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ARMY FLIER

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

VOL. 67 ■ NO. 06

FORT RUCKER ★ ALABAMA

FEBRUARY 9, 2017

SENIOR LEADER FORUM

Aviation leaders target decisive action readiness

By Kelly P. Morris
USAACE Public Affairs

More than 150 Army Aviation brigade commanders, command chief warrant officers and command sergeants major across the Army's active duty, National Guard and Reserve components descended on Fort Rucker Jan. 31 - Feb. 2 to hear from senior leaders and tackle key issues facing the Aviation branch.

The theme of this year's Aviation Senior Leader Forum was "Regaining Decisive Action Readiness."

The lineup of guest speakers for the event included leaders across the Army Aviation enterprise, as well as multiple commands and centers, including Headquarters Department of the Army, Training and Doctrine Command, Forces Command, the Combined Arms Center, Army Materiel Command, Special Operations (Aviation) Command and the Maneuver Center of Excellence.

Event host Maj. Gen. William K. Gayler, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, in an opening session Jan. 31 set the tone by focusing on how to win in a "globally challenged environment."

"The focus of this ought to be, when you get called you go with what you've got," Gayler said. "There's not going to be

a widget fielded to solve any current challenge you have. The only way to get at it is to build readiness through training and leader development, and re-focus back on our doctrine," the branch chief said.

To win on complex battlefields of the future "takes all of us, focused on building readiness, and regaining decisive action readiness, solely tied to the ground commander as his capability," he said.

Gayler described Army Aviation as "a professional and modernized force solely focused on ground troops that must generate options for combatant commanders in terms of reach, protection and lethality, to win on any battlefield."

The Army's solution to meet the demand for Army Aviation globally includes rotational forces, based on current capacity.

"We have requirements of about 35 battalions committed today on any given date across the globe and it's heavily active component. We've got to break the code on reserve components offsetting some of that deployment tempo," Gayler said. "You're going to be busy. We need to make sure you're busy in the right areas."

Among the challenges facing the branch is a manning shortage, which requires a deliberate surge to ramp up institutional training—including an increase of aircraft, instructor pilots, and simulations support.

Gayler said current Aviation requirements include the Improved Turbine Engine, Chinook Block II upgrade, continued improvement with the Aviation



PHOTO BY KELLY MORRIS

Gen. David G. Perkins, commanding general of the Army's Training and Doctrine Command, and Maj. Gen. William K. Gayler, commanding general of US Army Aviation Center of Excellence and Fort Rucker speak to Aviation leaders at the Aviation Senior Leader Forum at the Seneff building Jan. 31.

Survivability Equipment suite, degraded visual environment operability, munitions combinations for better precision and long-range capability, runway-independent Unmanned Aircraft Systems, and Future Vertical Lift.

"We've got to have the speed, range, power and endurance, agility at the objective area to be effective," Gayler said.

Gayler told leaders to train to the highest level readiness they can achieve.

"Train the collective strategy in the aviation training strategy. Don't train to flying hours, don't train to a limitation. Train

to your greatest capability collectively you can get to," Gayler said.

Gayler encouraged participants to familiarize themselves with a new comprehensive Aviation Leader Development Strategy developed at USAACE.

He encouraged leaders to provide feedback, and also to seek counsel from retired Aviation leaders.

Winning in a complex world requires providing multiple options to the commander to present multiple dilemmas to

SEE FORUM, PAGE A5

Sergeant Audie Murphy Club inducts 3 Soldiers

By Nathan Pfau
Army Flier Staff Writer

NCOs lead from the front, and three new inductees into one of the Army's most prestigious organizations are taking that creed to heart.

The Fort Rucker Sergeant Audie Murphy Club welcomed three new members: Master Sgt. Eric Kahle, NCO Academy 15Z maintenance branch chief; Sgt. 1st Class Christopher Stewart, NCO Academy 15K aircraft component repair supervisor small group leader; and Staff Sgt. Christopher Beadles, 1st Battalion, 13th Aviation Regiment 15Q air traffic controller instructor, during an induction ceremony at the U.S. Army Aviation Museum Friday.

