when needed? When you happen to talk about mental health in everyday conversations, would listeners assume that you are understanding and supportive of mental health treatment?

Simply letting it be known that you're supportive of mental health in general may encourage more people — subordinates, peers or even family members — to open up

to you.

You can also help normalize mental health by talking more about it and comparing good mental health with good physical health. If someone has a knee injury, they might get surgery followed by physical therapy — we try to avoid stress injuries to begin with through regular physical training.

If someone is depressed, they may get prescribed an antidepressant along with regular counseling. Units can also offer regular mental health training by pairing up with their embedded behavioral health providers to learn how to decrease risk factors for mental health conditions.

When we're just as comfortable talking about mental health as we are talking about physical health, and when we're just as comfortable going to a behavioral health therapist as we are to a physical therapist, then we'll know that we've turned around our military and American cultures about mental health. Until then, I invite you to be a part of this change.

For mental health help, active duty service members can contact their embedded behavioral health teams, while other patients can ask their primary care managers for referrals to behavioral health.

If you are thinking about harming yourself, please call the 24/7 hotline National Suicide Prevention Lifeline 800-273-TALK.

You can also call Military OneSource at 800-342-9647 for information on resources such as non-medical counseling and peer support.

## Public Notice – Fort Rucker Environmental Assessment and Finding of No Significant Impact for the Implementation of an Erosion and Stormwater Control Project at US Army Reserve, Fort Rucker, AL.

Notice is hereby given that the U.S. Army, Fort Rucker, Alabama, has prepared a Final Draft Environmental Assessment (EA) and Draft Finding of No Significant Impact (FNSI) for the Implementation of an Erosion and Stormwater Control Project at the US Army Reserve, Fort Rucker, in accordance with the National Environmental Policy Act (NEPA). Copies of the EA have been provided for public review at the Daleville Public Library located at 308 Donnell Boulevard, Daleville, Alabama, 36322, phone number 334-503-9119; and the Fort Rucker Center Library, Building 212, 5th Ave., Fort Rucker, Alabama, 36362, phone number 334-255-3885; and the Sustainable Fort Rucker website at: <https://www.fortrucker-env.com/> under the Programs tab and then the NEPA tab. The EA will be available for review and comments for 30 days starting May 17, 2018. Comments on the EA should be sent to: Ms. Leigh Jahnke, Directorate of Public Works, Environmental and Natural Resources Division, ATTN: IMRC-PWE, Building 1121, Fort Rucker, Alabama, 36362 or [leigh.b.jahnke.civ@mail.mil](mailto:leigh.b.jahnke.civ@mail.mil). Comments will be addressed and incorporated into the Final EA.

## Public Notice – Environmental Assessment of the Real Property Master Plan Projects at Fort Rucker, Alabama

Notice is hereby given that the U.S. Army, Fort Rucker, Alabama, has prepared a Final Draft Environmental Assessment (EA) and Draft Finding of No Significant Impact (FNSI) for the Real Property Master Plan Projects in accordance with the National Environmental Policy Act (NEPA). Copies of the EA have been provided for public review at the Daleville Public Library located at 308 Donnell Boulevard, Daleville, Alabama, 36322, phone number 334-503-9119; and the Fort Rucker Center Library, Building 212, 5th Ave., Fort Rucker, Alabama, 36362, phone number 334-255-3885; and the Sustainable Fort Rucker website at: <https://www.fortrucker-env.com/> under the Programs tab and then the NEPA tab. The EA will be available for review and comments for 30 days starting on May 3, 2018. Comments on the EA should be sent to: Ms. Leigh Jahnke, Directorate of Public Works, Environmental and Natural Resources Division, ATTN: IMRC-PWE, Building 1121, Fort Rucker, Alabama, 36362 or [leigh.b.jahnke.civ@mail.mil](mailto:leigh.b.jahnke.civ@mail.mil). Comments will be addressed and incorporated into the Final EA.

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# Workshop dissects federal hiring process, targets spouses

By Jeremy Henderson  
Army Flier Staff Writer



ARMY GRAPHIC

Job seekers interested in federal government employment have the opportunity to gain an edge in the hiring process by attending what organizers term a double-header workshop event sponsored by Army Community Service on May 23.

Mike Kozlowski, ACS Employment Readiness Program manager, will conduct the regularly scheduled monthly federal job workshop from 8 a.m. to noon in the Soldier Service Center, Bldg. 5700, Rm. 284.

In honor of Military Spouse Appreciation Month, Bobbi Rossiter, a military spouse and speaker from the Federal Career Training Institute in Catonsville, Maryland, will present a special “The Stars Are Lined Up For Military Spouses” workshop from 1:30-3:30 p.m. at the same location.

How can the workshop better equip federal job seekers?

“The answer lies in the ‘Ten Steps’ method popularized by Kathryn Troutman, renowned expert on the federal hiring process,” Mike Kozlowski, ACS employment readiness manager, said. “Troutman and her team teach this method to state and federal employees in multi-day ‘train the trainer’ sessions. They, in turn, take what they’ve learned back to their respective organizations to teach others about how they can get into satisfying federal careers.”

According to Kozlowski, by fol-

lowing the method workshop attendees will:

- Be able to understand the process hiring officials and staffing specialists go through to list and fill federal positions;
- Be able to identify the “right fit” federal job announcements based on their specific knowledge, skills, abilities, experiences and credentials;
- Know the critical importance of including accomplishment statements on their federal résumés;
- Be able to craft impactful USA-JOBS.gov outline federal résumés, which bring out their KSAs in a more effective way than before; and
- Understand the importance of following-up with federal HR offices to track the progress of their application packets.

The morning workshop is open to active duty Soldiers, their spouses, and family members, retirees, and current civil service and non-appropriated fund employees. Session participants are advised to arrive no later than 7:45 a.m. to sign in for the morning workshop and no later than 1:15 p.m. to sign in for the afternoon workshop. The afternoon workshop is only open

to military spouses.

The federal job workshop will help federal job seekers understand how the federal process compares to seeking employment in the private sector.

“The federal hiring process has several similarities to those found in the private sector,” he said. “For example, one still must be able to conduct targeted job campaigns – as opposed to hunts, since nobody ‘really’ enjoys job hunting – in the occupational fields for which they have career suitability, based on work experiences, qualifications and credentialing.

“Both processes require the creation of résumés which effectively capture an individual’s work experiences, qualifications and credentialing,” he added. “Both processes also require follow-up with their targeted employers.”

However, Kozlowski continued, an individual’s federal job campaign contains several differences from its private-sector counterpart.

“For example, you should not limit your search to positions found in the Department of Defense,” he said. “There are several federal agencies and programs whose missions may be a better fit for your

qualifications and credentials, many of which are not located at Fort Rucker.

Rossiter will focus her afternoon workshop session on special military spouse preference programs, such as the Priority Preference Program for spouses. She will also provide guidance and tips for crafting a federal résumé in advance of a PPP-S registration appointment.

“If you’ve heard about military spouse preference programs but haven’t understood how you can take advantage of them when applying for federal jobs, then this workshop session is for you,” Kozlowski said. “Bobbi will highlight several changes to the programs, in view of the presidential initiatives made earlier this month. We’re excited about the opportunities that will become available to our military spouse community as a result of executive order revisions.”

Kozlowski said attendees need only bring a thirst for knowledge.

He reiterated the need to be open to the ideas and methods that will be presented to workshop participants, asking that attendees bring nothing but a willingness to learn how to use these tools in their federal job campaign efforts.

“There is nothing that workshop attendees need to bring to this workshop,” he said. “All materials will be provided to them at the start of the workshop including folios, pens and free copies of Kathryn Troutman’s books ‘Ten Steps to a Federal Job, 8th Edition’ (for the morning session) and ‘The Stars Are Lined Up For Military

Spouses’ (for the afternoon session).”

“As a matter of fact, I encourage all participants not to bring their résumés,” he added. “The information participants receive will be a ‘paradigm shift’ for them. For example, the way they thought a federal résumé should look will, in many instances, not be what gets them referred for the jobs they really want.”

Pre-registration is required due to space and materials limitations. Both workshops are limited to the first 60 registrants. Individuals can register for one or both workshops. The registration deadline is the close of business May 22.

Jobseekers can also attend an employment readiness workshop – “Build and Enhance Your Career” – to learn successful job campaign essentials in the private sector, such as crafting a strong private-sector résumé, prepping for interviews and various other tips.

“I am encouraging folks to register for my workshops – to include the federal job workshop – online,” Kozlowski said. “I encourage online registration (using [www.eventbrite.com](http://www.eventbrite.com)) in my ongoing effort to automate my processes.”

The registration deadline for these workshop events is no later than two days prior to the event. People can also call 255-2594 to register.

For more information or to register online for future workshops, visit <https://rucker.armymwr.com/programs/employment-readiness> or [www.eventbrite.com](http://www.eventbrite.com).

## Addiction

Continued from Page A1

“This is a live, theatrical performance meant to be a catalyst for conversation,” said Doerries. “In some ways, we’ve all been touched by this issue. We’re here to perform it to elicit personal responses and engage in honest, open, candid dialogue – take a conversation that may not have been possible in 1941 and take it out of the shadows and into the sanctuary. That’s what we’re here to do.”