Each Soldier expressed their gratitude for the support they received along the way and said the induction was an honor that made them proud to be a part of the NCO corps.

"This is a proud moment," said Kahle. "I've wanted to do this since I was a young NCO and now (I want to) set the standard for other NCOs under me to have something to strive for."

"I'm proud to be part of a prestigious organization like this one," added Stewart. "I like to challenge myself, and volunteer my time out in the community and outside of the Army, so this seemed like a great opportunity."

Beadles said that being inducted into

the organization is a great opportunity for him to be a standard bearer for not only the military, but for civilian organizations, as well.

Sgt. Maj. Francisco Declet, 164th Theater Airfield Operations Group S3 brigade sergeant major, was on hand to welcome the new inductees and congratulate them on their achievement.

"I'd like to say congratulations on a job well done. Audie Murphy was considered by many as a great American hero and a legend in his own right," said the sergeant major. "His very essence of courage set the standard for noncommissioned officers to aspire to go above and beyond the call of duty. These inductees today are the standard bearers for discipline and excellence in their units. They understand what it means to be a non-commissioned officer."

Audie Murphy is widely known as the most decorated Soldier in U.S. history, earning 33 awards and medals in World War II alone, including the Medal of Honor. He was also one of the most popular actors of his time, as well as a composer, poet and songwriter, and Declet said that he's a model for what NCOs should strive for.

In order for each of the Soldiers to be inducted into the club, they must have been nominated and endure two stringent boards, which tested their knowledge of

SEE AUDIE, PAGE A5



PHOTO BY NATHAN PFAU

Master Sgt. Eric Kahle and Sgt. 1st Class Christopher Stewart, both of the NCO Academy, and Staff Sgt. Christopher Beadles, 1-13th Avn. Regt., recite the NCO creed after being inducted into the Sgt. Audie Murphy Club during a ceremony at the U.S. Army Aviation Museum Friday.



PHOTO BY NATHAN PFAU

A CH-47 Chinook helicopter prepares to lift and sling load a C-12 from Dothan Airport to Fort Rucker's Aviation Combat Forensics Lab Jan. 31.

IMPROVING TRAINING Lab receives 1st fixed-wing aircraft

By Nathan Pfau
Army Flier Staff Writer

As the rotor wash of a CH-47 Chinook carrying its payload – a C-12 C/D – sent leaves and debris flying through the air, the plane became the first fixed-wing aircraft to call the Aviation Combat Forensics Lab home.

The C-12, which was provided as Government Furnished Equipment under the contract for the U.S. Army's fixed-wing flight training programs, was sling loaded by Fort Rucker pilots and crews of the Directorate of Evaluation and Standards from the Dothan Airport to the Fort Rucker forensics lab Jan. 31, according to Donald Page Jr., U.S. Army Aviation Center of Excellence G3.

The aircraft acquired through these programs have been used in these roles for approximately two decades and are near the end of their service life, said Page. The C-12 was requested by the Aviation Survivability Development and Tactics Team to be used as a training aid in its forensics lab.

CW4 Bart Schmidt and CW3(P) Mark Chamberlin, ASDAT Aviation combat forensics officers, both said the addition of the fixed-wing aircraft is a first and something they hope will aid in their training efforts.

"The (forensics lab) is used for (Joint Combat Assessment Team) training, and this is their initial phase of training," said Schmidt. "We're

just trying to rejuvenate the yard. We use the (lab) year round and this (training) makes it hands on – makes it real."

The forensics lab is home to different aircraft that have sustained damage from different types of weapon systems, and the goal is to give students going through training a hands-on and visual interpretation of what they will see when they encounter downed aircraft in the field, Chamberlin said.