The excerpt also hits on the effects of alcoholism, as it depicts the husband’s and son’s struggle with the disease, as well.

Immediately following the performance, a panel of volunteers discussed how addiction affected them and their family, and how the play was able to resonate with them.

For a sergeant first class on the panel,

his journey to recovery began after the culmination of 10 years of drinking when he woke after a night of heavy drinking to find himself surrounded by paramedics and military police officers.

“I came to the full understanding of the drunken stupor when my wife and sergeant major were standing there trying to ask me why I had a gun to my head,” he said, adding that following the events of that day, he immediately sought help at Lyster Army Health Clinic and was off to a 28-day program the same day.

“Jan. 16 was the last time I took a drink,” he said. “Today marks days of sobriety for me and I’m happy to be here.”

A captain also shared the story of his battle with alcohol abuse and how it took a night in jail to turn his life around.

“I ended up in jail just 10 days after get-

ting (to Fort Rucker) for (driving under the influence) on my motorcycle going 100 miles per hour,” he said. “I thought my career was over. I haven’t driven on post for almost one year now, and I’ve spent a lot of money on court fees and lawyers, but it was probably one of the best things that ever happened to me because I got the help that I needed that I would have never asked for.”

While he was going through his recovery process, he had gotten word that his best friend had passed away from a heroin overdose, which was another wake-up call for him and resonating factor of the performance.

That’s the type of response the performance is meant to elicit, said Doerries, in order to bring about a conversation and get people talking about the subject.

For Jim Jones, Substance Use Disorder Clinical Care counselor, the performance does just that and shows that the issue of addiction is one that transcends time.

“This was set in 1912, and 106 years later it’s not that much different,” said Jones. “One of the bad things with addiction is people tend to live in the past, and not live in today or look toward the future.”

“In spite of the distance of time and culture, I ask you to look and see what did you recognize in the story and in the performance that spoke to you as truthful and resonated with you across time,” said Doerries. “What do you see of yourself, of your community, of your lives reflected in this very human story,” he asked, adding that it’s that self reflection that allows people to talk about the issues to help fight addiction.

## Stepping stone

Continued from Page A1

been a success, according to David Williams, senior project manager for the restoration.

“We’ve been working on this for about a month and a half so far, and at least another couple of weeks to get it wrapped up,” said Williams. “We’re knocking out the dents, replacing some panels and doing some cover patch-

es to some damage that was done to it,” but the saving grace is that the aircraft was, for the most part, intact, so no parts other than some glass panels had to be fabricated, he added.

It’s with restoration projects like the one on the XH-51 Compound that will allow future generations of Aviators to be able to enjoy the artifacts from the past and learn from them, said Mitchell.

The XH-51 Compound was an experimental aircraft, it existed for the sole purpose of proving that the rigid-rotor system was viable at high speeds, said the curator, and once it was proven, the next evolution of the aircraft began – the AH-56 Cheyenne attack helicopter.

Although the Cheyenne program was eventually dropped, it was an important stepping stone in developing today’s attack helicopter fleet, Mitchell said.

## Safe summer

Continued from Page A1

for a house to steal something from,” said the police chief. “Be very careful how you have your settings on your social media. Know who your friends are and be careful about the information that you’re putting out.”

People should also make sure to monitor their children’s social media, as well, he added.

While vacationing, Dumais said it’s also a good idea to have a neighbor check in on the house every now and then to collect mail and make sure everything is alright.

If the neighbor option isn’t available,

the Directorate of Public Safety offers a quarters check for those who need it.

“What people need to do is if they’re going to go on vacation, stop into DPS headquarters at Bldg. 5001, talk to the desk sergeant here and we’ll have them fill out a form,” said the police chief. “Then we’ll start checking the quarters from the day they leave to the day they come back.”

Also, as schools close for summer, more children will be out and about, and Dumais urges people to remain cognizant while driving through housing areas.

“Just a reminder for drivers that speed limits in housing areas are 20 miles per hour,” said the police chief. “Drivers

need to keep their speeds down to allow for reaction time in case a child happens to run into the roadway. If you’re going 30-40 miles per hour in a housing area, your reaction time will be significantly lower.”

Radar operations will be set up in the housing areas at varying locations and times throughout the summer to ensure compliance with the speeds, he added.

Although drivers should remain aware, Dumais said it’s the responsibility of parents to make sure their children are properly supervised at all times.

Additionally, if children are riding bicycles, parents need to make sure they are wearing the proper protective equip-

ment, including a helmet, and that their bikes are equipped with a white light in the front and red reflector in the back for riding at night.

Swimming is a popular summer pastime, and is another time parents should remain aware of what their children are doing, said the police chief.

“There is also an increase in medical emergencies around the pools during the summer and parents need to make sure to supervise their children while at those venues – they should not rely specifically on the lifeguards,” he said. “Of course, they’re going to take care of your kids in the water, but the parents still need to keep an eye on their children.”

## NEWS BRIEFS

### Memorial Day Service

Fort Rucker will host its Memorial Day service May 25 at 8:30 a.m. at Veterans Park to pay tribute to the men and women who sacrificed their lives in defense of the country.

### You Made the Grade

For 17 years, the Army and Air Force Exchange Service’s You Made the Grade program has been a cornerstone of military life. Now, students who participated in the program as children are passing it on to another generation of military students – and the exchange is ready to honor their

achievements. In recognition of military students who excel, the exchange is rewarding high-achieving scholars in first through 12th grades who maintain a B average or better with a coupon book filled with free offers and discounts.

“The Exchange appreciates the strength and resiliency of all military children,” said Air Force Chief Master Sgt. Luis Reyes, the exchange’s senior enlisted adviser. “To excel academically while dealing with frequent moves, deployments and parents’ long working hours is a significant achievement. That’s why the exchange has rewarded military students for

17 years running with the You Made the Grade program.”

The You Made the Grade booklet includes coupons for free food and other offers that are valid through July 31. The booklet also includes an entry form for the You Made the Grade semiannual sweepstakes. Students can enter to win exchange gift cards worth \$2,000, \$1,500 or \$500. Entries can be submitted twice per year, with drawings typically held in June and December.

Students, including those who are home schooled, can receive a You Made the Grade coupon booklet by presenting a valid mili-

tary I.D. and proof of an overall B average at their local exchange’s customer service area. Eligible participants can pick up one booklet for each qualifying report card.

Students and guardians can contact their local exchange for more information about the Exchange’s You Made the Grade program. Contact information for your nearest store can be found at [shopmyexchange.com/exchange-stores/](http://shopmyexchange.com/exchange-stores/).

Students can send You Made the Grade sweepstakes entry forms, which are included in the coupon booklets, to: You Made the Grade, PO Box 227398, Dallas, TX 75222-7398.

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OPP

Family time & mingling during gatherings flow easily from kitchen to dining & living areas of this Spurlin Subdiv home. Beautiful hardwood floor in living room; updates throughout. City water. Lots of shade from pecan & other trees in the back yard for relaxing or activities. Fishing, boating, playgrounds, walking trails, shaded picnic areas, are 1+/- miles away at Frank Jackson State Park, a publicly owned recreation area that wraps around Lake Frank Jackson. Make this your year-round home at the lake.



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104 NAVAHO DRIVE

Recently updated home with over 2200 square feet is convenient to shopping, fitness centers, restaurants, Fort Rucker & more. Freshly painted, new light fixtures in back bedrooms, both baths and hallway. Large, well lighted separate dressing room, walk-in closet, new ceiling fans, and full bath in master bedroom suite. New carpet in all three bedrooms, new vinyl flooring in mudroom and both baths; new faucets in both baths and kitchen. Stainless kitchen appliances. Deck on back for relaxing, entertaining, or enjoying games in spacious back yard.



**\$163,900 • REDUCED**  
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MAY 17, 2018

## OPERATION HEDGEHOG

### Air Cav trains, partners with Estonian Defense Force

By Sgt. Gregory Summers  
22nd Mobile Public Affairs  
Detachment

VALGA, Estonia — Estonian soldiers took a knee in a tactical column with their gear and assigned weapons and awaited the arrival of their transportation so they could begin movement.

Then, forceful gusts of winds and the sound of chopping rotor blades came roaring in as UH-60 Black Hawks landed in an adjacent field; their transportation had arrived.

Army troopers of B Company, 3rd Assault Helicopter Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, 1st Cavalry Division, partnered and trained with Estonian Defense Force soldiers to conduct air assault operations May 7-11, in training areas near Valga, Estonia.

The training was part of the Estonian-led Operation Hedgehog, a multinational exercise with over a dozen ally and partner nations

working together to enhance readiness and interoperability in the Baltic region.

“Our company is partnering with the Estonian forces during the operation,” said Capt. Kyle Jensen, a UH-60 Black Hawk pilot and B Co. commander. “We are conducting air assault and air mobility training to facilitate movements of tactical troops as they seize objectives and carry out various effects on the enemy.”

During the exercise, the 1st and 2nd Infantry Brigades of the Estonian Defense Force role-played opposing forces against each other as they carried out operations and tactics to simulate force-on-force combat scenarios.

Those scenarios included the movement of over 100 Estonian soldiers in two separate air assault missions to gain key terrain and place troops in the appropriate places for strategic maneuvers.

CW2 Brett Jenkins, a B Co. UH-60 Black Hawk pilot, said that the training was a unique learning op-



PHOTO BY SGT. GREGORY SUMMERS

**UH-60 Black Hawk flight crews of B Co., 3rd AHB, 227th Avn. Regt., 1st ACB, 1st Cav. Div., land to conduct a rapid-response air mission with Estonian soldiers of the 2nd IB, Estonian Defence Force, at a training area just outside of Varstu, Estonia, May 9.**

portunity for both countries.

“The Estonians don’t do a lot of air assault and offensive operations, but together we worked out ways for their ground units to integrate with our air assets to use to their

advantage,” explained Jenkins.

“By training and working together, we are building upon and strengthening our interoperability.”

Pilots of the company worked closely with Estonian soldiers

planning, discussing and comparing maps for pick-up and drop-off locations prior to beginning rapid airlift movements.

“While the final 30-seconds of an air assault looks and feels so easy, the 96-hours leading up to it is what actually makes it look that way,” Jenkins said. “Because of the planning and coordinating we did together with the Estonians, we were all working from the sheet of music to conduct successful air assaults.”

Estonian soldiers charged in and out of the UH-60 Black Hawks during the assaults, most with smiles on their faces.

Estonian 1st Lt. Pritt Lillemets, a company executive officer with the 1st Inf. Bde., said that his soldiers were extremely grateful for the training.

“It is a cool opportunity to train with the Air Cav and working together with them has been the highlight of the exercise,” Lillemets said. “This has been a great learning opportunity for us.”



NEW HEIGHTS

PHOTO BY JOHN PENNELL

**Soldiers and National Park Service personnel unload items from the CH-47F Chinooks April 22. Aviators from B Company, 1st Battalion, 52nd Aviation Regiment, provided assistance to the National Park Service by flying thousands of pounds of equipment and supplies from Talkeetna, Alaska, to the NPS base camp at the 7,000-foot level of the Kahiltna Glacier in preparation for the Denali climbing season.**



PHOTO BY STAFF SGT. SEAN BRADY

**A Soldier with Delta Company, 25th Aviation Regiment, inspects the airframe of an MQ-1C Gray Eagle at Fort Wainwright, Alaska.**

### Army seeks better, lighter munitions for UAS, attack helicopters

By David Vergun  
Army News Service

NASHVILLE, Tenn. — The Army needs a family of lightweight, longer-range precision munitions to fire from its fleet of unmanned aircraft systems and attack helicopters, said Maj. Gen. Frank Tate.

Tate, director of Army Aviation, G-3/5/7, spoke Friday during the 2018 Army Aviation Mission Solutions Summit in Nashville. The event was sponsored by the Army Aviation Association of America.

First, near-peer potential adversary threats posed by advanced integrated air and missile defense allow longer-range standoff distances against U.S. maneuver forces, he said. Thus, the Army has a need for longer range precision munitions.

Second, there is an urgent need for lighter-weight long-range precision munitions, he said.

Right now, for instance, a Gray Eagle UAS might loiter in the sky for more than a day, with several AGM-114 Hellfire, air-to-surface missiles on board, Tate said. Having detected a bad actor on a motorcycle or a group of terrorists warming around a campfire, the system could deploy one of its missiles.

A less expensive round that is also much lighter in weight, could take out those types of targets as well, he said. A Hellfire weighs over 100 pounds, so several times more lightweight rounds could be added to the rails of the UAS or AH-64 Apache.

Multiple vendors are currently competing on getting the Army the biggest bang for its buck on a number of these lightweight rounds, he said, noting that competition is good.

#### AVIATION CHANGES

Tate said discussion is underway to decide whether or not a rotational combat Aviation brigade in Europe should be continued or if a permanent one should be stationed there.

Also under discussion is the possibility of adding two companies of CH-47 Chinooks to the 101st Airborne Division, which currently has its 2nd Brigade Combat Team and its headquarters in Afghanistan.

Tate said the Chinooks are particularly helpful in moving supplies around the battlefield at night.

Brig. Gen. Todd Royar, acting senior commander for the 101st Airborne Division, said he agrees with Tate’s assessment of the need for lightweight, longer-range precision-munitions and increased lift capability.

Royar, who has served in both Iraq and Afghanistan, added that he is also eyeing modernization efforts of Future Vertical Lift.

One of the capabilities he said he’s excited about in a FVL is increased power. During the summer months in Afghanistan, temperatures can become quite hot,

SEE MUNITIONS, PAGE B4

## Vice chief talks modernizing Army Aviation, personnel system priorities

By David Vergun  
Army News Service

NASHVILLE, Tenn. — The Army will reform its “industrial age” talent management system soon and is conducting research to find replacements for its aging fleet of helicopters, said the Army’s vice chief of staff.

Gen. James C. McConville served as the keynote speaker April 26 during the 2018 Army Aviation Mission Solutions Summit in Nashville, Tenn.. The event was sponsored by the Army Aviation Association of America.

#### TALENT MANAGEMENT

The Army is using an antiquated talent management personnel system that assigns Soldiers to jobs and duty stations based on rank and military occupational specialty, McConville said.

That system is stove-piped into three personnel systems, one each for the active, Reserve and Guard components, he added.

“That’s no way to run the Army,” he said. “We’re going to change that.”

The Army is working on implementing the Integrated Personnel and Pay System-Army, which will replace existing personnel systems in all three Army components. The IPPS-A will also function as a talent management system for the Army.

Within IPPS-A, the Army will be able to define talent with some 25 variables assigned to each Soldier, based on knowledge, skills and attributes, he said. It will include such things as languages spoken, countries visited,



PHOTO BY DANIEL TOROK

**Gen. James C. McConville, Army vice chief of staff, speaks at the Army Aviation Association of America-hosted 2018 Army Aviation Mission Solutions Summit in Nashville, Tenn., April 26.**

cognitive and non-cognitive skillsets, credentials and even interests.

In short, such a system “will get the most qualified people to the right place at the right time,” he said.

McConville offered one example as to how a robust talent management system can help the Army. If there’s a future disease outbreak somewhere in the world where Soldiers will be asked to respond -- such as what happened with the Ebola outbreak in West Africa, for example -- a revamped talent management system would be a tremendous asset.

The new system would be able to identify Soldiers from the affected region or those who have visited the region and who speak the language, he said. It would also identify medical personnel with relevant experience or research into the virus, be they from

the active, Guard or Reserve component.

The vice chief said he speaks to junior Soldiers and NCOs who tell him they want a smart talent management system, he said. It’s not just about the money. They want to serve and do something much bigger than themselves, but they want to be able to apply their talents to that end.

“Soldiers expect this from us,” he added. “If we don’t provide that, they will seek work elsewhere.”

#### MODERNIZATION

In the future, it is likely that the Army will be contested not only on the ground and in the air, but also in space, cyberspace and at sea.

Regarding the air domain, there are only so many incremental improvements that can be made to the aging helicopter fleets the Army currently employs, he said.

That’s why the Army’s Future Vertical Lift initiative is so important, he said. FVL must have much greater range, endurance, speed, agility, and survivability than current helicopters, and also must be affordable.

FVL will have a manned and unmanned variant, he said. The unmanned variant could team with a manned variant, or it could even team with other unmanned aircraft systems.

However, a human would be in the loop, either in the air and/or on the ground, adhering to the rules of engagement, so they would be autonomous only up to a certain point, he said.

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# Munitions

Continued from Page B1

he said. That, combined with the high mountainous

terrain, limits the performance of aircraft due to the physics of decreased lift for those two variables.

That limits payload in terms of munitions, troops and supplies that can be carried, he said.

While every Army division has air-assault capability, Royar noted that the 101st specializes in air assault and has mastered the art of getting troops and supplies into combat areas with attack helicopter assets after reconnaissance helicopters have scouted the area. "We've done that successfully in both Iraq and Afghanistan," he said.

The big transition for the 101st now, he said, is focusing on decisive-action training, something Royar said he did when he joined the Army in 1988, but "something we've gotten away from over the years."

While part of the 101st is now in Afghanistan, most of it is at Fort Campbell doing home-station training focused on near-peer engagements, he said.

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MAY 17, 2018

# LAUGHS, SMILES, FISH

## BOSS, Hearts Apart bring 'a little joy' to post youth

By Nathan Pfau  
Army Flier Staff Writer

Military children face many challenges, and one major challenge is when a parent is deployed or serving at another duty station, but Fort Rucker is committed to making sure that its children know their sacrifices are appreciated.

Soldiers from the Better Opportunities for Single Soldiers program hosted its annual Hearts Apart Fishing with BOSS at Parcours Lake May 12 where children were able to learn some skills with rods and reels with the help of volunteers, according to Teresa Whitman-McCall, BOSS adviser and RDS program manager.