"We do annual training with joint forces – Air Force, Navy and some Army – to curate (JCAT) assessors and this is Phase 1 of their training," he said. "Phase 1 gets their eyes open to what they can expect and how to assess an aircraft, as far as weapons effects."

The C-12 that was sling loaded to the lab has yet to sustain any "battle damage," but will soon be ready for its role in the training after it's transported to either Eglin Air Force Base, Florida, or Fort Benning, Georgia, where it will endure weapon systems testing.

After the weapon systems testing, the aircraft will be assessed by the Fort Rucker ASDAT team to figure out which type of weapon systems were used on the aircraft, and then it will be brought back to the forensics lab ready for its training aid role,

SEE TRAINING, PAGE A4

PERSPECTIVE

GETTING AN EDGE

Don't forget to say 'thank you' when job hunting

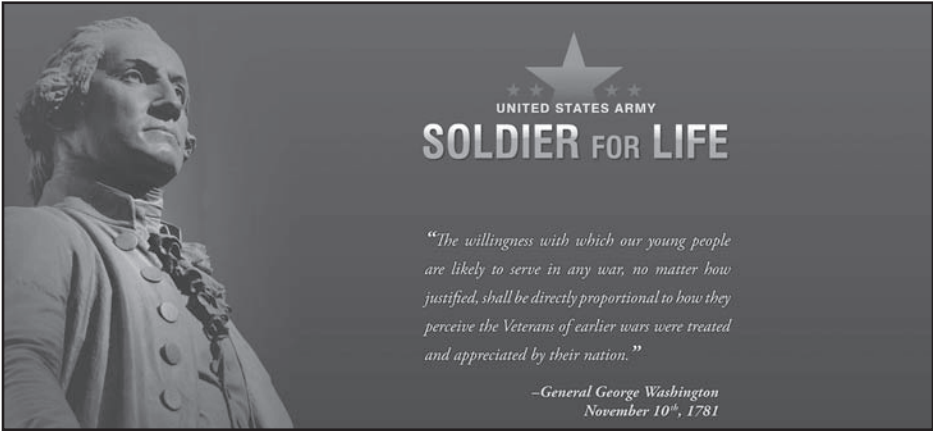
By Bryan Tharpe
Fort Rucker Soldier for Life
Transition Services Manager

So you made it through the interview. Now what?

For any job available, many people – sometimes hundreds – apply. Usually the employer limits the numbers who are interviewed to only a few. When you are selected, be sure the employer has decided that you have the basic qualifications for the job.

After the interview, writing a thank-you letter gives the employer one more thing to like about you. Most job hunters will not write a thank-you letter – if you do, you will separate yourself from the competition.

Mail it in time for the employer to receive it two or three days after the interview. If you were interviewed by more than one person or a panel, address it to the person who conducted the interview and who is responsible for hiring. This gesture will greatly increase your chances for a second interview or a job offer. In



DOD GRAPHIC

fact, several SFL-TAP clients have said this sold the employer on them instead of a competitor.

The thank-you letter tells the employer that you are enthusiastic about the job and the company, and that you are confident about your ability to do the job.

The letter should be tailored to the company's needs and the interviewer's personality. Personalize it by mentioning particulars about the job or company, or points specifically addressed at the interview.

If the interview went well, the purpose of the thank-you letter is to remind the employer about you and your qualifications. Communicate your continued interest in the job and summarize the qualities that make you the best choice.

Sometimes you need to highlight particular skills or qualifications you possess that the employer considers to be essential. If possible, use a few buzz words from the career field that show you will fit in. The letter will leave the employer with a

good impression of you, your skills and abilities.

If you forgot to mention some pertinent information or didn't answer an interviewer's question as well as you could have during the interview, the thank-you letter can give you a second chance. In the letter, repeat your strong points and elaborate on the points you failed to mention before. Answer the questions that you did not answer during the interview.

After sending the thank-you letter, no matter how well you thought the interview went, don't sit by the phone waiting to hear from the employer. Job hunting is an on-going process – start working on your next interview.