"The BOSS fishing with Hearts Apart and (Survivor Outreach Services) families is a great opportunity for the single Soldiers to help give back a little bit to the community," said Whitman-McCall. "The Hearts Apart Program is for families who are not together, so this gives the kids a chance to have a laugh and a smile, do something that they're not able to do on a daily basis and learn how to fish."

The event was specifically held at the beginning of summer in order to give the children a chance to learn a new skill that they can use to participate in throughout the summer on their own time, if they so desire, said the BOSS adviser.

Soldiers took their time out of their Saturday mornings to volunteer to help teach the children to fish, and for Spc. Clayton Jonathan, 6th Military Police Detachment BOSS representative, it's a skill he was more than happy to pass on.

"I've been in the South all my life and I love fishing – I love everything about it," he said. "So, anytime I can do (anything related to fishing), like watch the kids and help them, I'm all over it."

Although BOSS exists for single Soldiers, the organization also exists to reach out into the community to help others, said Jonathan.

"BOSS helps out single Soldiers a lot, but we help the community, as well," he said. "We're not just focused on us as single Soldiers – we focus on everyone. All of the events we do are for everyone."



COURTESY PHOTO

**Command Sgt. Maj. Christopher D. Spivey, Fort Rucker garrison command sergeant major, examines a catch with Melania Hood, military family member, during the Hearts Apart Fishing with BOSS at Parcours Lake May 12.**

"Being a single Soldier, BOSS gives me something that I'm able to do and be a part of," he continued. "It's volunteering and I love doing that. As soon as my unit said that they needed a BOSS (representative), I stood up and said, 'OK, I got you.'"

Being able to provide help

throughout his community is something that Jonathan said gives him a feeling of satisfaction, and seeing the satisfaction on the children's faces, especially when they make a catch, is well worth the effort.

Jordan Edwards, military family member, was among those to

attend the fishing event and said that it's become one of his favorite pastimes.

"It feels good to (fish with others)," said Edwards. "I caught a fish and a turtle."

When asked what he liked most about fishing, Edwards simply replied, "eating them," but none of

the fish that were caught would be served up for supper. Each catch was tossed back into the lake.

"This is just a great community experience," said Whitman-McCall. "This allows (the children and Soldiers) to become mentors and friends, and just tries to bring a little joy to their lives."

# TAKE IT EASY

## MWR Central trips relieve planning pressure, hidden costs

By Jeremy Henderson  
Army Flier Staff Writer

Soldiers and their families are invited to soak up the sun this summer with MWR Central day trips, beginning with a trip to Shipwreck Island in Panama City, Florida, June 2.

Deaunqua L. Bryant, MWR Central business manager, the trips are designed to appeal to a wide age range, from youth to adults.

"MWR Central offers a variety of day trips, such as deep sea fishing, Shipwreck Island, white water rafting and more," she said. "The trip includes roundtrip transportation from Fort Rucker and cost of entrance to the event. Prices, number of seats and restrictions vary according to trip details. Please stop by our office for updated information and availability."

Individuals interested in the June 2 trip to Shipwreck Island are urged to stop by MWR Central, located inside the Soldier Service Center, Bldg. 5700, Rm. 130, soon to register. Cost for the Shipwreck Island day trip is \$55 per person.

"Shipwreck Island has a large selection of water slides, pools, lazy rivers and tipping buckets that helps it to cater to [visitors] of all ages," she added. "This particular day trip also includes lunch. What better way to kick off summer than spending a fun-filled day, soaking up the sun while splashing your way through Shipwreck Island?"

According to Bryant, participants should pack their swimsuit, a change of clothes for the ride home, sunscreen, sunglasses, towel and sandals, and money for any extras they would like to purchase.

"Also, for the families with little ones, please remember to bring snacks, age-appropriate drinks and swim diapers," she said. "Outside food is not allowed inside the park, other than for the smaller kids."

Aside from the convenience of having professionals plan



ARMY GRAPHIC

the entire trip, MWR Central's day trips also provide savings for participants, according to Bryant. Those same savings can also be obtained by individuals seeking help with vacation planning.

"Patrons can expect at least a 10-30 percent discount in price and feel confident that they are getting the most for their money," she said. "Our staff is constantly being updated from many different companies on military savings. Also, the amount of time one can spend on making travel arrangements can be overwhelming. Our staff strives to get our patrons their requested quote within 24-48 hours, while planning their vacation right down to the last detail."

"The MWR staff has a supplier list, which the average

traveler may not be aware of," she added. "We are able to provide quotes for and book most cruise lines, amusement parks, local attractions, hotels and all-inclusive resorts. We can include air fare and rental car fees when creating a destination package and this is just a short list of what we are able to do."

"Unfortunately, if a family comes in and only wants to book airfare we are not able to do that," she added. "However, we have a resource at SATO travel we refer them to use. Our staff makes every effort to create the perfect vacation, according to the patrons' needs and wants, as well as giving them additional information to complete their dream vacation."

The next day trips on the calendar will be two deep sea fishing trips June 9 and 28 in Destin, Florida. Cost is \$78 per person. The fee covers roundtrip transportation to Destin, a fishing license, bait, rod and reel, 10 hours on the water, a tip for the boat crew, and cleaning of the fish for participants to take home and enjoy.

The deep sea fishing day trips are popular, according to Bryant, and anyone interested in climbing aboard should visit MWR Central soon to secure a spot.

"As of right now, we have a few slots open for these trips, should someone like to join us," she said. "These trips do tend to fill up fast, so please don't wait to reserve your spot. The party boat offers you the opportunity to fish, drink and spend the day out on the water."

"For those who want to have a guide to teach them the ropes of deep sea fishing, we are offering a private fishing charter on the June 16," she added. "This is a great opportunity for a family or a smaller group of friends to spend the day out on the sea with a more personal touch. The cost of the private fishing charter is \$178 per person."

For more information, call 255-2997 or visit <http://rucker.armymwr.com/>.

# ON POST

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

### The Landing Zone renovation

The Landing Zone kitchen is currently undergoing a kitchen renovation to help it better serve the Fort Rucker community, according to Directorate of Family, and Morale, Welfare and Recreation officials. During the renovation, The Landing Zone will be closed; however, food and beverage operations will continue in the Legends room next to the main ballroom. Lunch and dinner operations will have a slightly adjusted menu during this time. The Coffee Zone will also be relocated to the main lobby area of The Landing.

For more information, call 255-0768.

### 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.

### Employment Readiness Program Workshop

Fort Rucker Army Community Service will host the Employment Readiness Program Workshop May 24, and June 7 and 18 from 8:45-11:30 a.m. in Bldg. 5700, Rm. 350. Attendees will learn essentials about how to craft a resume, prep for job interview and other helpful tips. Registration is required.

For more information or to register, call 255-2594.

### Quilts of Valor Workshop

The Fort Rucker Arts and Craft Center will host the Quilts of Valor Workshop May 18 and June 15 from 9 a.m. to 2 p.m. at the arts and craft center. Participants will be able to piece together quilts under the instruction of experienced Quilts of Valor quilters, and finished quilts will be presented to wounded warriors as a show of honor and comfort. Any skill level can participate and the workshop is free and open to the public for ages 16 and older. People must reserve their spot two days prior to the workshop date.

For more information or to register, call 255-9020.

### Luau Skate Night

The Fort Rucker School Age Center will host the Luau Skate Night May 18 from 5-8 p.m. People are invited to wear their best tropical vacation attire and enter in a best-dressed contest for giveaways and prizes. Cost for safety skate is \$2 and will run from 5-6 p.m. Cost for regular skate is \$5 and will run from 6-8 p.m. Payments must be made in cash only and all participants must be registered with Child Youth Services.

For more information, call 255-9108. To register with CYS, call 255-9638.

### Blended Retirement System Seminar

Army Community Service, along with accredited financial counselors will host the Blended Retirement System Seminar from 6-7 p.m. May 22 in Bldg. 5700 in Rm. 350. The seminar will include discussions 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 May 21 and free child care is available with registration. The class is subject to cancellation without pre-registration.

For more information or to register, 255-9631 or 255-2341, or visit <http://rucker.armymwr.com/us/rucker/programs/army-community-service>.

### Federal Job Workshop/The Stars Are Lined Up For Military Spouses

The Army Community Service Employment Readiness Program will host the Federal Job Workshop May 23 from 8 a.m. to noon. The workshop will teach a comprehensive look at the federal hiring process with an emphasis on crafting a federal résumé. Also, in honor of Military Spouse Appreciation Month, Bobbi Rossiter, military spouse and speaker from the Federal Career Training Institute, will present a special workshop for military spouses from 1:30 - 3:30 p.m. During the special workshop, Rossiter will focus on special military spouse preference programs. There is no requirement to attend both workshop sessions and all workshop materials will be provided. Advanced online registration is required.

For more information, call 255-2594. To register, visit [www.eventbrite.com](http://www.eventbrite.com) under



FILE PHOTO

## Day at the Lake

Fort Rucker Outdoor Recreation will host Day at the Lake May 19 from 11 a.m. to 4 p.m. at West Beach on Lake Tholocco. The event will open the lake for the summer and will feature free activities, such as swimming, inflatables, games, and use of canoes, kayaks and paddle boats. Food will be available for purchase, and people can enjoy live music by Jay Hughes. The event is open to the public. The West Beach swimming area will officially open for the summer season May 26 and will be open Fridays through Sundays from 11 a.m. to 4 p.m. During the summer, patrons must purchase swimming wrist bands from the West Beach swimming area. Daily passes for ages 2 and younger are free; for ages 3-12 is \$1.50; for ages 13-17 is \$2.25; and for ages 18 and older is \$3. Pets and glass containers are prohibited on the beach area. For more information call 255-4305.

the "Fort Rucker Events" tab.

### WWI Presentation

Bob Barlow will give the second half of his WWI presentation, "Naval Warfare in World War I," May 24 at noon at the Aviation Technical Library. The focus of the presentation will be on the great naval battles of World War I and their impact on the course of the war. The event is open to authorized patrons and is EFMP friendly.

For more information, call 255-3885.

### Stars and Strikes

People are invited to the Rucker Lanes Bowling Center for Stars and Strikes May 28 for Memorial Day. Patrons can enjoy 25-cent games and 50-cent shoe rental per person. The event will run all day and is open to the public.

For more information, call 255-9503.

### School Age Center Summer Camp

The School Age Center will offer its summer camp for children Kindergarten through 5th grade starting May 29 through August 3. The camps will be offered every Mondays - Fridays from 8:30-11:00 am. The following camps will be available: dinosaur/fossil, rainforest/jungle, forensic/human body and solar system/space. Each camp will last for 2 weeks and will give children an opportunity to meet new friends, do arts and crafts, go swimming and bowling each weekly, and learn life skills. Breakfast, lunch and snacks will be served daily. All children must be enrolled with child and youth services and fees must be paid weekly.

For more information, call 255-9108 or 255-9638.

### Youth Center Summer Camp

The Fort Rucker Youth Center will host its Summer Camp for ages 11-18 May 31 through August 3, Mondays-Fridays from 7:30 am to 1:00 pm. Open recreation hours will be from 1-8 p.m., Mondays-Thursday, and 1-10:30 p.m. on Fridays. Saturdays will be for recreation only, and the center will be open till 11 p.m. There is a cost for camp times but will be no cost for open recreation hours. All youth must be registered with child and youth services.

For more information, call 255-9108 or 255-9638.

### Fort Rucker Right Arm Night

The Landing Zone will host the Fort Rucker Right Arm Night May 31 from 4-6 p.m. at The Legends in The Landing. Right Arm Night is an Army tradition, promoting a night of camaraderie and esprit de corps as leaders come together and treat those who help them accomplish the mission. Complimentary appetizers will be served while supplies last. Right Arm Night is held every month, and both military and civilians are welcome.

For more information, call 255-0768.

### Kids Golf Clinic

Silver Wings Golf Course will host a

# DFMWR SPOTLIGHT

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# MAY 19

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For more information call Outdoor Recreation at (334)255-4305. [rucker.armymwr.com](http://rucker.armymwr.com)

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Kids Golf Clinic conducted by PGA Pro Ty Andersen on Tuesdays in June and July for children ages 6-8 and Fridays in June and July for children ages 9-18. Cost is \$89 for children 6-8 and \$125 for children 9-18. The Tuesday clinics will be held from 9:30-10:30 a.m. June 5, 12, 19 and 26, and July 10, 17, 24 and 31. The Friday clinics will be held from 9:30-10:30 a.m. June 8, 15, 22 and 29, and July 13, 20, 27 and August 3. For more information, call 255-0089.

### Soccer Registration

Youth Soccer registration is open June

1 through July 31, and practice will begin August 6. Cost for registration is \$25 for ages 3-4 and \$45 for ages 5-14. Soccer is available in the following age groups: 3-4, 5-6, 7-8, 9-10, 11-12, and 13-14. All registrants must also be registered with Child Youth Services and have a current sports physical. A parents meeting will be held at the Youth Center, Bldg. 2800, on August 2 at 6 p.m. Prospective coaches are needed.

For more information on registration or coaching, call 255-2257, 255-2254 or 255-9638.

## FORT RUCKER MOVIE SCHEDULE FOR MAY 17-20

### Thursday, May 17

Ready Player One (PG-13) .....7 p.m.

### Friday, May 18

Ready Player One (PG-13) .....7 p.m.

### Saturday, May 19

Rampage (PG-13) .....4 p.m.  
Blockers (R) .....7 p.m.

### Sunday, May 20

I Can Only Imagine (PG) .....1 p.m.  
Paul, Apostle Of Christ (PG-13) .....4 p.m.

# WIREFLASS COMMUNITY CALENDAR

IF YOU WOULD LIKE TO ADVERTISE YOUR EVENT, EMAIL JEREMY HENDERSON WITH ALL THE DETAILS AT JHENDERSON@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](http://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](http://www.andalusialegionpost80.org).

## DALEVILLE

**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

**JUNE 1** — The Art of Yoga, a monthly yoga series scheduled for the first Friday of every month, takes place from 9-10 a.m. at the Wiregrass Museum of Art. The Art of Yoga combines the therapeutic nature of art with the healing properties of yoga under the instruction of certified yogi Melissa Vair. Participants will be guided through an all-levels appropriate class held in the museum galleries. Participants are asked to bring their own water bottle, yoga mat and towel. A \$10 donation will support Mesuva Yoga Studio's mission to "share yoga with everybody." For more information, call 794-3871 or visit [www.mesuva.org](http://www.mesuva.org).

**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.

## ENTERPRISE

**ONGOING** — The Enterprise Baseball League is currently seeking players for the upcoming season. High school students, college students and adults are invited to participate. For more information, call 389-5972.

**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.

## OZARK

**JUNE 9-23** — "Making Alabama," a bicentennial traveling exhibit, comes to the Dowling Museum's Ann Rudd Art Center downtown to commemorate Alabama's 200-year history. The exhibit will be open for viewing

from 11 a.m. to 5 p.m., Monday through Saturday. The exhibit will feature interactive computer tablets and audio medleys of song and spoken word highlighting Alabama's history. The public is invited to an opening celebration June 9 from 6-8 p.m. For more information, call 618-6223.

## 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.

## WIREFLASS AREA

**JUNE 10** — The New Hope Freewill Baptist Church, 3819 County Road 31, Abbeville, will host Youth Day beginning at 2:30 p.m. Pastor James Turner of First Baptist Church in Shorterville and Saint Paul Missionary Baptist Church in Abbeville will deliver the sermon. The theme will be "Teach One, Reach One!" Refreshments will be served.

## Beyond Briefs

### Jacksonian Guard Colors Ceremony

People are welcome to celebrate Florida becoming a U.S. territory in Pensacola, where the original ceremony took place on July 17, 1821. The Jacksonian Guard is a Pensacola re-enactment group of Jacksonian era and Spanish soldiers, fifers and drummers who perform a colors ceremony the third Saturday of each month at noon in Plaza Ferdinand on Palafox Street downtown.

For more information, visit <https://downtownpensacola.com/businesses/jacksonian-guard>.

### Palafox Market

Downtown Pensacola hosts its Palafox Market Saturdays from 9 a.m. to 2 p.m. Saturdays at Martin Luther King Plaza. Admission is free to the market that features fresh produce, live plants, baked goods, fine art, antiques and more. Items originate directly from onsite vendors who grow, make, or create the fruits, vegetables, herbs and art for sale, according to

organizers. The event takes place rain or shine.

For more information, call 850-434-5371 or visit <http://palafoxmarket.com/>.

### Southern Thunder

Inspired by the Alabama Gang's influence on auto racing, Vulcan Park and Museum showcases its latest Linn-Henley Gallery exhibition through December. Southern Thunder: The Legacy of Alabama Auto Racing, presented by the Jefferson County Commission, will showcase hair-raising stories and bring to life the im-

portant that auto racing in Alabama had on the regional and national scenes, according to organizers. The exhibit relives this thrilling piece of Alabama history when driving by the seat of your pants wasn't a figure of speech and explains why this legacy is the foundation for auto racing in Alabama today.

Daily admission rates: adults, \$6; Seniors (65 and older) and military, \$5; children ages 5-12, \$4; and children 4 years and younger are admitted for free.

For more information, visit <http://visitvulcan.com/>.

## 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. Wings Crossroads (Contemporary Worship Protestant Service)  
11 a.m. Latter-Day Saints

#### Spiritual Life Center, Bldg. 8939

10:15 a.m. CCD (except during summer months)

### BIBLE STUDIES

#### TUESDAY

**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, 6:30 p.m.

#### WEDNESDAY

**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

Cairns AAF, Bldg 30501, 11:30 a.m.

#### Precepts Bible Study

Soldier Service Center, 12 p.m.

#### Kingdom Kidz & Youth Group Bible Study

Spiritual Life Center, 6 p.m.