Always remember that interviewing is a learning experience. Although it will probably never be your favorite pastime, you will improve each time you interview.

If you experience a particular problem or tough question, or you feel you need additional practice, the Fort Rucker SFL-TAP Center will be glad to assist transitioning Soldiers and their spouses. Call 255-2558 for more information.

Advisers help Soldiers find VA benefits

U.S. Department of Veterans Affairs
Press Release

Where are you in the military life cycle? No matter your step in the journey — from serving at your first permanent duty station to preparing for retirement — there may be VA benefits that you and your family can access today.

- Here are some examples at each touch point.
- **Accession:** From the day you enter the military, you begin earning VA benefits, including Servicemembers Group Life Insurance. You can start managing your VA benefits and search for additional options you may be eligible for by building your eBenefits online profile.
 - **First permanent duty station:** At this touch point, you may be eligible for further VA benefits, like those for education and health care.
 - **Re-enlistment:** Deciding to re-enlist may enable you to transfer your Post-9/11 GI Bill® education benefits to your dependents.

- **Significant life events:** Promotions, homeownership, marriage, a growing family and other significant life events may affect which VA benefits you are eligible for. You may qualify for a VA home loan or adapted housing grant, for example, or for Family Servicemembers Group Life Insurance.
- **Separation and Retirement:** Separating from service can mean starting a new civilian career. VA offers resources and programs to help you find meaningful employment in the next phase of your life. And as a veteran or veteran's spouse, you may also be eligible for Veterans' Group Life Insurance and for Veterans Pension and Survivors Pension programs.

To learn more about the specific VA benefits available to you, contact your VA benefits advisers: Liz Legieza and Miguel Boschulte by phone at 334-255-1868 or by email at e.legieza.ctr@calibresys.com or Miguel.boschulte.ctr@calibresys.com.



VA GRAPHIC

Rotor Wash



Cathy Hernandez,
military spouse

"Arrange some type of special dinner, just for the two of you – that's what I like to do."



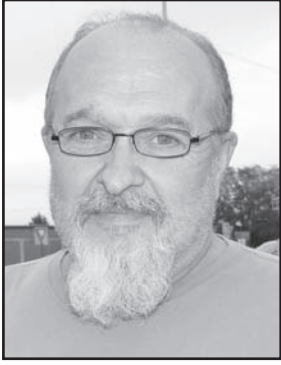
Daniel Simmons,
civilian

"Just by acknowledging them. Make sure to take time and do something they enjoy. Just acknowledge that you recognize what they bring to the relationship."



Harriett McKinnon,
military spouse

"Just have dinner with them."



Luther Moon,
retired military

"Buy them a nice gift."



Jeff Davis,
retired military

"Take them out to dinner, get them some flowers, a card or a nice gift – just spend time with them."

“Valentine’s Day is Tuesday. What ways can you show your significant other that they are special on that day?”

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Deadlines are Friday at 2 p.m. for the following week's edition.

All editorial content of the Army Flier is prepared, edited, provided and approved by the Public Affairs Office, U.S. Army Aviation Center of Excellence and Fort Rucker, AL.

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

CHANGE

Flatiron welcomes new detachment sergeant

By Nathan Pfau
Army Flier Staff Writer

The U.S. Army Air Ambulance Detachment welcomed a new detachment sergeant during a ceremony at Cairns Army Airfield Monday.

Sgt. 1st Class Aaron Burrows, incoming detachment sergeant, assumed responsibility from Sgt. 1st Class Christopher Orange as the NCO sword changed hands from Orange to Maj. David Behrmann, Flatiron commander, to Burrows, who welcomed the new responsibility with open arms.

“Major Behrmann, NCOs and Soldiers of Flatiron, I vow to give you 100 percent of my spirit and wellbeing to tackle challenges that may arise in the future,” said Burrows during the ceremony. “It is my goal to strengthen and shape (these Soldiers) into strong leaders, and to make our unit better than the way we came to it.”