#### Adult Bible Study

Spiritual Life Center, 6 p.m.

**Spanish Adult Bible Study**  
Spiritual Life Center, 6 p.m.

#### THURSDAYS

**WOCC Bible Study (1st/3rd Thursday)**  
Swartworth Hall, Bldg. 5302, 11:30 a.m.

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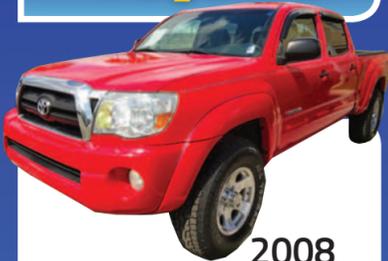
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MAY 17, 2018

## SLUGFEST

6th MP overpowers 1-223rd during intramural softball

By Nathan Pfau  
Army Flier Staff Writer

The Fort Rucker Intramural Softball season is in full swing as teams are battling it out to find out who will earn the post championship.

The 6th Military Police Detachment's La-Z-Boy Sluggers took on the 1st Battalion, 223rd Aviation Regiment Spartans in a game that had both teams swinging for the fences in game featuring four home runs, including a grand slam, but it would be the Sluggers who came out on top, beating their opponents 14-8.

"We played pretty well today," said Freuris Montero, La-Z-Boy Sluggers team captain. "We made some adjustments and we had the right guys playing the right positions. Our at-bats were on point, so, when your bats are hot, that's when you win games."

The Sluggers win gives them a season record of 6-2, so far, but Montero says he's confident that his team has a good chance to take the championship.

The game started as the Spartans took to the plate first and got off to a healthy start with multiple base hits to get runners on base until they managed to bring in their first runner to get on the scoreboard first.

They continued their string of base hits during their time at bat to bring in more runs to gain a healthy lead in the first inning, but after a strikeout, a pop up to center field and a line drive to the opposing pitcher, their time at the plate ended with them up 4-0.

The La-Z-Boy Sluggers got off to a good start with a base hit of their own, followed by a walk to get runners on base. They quickly followed up with a double to bring in their first run in pursuit of their opponents.

They continued their string of hits and managed a two-run shot to center field to close the gap, and more walks by the opposing pitcher allowed them to get more



PHOTO BY NATHAN PFAU

**Quinten Kulish, 6th MP La-Z-Boy Sluggers player, makes a play at first during a game at the Fort Rucker Intramural Softball Fields May 14.**

runners on base, leading to loaded bases with just one out.

With another string of walks by the opposing pitcher, the 6th MP Det. team was able to tie the game with the bases still loaded.

Another two-run shot with a line drive to center gave the Sluggers the lead, but they weren't done as they continued to keep the ball on the ground to keep runners on base before their time at the plate ended, leading their opponents, 8-4.

The Spartans went into the second inning determined to close the scoring gap against their opponents, but the La-Z-Boy Sluggers' defense held strong and quickly racked up three outs against four batters to send the 1-223rd back

into the outfield, scoreless for the inning.

The 6th MP team took full advantage of their time at the plate and started off the inning with a base hit to keep up momentum, then followed up with a two-run home run, asserting their dominance early on.

They continued to find the gaps in their opponent's defense to get runners on base, but despite the well-placed hits, the 1-223rd's defense tightened up and were able to slow the La-Z-Boy advance.

The Spartans had to step up their game if they wanted any chance of catching up, but they had trouble breaking their opponent's defense. They wouldn't give up, though, and managed a

two-run home run of their own to get back in the game, but that's as far as they would advance before heading back into the field, trailing 10-6.

The Sluggers took their turn at bat but couldn't seem to keep the ball out of their opponent's hands and quickly racked up three outs to end their first inning scoreless.

This was the Spartans' chance to gain on their opponents with their time at the plate, but they weren't able to crack the La-Z-Boys' defense and were sent packing without bringing in a run.

The 6th MP team had better luck during their time at bat with two base hits and a walk to load the bases with no outs, which set up Sgt. 1st Class Jerry Adamson,

La-Z-Boy Sluggers player, for a grand slam.

Adamson took full advantage and sent the ball far over the right field fence, bringing in 4 more runs to take a commanding lead before their time at the plate ended, ahead 14-6.

The 1-223rd had their work cut out for them and they managed another two-run homer, but despite their attempts, the La-Z-Boys' defense went to work to halt their advance.

Going into the sixth inning, the Spartans had their last chance to turn things around, and although they managed to bring in two runs, the Sluggers' defense held strong and halted their advance, ending the game 14-8.

## Lyster offers low-cost hearing aid program for retirees, spouses

By Jenny Stripling  
Lyster Army Health Clinic  
Public Affairs

Retirees and their spouses enrolled to Lyster Army Health Clinic may be eligible for hearing aids at a substantially reduced cost through the Retiree-at-Cost Hearing Aid Program.

The program provides retirees and their spouse the opportunity to buy hearing aids at government cost, usually around \$1,000. Generally, two hearing aids can run upward of \$8,000 if purchased through an off-post seller.

"We are able to get the hearing aids for the government rate, which saves the retirees a significant amount of money," said Maj. William Gottlick, chief audiologist at Lyster.

Lyster is even able to offer options when picking out the right hearing aid, including state-of-the-art remote controls and accessories.

"All retirees who were honorably discharged and have a retirement card, and their spouses, are eligible to participate in the RACHAP at LAHC," said Gottlick. "This program is not a TRICARE benefit. It is a program that functions at the discretion of the facility on a space-available basis, and has not been mandated by the Army."

Retirees who wish to make an appointment with the audiology clinic need to first be registered in the Lyster system. Registration can be completed by calling the patient administrative division.

Once registered, retirees or their dependents can make an appointment to see an audiologist for a full audiological evaluation and discuss



PHOTO BY JENNY STRIPLING

**Maj. William Gottlick demonstrates the effect of loud noises on hearing over time. Lyster offers the Retiree-at-Cost Hearing Aid Program to retirees and their spouses after they have their hearing evaluated in the clinic. The program can help reduce the higher costs of hearing aids and accessories.**

amplification options.

"We are proud of this program as it greatly benefits our retiree community," Gottlick said. "I am honored to help in the facilitation of the RACHAP program here at LAHC. We believe it greatly benefits our retiree community. It is one small way the audiology community can give back to those who have given so much to this great country."

To enroll at LAHC, call the PAD at 255-7056 or 255-7236. If you are currently enrolled at LAHC, have specific questions regarding RACHAP or wish to make an appointment, call the LAHC Eye and Ear Clinic at 255-7185.

Once registered, retirees can make an appointment to see an audiologist for a full audiological evaluation and discuss amplification options.



PHOTO BY JENNY STRIPLING

**Army audiologist Maj. William Gottlick, (right) Lyster Army Health Clinic, conducts an otoscopic exam on Capt. Ryan Johnson during an annual hearing test.**

## COMBAT READINESS

*Dedicated audiologists use clever tools to combat hearing loss*

By Larine Barr  
For the Military Health System  
Communications Office

FALLS CHURCH, Va. — Navy occupational audiologist Lt. Laura Stephenson has helped roughly 20,000 patients better understand how exposure to hazardous noise at work and off-duty can cause a devastating, invisible injury called noise-induced hearing loss.

According to the Centers for Disease Control and Prevention, noise-induced hearing loss, or NIHL, is usually caused by exposure to excessively loud sounds and cannot be medically or surgically corrected. It can result from a one-time exposure to a very loud sound, blast, or impulse, or from listening to loud sounds over an extended period.

Hearing loss and tinnitus (the perception of sound

# DOWN TIME



## Just Like Cats & Dogs by Dave T. Phipps

HI FANS, ON THIS PODCAST WE WILL SPEND THE NEXT 2 HOURS DISCUSSING FLAWS IN THE LATEST STAR WARS FILM.



## Trivia test by Fifi Rodriguez

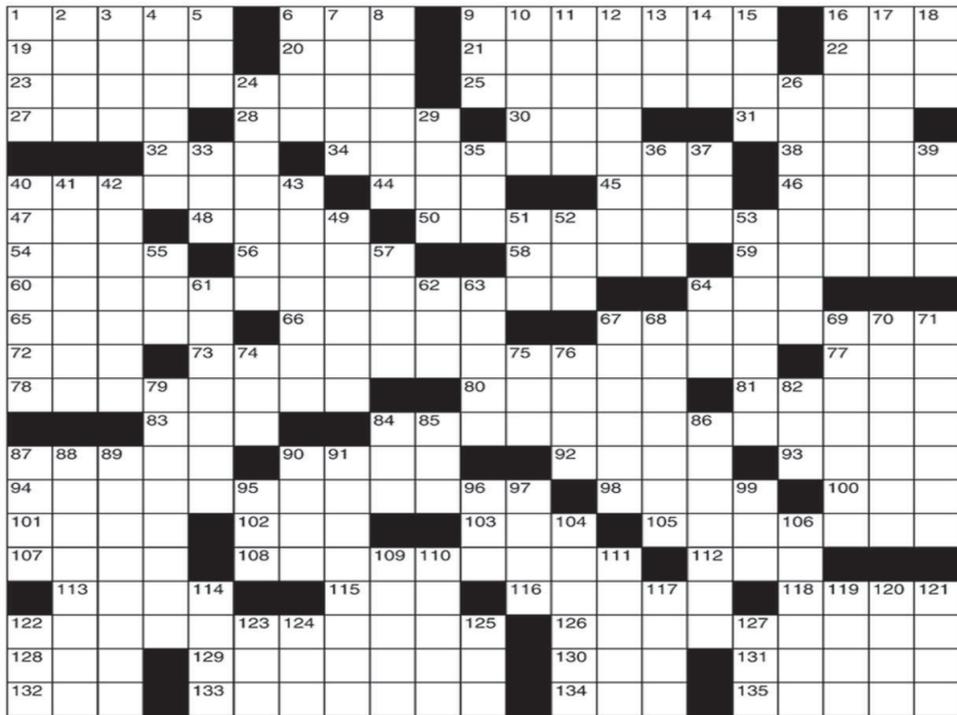
# T R I V I A

- INVENTION: When was the nylon-bristle toothbrush invented?
- HISTORY: By what other name was the French military leader Joan of Arc known?
- GENERAL KNOWLEDGE: What color is the famous Hope Diamond?
- U.S. STATES: What is the capital of Kansas?
- TELEVISION: What was the theme song to the 1970s cop show "Baretta"?
- BIBLE: Who are the only two angels to be directly named in the Bible?
- GEOGRAPHY: What is the name of the main mountain range where Mount Everest is located?
- MEDICAL: What area of the body is affected by bursitis?
- LANGUAGE: What is an elision?
- ENTERTAINERS: For what crime was actress Sophia Loren jailed in 1982?

See Page D3 for this week's answers.

## Super Crossword INTRO TO POE

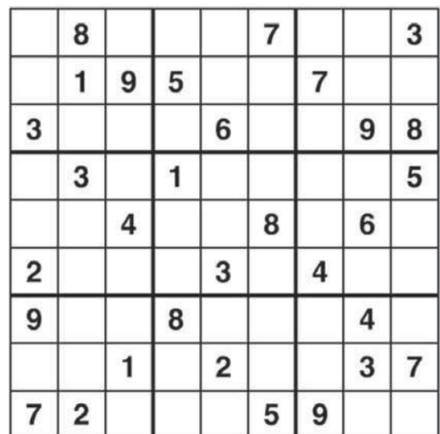
- ACROSS**
- 1 Iraqis, e.g.
  - 6 Yank's Civil War foe
  - 9 "View of Toledo" artist
  - 16 Road sign no.
  - 19 — Haute, Indiana
  - 20 Fruit eater in Genesis
  - 21 "Naked" rodent
  - 22 Byronic "before"
  - 23 A second time
  - 25 When you get there
  - 27 Flat-topped rise
  - 28 Choose to participate
  - 30 Nosh, say
  - 31 Like a desert
  - 32 "Sister Wives" airer
  - 34 Lots of
  - 38 Greater than
  - 40 President Nixon
  - 44 Snatch
  - 45 RV hookup gp.
  - 46 Zlich
  - 47 Love of Lennon
  - 48 What jailbirds are behind
  - 50 Color akin to navy
- DOWN**
- 1 Quark locale
  - 2 Actress Russo
  - 3 Oval portions
  - 4 Respiration
  - 5 Briny deep
  - 6 Lop a crop
  - 7 Best Musical of 1980
  - 8 Gentle
  - 9 Kiwi relative
  - 10 Trotted
  - 11 Twilight, old-style
  - 12 1995 Leslie Nielsen comedy
  - 13 Long span
  - 14 Avis offering
  - 15 Other, in Peru
  - 16 Restorations
  - 17 Exchanged for the better?
  - 18 Slippery sort
  - 24 Flip out
  - 26 Jail cell parts
  - 29 Linguist Chomsky
  - 33 Testing spot
  - 35 Osaka sash
  - 36 Off-limits
  - 37 Slangy "OK"
  - 39 Actress Charlotte and others
  - 40 Tennis champ Andy
  - 41 Notion about motion
  - 42 Charges
  - 43 Enticed
  - 49 Aussie miss
  - 51 Post-WWII prez
  - 52 Fish-fowl link
  - 53 "Yes, it's also included"
  - 55 "— so sure!"
  - 57 Put a label on
  - 61 Second draft
  - 62 Pull along
  - 63 "Laughing" mammal
  - 64 Greek letter
  - 67 Guy keeping the peace
  - 68 Smidgen
  - 69 Refrain
  - 70 Former
  - 71 Grappled, in dialect
  - 74 In the know
  - 75 Amp (up)
  - 76 Summers, in French
  - 79 Painkillers
  - 82 Fired thing
  - 84 Altar words
  - 85 Carpooling lane abbr.
  - 86 Misleading sort
  - 87 Apple debut of 2010
  - 88 Person with a pet pooch
  - 89 No longer fazed by
  - 90 Editor's mark
  - 91 Pin-ons worn by staffers
  - 95 Not refined
  - 96 East ender?
  - 97 Repeats of
  - 99 — Lankan
  - 104 Not stay dry
  - 106 Queasiness
  - 109 Norway's currency unit
  - 110 Wails in lamentation
  - 111 Performs, in the Bible
  - 114 Virgil, e.g.
  - 117 Indy 500, e.g.
  - 119 Tube fan's punishment
  - 120 Desert hill
  - 121 "The Good Earth" wife
  - 122 7-Down user's buy
  - 123 Suffix with Seattle
  - 124 Pewter part
  - 125 In place
  - 127 Lt. Tasha on "Star Trek: The Next Generation"



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.

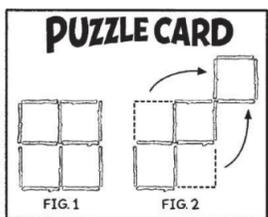
DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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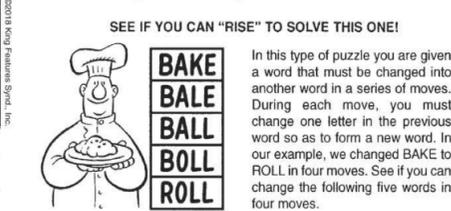
See Page D3 for this week's answers.

# KID'S CORNER

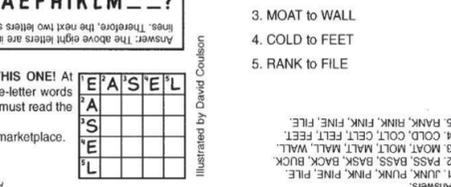


LAY OUT 12 STICKS, as shown in figure 1, and challenge your friends to move four of them to new positions so that three equal squares will be formed. Figure 2 gives our solution.

EIGHT DOWN AND TWO TO GO! See if you can figure out what the next two letters are in this series of letters.



SEE IF YOU CAN "RISE" TO SOLVE THIS ONE!



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

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

## HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



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IT TAKES A "PUZZLE ARTIST" TO SOLVE THIS ONE! At right is a word square. Can you find the four five-letter words that match the definitions below? All words used must read the same both across and down.

1. Picture support (given). 2. Ancient Greek marketplace.  
3. Individual performances. 4. To wear down.  
5. Sci-fi weapon.

# Army nurse follows familiar footsteps

**Military Health System**  
Communications Office

FALLS CHURCH, Va. — While many women consider their mothers to be role models, Maj. Kaitlyn Perkins' mother is particularly well-suited for the label.

Perkins followed her mom's path to nursing school, and then into the military. She's juggling her career with parenting and a dual-service marriage, just like her mom did for 20 years. And Perkins, like her mother, has experienced the humbling honor of serving in a war zone.

Meet Perkins' mom, retired Lt. Col. Phyllis Cogan. Cogan was a nursing student at Indiana University in the 1960s when military recruiters came to campus. She joined the Army after the service offered to pay for her final two years of college.

"I knew I'd probably wind up being sent to Vietnam," Cogan said, "and I didn't have a problem with that."

She graduated in 1968, and after several months at Fort Bragg, North Carolina, received orders for Chu Lai to become a nurse with the 27th Mobile Army Surgical Hospital. She arrived in April 1969 for a one-year tour of duty.

"Overall, it was a very positive experience," Cogan said. "When people ask me about it, I tell them that at times it was terribly unpleasant, and I still have bad memories. And I sometimes cry a little bit. But I'm a nurse. I didn't think working in trauma care in wartime would be nice."

After Vietnam, Cogan was stationed in San Francisco and then Germany. There, she met the Army communications officer who became her husband. They got married in 1973 and started having children — lots of them. Perkins is No. 5 out of 7. Perkins' two older sisters also served as Army nurses for five years and four years, respectively.

"My mom shared some of her military nursing experiences with me when I was growing up, and they intrigued me," Perkins said. "But at one point I fought it because I wanted to forge my own path, do something different."

Then when she was in high school, Perkins' younger



COURTESY PHOTO

**Retired Lt. Col. Phyllis Cogan spent 20 years in the military in hands-on patient care. Her daughter, Maj. Kaitlyn Perkins, is working on a master's degree in legislative affairs and will focus on health care policy.**

brother got hurt while she was in hospital. She sprang into care mode and whisked him to the hospital emergency room. "That experience was my adrenaline rush," she said. "And it reassured me that yep, I want to do nursing. It's in my blood. This is for me."

Perkins received her bachelor's degree in nursing 36 years after her mother. Her service has included two wartime deployments: Iraq and then Afghanistan. In Iraq for 15 months in 2006 and 2007, she was assigned to the 28th Combat Support Hospital in Baghdad.

"At that point, it was the busiest trauma hospital in the history of war," Perkins said. "We could have 100-percent turnover in a day — 30 patients in, 30 patients out — for different multiple mass casualty events including chemical warfare and mortar attacks. It was a lot. It helped to remember my mom telling me how fortunate nurses are to be a witness and a support to people during their most

vulnerable moments."

Like her mother, Perkins was assigned to Germany. She, too, met her husband, an Army armor officer, when they both served there. They were married in 2012 and have two children, ages 4 and 2.

"The best parenting advice my mom ever gave me was to not brush off my 2-year-old's insistence on sitting on my lap when I was busy doing something else," Perkins recalled. "She said, 'You never know when it's the last time your child will ask to do that.'"

One way Cogan's and Perkins' paths have diverged has been nursing specialty. Cogan spent her entire career as what she calls a bedside nurse — hands-on patient care. Her daughter is currently a full-time student through the Army Congressional Fellowship Program. She'll receive a master's degree in legislative affairs and will focus on health care policy.

"The main thing I told Kaitlyn was that if you become a nurse, you have a lot of options," Cogan said, adding that she was passed over for lieutenant colonel the first time because she didn't have an advanced degree.

"I had just made major when I was asked when I was going to get my master's degree because without it, I wouldn't get promoted any further," Cogan recalled. "And I said, 'Well, let's see. I have a husband, six children, and a full-time job. I don't know that [getting a master's degree] is going to happen.'"

Cogan did make lieutenant colonel, then decided to retire when her husband got transfer orders. The couple's seventh child was born a few years into her military retirement. He's now an Army captain in military intelligence.

"Starting out, I didn't really intend to make the Army a career," Cogan said. "But I really enjoyed caring for the soldiers and their families. And the military really pushed you because they had confidence in you. I'm the kind of personality that does better if you push me a little bit."

Says her daughter: "I've been doing this for 14 years now, and I'm loving it. The glass ceiling doesn't exist in the Nurse Corps."

## Readiness

Continued from Page D1

— sometimes a ringing sound — without an external source being present) have steadily increased over the last two decades among veterans. A fiscal year 2017 report released by the Veterans Benefits Administration found that 1.6 million and 1.1 million veterans receive disability compensation for tinnitus and hearing loss, respectively.

With prevention in mind, Stephenson, who is assigned to Naval Hospital Jacksonville, Florida, set out in 2016 to reduce hearing loss among local Service members and their families. She helped to boost awareness using an array of educational tools available through the Comprehensive Hearing Health Program developed by the Department of Defense Hearing Center of Excellence.

The CHHP was created in 2013 and is currently being launched across the DOD and VA to reduce the incidence of NIHL through education, protection and monitoring efforts. The education component includes patient-education sessions during audiology and hearing conservation appointments augmented with HCE-designed educational materials such as brochures, workbooks and flip charts.

Air Force Col. LaKeisha Henry, HCE division chief, said CHHP was implemented to optimize the current DoD hearing conservation programs, and to serve the non-occupationally exposed, since exposure to hazard-

ous noise can occur off-duty yet impact a service members' performance while on duty.

"When I first started using the CHHP materials, I ordered one of everything for our occupational nurses, audiologists, and technicians to use," explained Stephenson, who distributes the materials at the Jacksonville hospital and its five branch health clinics. "Our nurses really like the flip charts on speech communication, and our technicians use the sound tracks poster, different degrees of hearing loss posters, and what the colors mean on your hearing test (audiogram) scores. We've also gotten great feedback on the tinnitus work book. It's awesome and really beneficial."

Stephenson said the program has especially helped to bring awareness to the installation's safety managers. "They now know what to look for in hearing protection devices. This really drives the prevention element. Compliance is huge and that's why our safety managers exist," she said.

Since implementing the CHHP, Stephenson said she's seen less hearing loss among her patients.

Maj. William Gottlick, an audiologist at Lyster Army Health Clinic at Fort Rucker, is another strong CHHP advocate. He started the program in 2014 while assigned at Tripler Army Medical Center, Hawaii, and has continued to embrace it at Fort Rucker.

Gottlick said he and his staff use the ABC approach: advertising, briefings and counseling, to administer

the CHHP at his clinic. "For the advertising element at Tripler, we distributed posters and pamphlets and held an internal health fair so other providers would stop by. The most interested were our behavioral health providers. They understood the relationship between TBI, PTSD and hearing loss and tinnitus."

Gottlick said his technicians at Lyster deliver an educational briefing using CHHP materials to Soldiers before their hearing tests and audiologists use the flip charts to discuss the physiologic process of hearing loss with their patients.

To further tailor the materials, Gottlick and the Lyster Audiology staff crafted their own 10-minute educational video by combining key points from several HCE-produced CHHP videos. They play the video when Soldiers come in for their annual hearing test and hearing protection fitting.

"A large amount of patients don't comprehend the dangers," Gottlick stressed. "Having these materials is definitely beneficial. There is something for everyone — hearing education, protection and hearing devices. Its purpose has been fulfilled."

The CHHP educational materials can be viewed from the HCE website at hearing.health.mil, under resources, audio and print materials. These resources are free to DoD/VA providers, and can be ordered via the Government Printing Office link on the HCE website and sent directly to clinics.

## FORT RUCKER SPORTS BRIEFS

### Indoor pool

The Fort Rucker Physical Fitness Center Indoor Pool will have limited lap lanes available for lap swimming Mondays-Thursdays from 4-7 p.m. due to programming. Recreational swimming will also not be available during this time.

For additional information, call 255-2296.

### Youth Extreme Fitness registration

Fort Rucker Child and Youth Services will run registration for its Youth Extreme Fitness program May 1-31. The program will be both challenging and rewarding, according to organizers. Parents should understand that the program is intended to push children beyond their normal comfort zone, both mentally and physical-

ly. The program is open to youth ages 8-18. The event will run June 4-29 from 6-7 p.m. on the youth sports football fields. Workouts will include low crawling, tire flipping, pulling rope, running and sled pushing. Participants will need to have a current sports physical and valid CYS membership.

For more details or to register, call 255-9638 or 255-2254.

### Hunting Incentive Program

Fort Rucker Outdoor Recreation is offering a Hunting Incentive Program to help control the coyote and feral pig population from May 1 to Aug. 31. The first five registered hunters who dispatch two coyotes or five hogs and bring them in to ODR will receive a free Fort

Rucker Post Hunting Permit for the 2018-2019 hunting season. Hunters must possess a valid Alabama state hunting license, Fort Rucker hunting permit and a hunter education completion card. Hunters also must be a registered participant of the Hunting Incentive Program. All dispatched animals must be brought to ODR or the Fort Rucker Game Warden during business hours. An individual record will be created for each hunter at the time they bring in their dispatched animals. Additionally, the hunter will be asked to remove the animal's tail, so it cannot be claimed by another hunter. Hunters may email pictures after hours to ODR with the hunter and the dispatched animal in front of one of the weigh stations. Hunting on Fort Rucker is open to the public.

For more information, call 255-4305.

### Weekly SUDOKU

Answer

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

### Trivia

#### Answers

- 1938, by Dupont
- The Maid of Orleans
- Blue
- Topeka
- "Keep Your Eye on the Sparrow"
- Michael and Gabriel
- The Himalayas
- The joints
- Omission of a sound or syllable
- Tax evasion

## PUZZLE ANSWERS

### Super Crossword

#### Answers

ARABS	REB	ELGRECO	ORTE	
TERRE	EVE	MOLERAT	ERE	
ONCE	AGAIN	UPON	ARRIVAL	
MESA	OPTIN	EAT	ARID	
TLC	AGOOD	MANY	OVER	
RICHARD	NAB	KOA	NADA	
ONO	BARS	MIDNIGHT	BLUE	
DEMI	ZAHN	DODO	HASPS	
DREARY	WEATHER	PAR		
ITSME	NIMOY	LISTS	FOR	
CIA	WHILE	WERE	ATIT	ONA
KATARINA	NETWT	OGRES		
NIP	IHAVEM	YDOUBTS		
IDIDIOT	DIDO	SABE	NEIL	
PONDERED	DOVER	NILS	AME	
AGUY	ALB	RUG	TURNRD	
DORN	WEAKK	NEED	DIA	
WEEP	DRE	STORE	UNDO	
ANDSO	ITGOES	WEARY	SOUL	
PET	ETIENNE	ETC	AETNA	
PRO	TENSE	EST	THE	RAVIEN

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