Burrows rose to his position from within the ranks of Flatiron, previously holding the position of platoon sergeant. He thanked his command team for the opportunity to continue to lead, as well as his wife, Kelly, for her continued support throughout the years.

Behrmann said that he has full confidence in the new detachment sergeant and that the significance of the ceremony shouldn’t be understated.

“Sergeant First Class Burrows, you’re no stranger to this great organization,” said the commander. “You came to Flatiron



PHOTO BY NATHAN PFAU

Sgt. 1st Class Aaron Burrows, incoming detachment sergeant for the U.S. Army Air Ambulance Detachment, stands in front of Soldiers of Flatiron after assuming responsibility during a ceremony at Cairns Army Airfield Monday.

highly recommended, and had the chance to see the unit and the way that it runs.

“I’m confident that you will continue to carry on its long history and tradition of excellence now and in the future,” he continued. “I look forward to working with you and maintaining Flatiron as the finest MedEvac detachment that our military has to offer.”

Behrmann said the day was one that was

bittersweet as they welcomed the new detachment sergeant, but bid farewell to Orange, who is retiring.

“This is the day we say our farewells to Sergeant First Class Orange as he embarks on the event horizon of retirement and prepares to enter the civilian sector,” he said. “This position couldn’t have been filled by anyone better than Sergeant First Class Orange. I will never be able to thank you

enough for making my life as a Soldier and commander as easy as it has been – you’ve done your fair share and then some.”

That amount of dedication is what Behrmann said is required of not only a detachment sergeant, but all of those within Flatiron’s ranks – something he didn’t fully appreciate until a few months into his own time as commander.

He recalled being given an old book as he took command that was filled with newspaper articles and pictures that chronicled the various missions that Flatiron Soldiers had accomplished throughout the years.

“Missions to save individuals involved in horrific car wrecks, fellow Soldiers in aircraft crashes, and even a childbirth in the back of a Huey – all done by the professional Soldiers of Flatiron, so I tell you all, this change of responsibility is anything but run of the mill,” said the Flatiron commander. “(This responsibility) is one of the highest honors that can be bestowed upon a sergeant first class, in my own humble opinion.”

Orange echoed Behrmann’s sentiments and said he has full confidence that the Flatiron team is in good hands, adding that he’s glad to be ending his career on a high note.

“Thanks to the outstanding Spartan command team for this opportunity – I couldn’t think of a better way to end my career,” said the outgoing detachment sergeant. “I’m leaving this experience with a wealth of knowledge I will always treasure.”

PRESIDENT: America will stand with those who stand for freedom

By Jim Garamone
Defense Media Activity

WASHINGTON – The United States will stand with those who stand in the defense of freedom, President Donald J. Trump told service members at MacDill Air Force Base, Florida, Monday.

The president visited U.S. Central Command and U.S. Special Operations Command personnel and received briefings from Gen. Joseph L. Votel and Gen. Raymond Thomas.

The two commands work hand-in-hand to protect America and its vital interests. Special Operations Command has a worldwide mission. U.S. Central Command is especially focused on the threats emanating from the Middle East and Central Asia.

GRATITUDE

Trump visited the base to express his and the nation’s gratitude to the men and women of the commands. He also wanted to recognize the military families and spouses who shoulder the burdens

of war. “I want every military family in this country to know that our administration is at your service,” he said. “We stand with you 100 percent. We will protect those who protect us, and we will never, ever let you down.”

The president also thanked the representatives of the 52 nations in the coalition that work with personnel at CENTCOM. He said the nation is “very proudly standing with you.”

Protecting the United States and its vital interests was at the heart of Trump’s remarks at the base. He said he has no higher responsibility than the protection of the American people.

“Each and every one of you is central to that mission,” the president said. “The men and women serving in CENTCOM and SOCOM have poured out their hearts and souls for this country.”

The sacrifices that service members and their civilian support make are real, the president said.

“You’ve shed your blood across continents and oceans,” he said. “You’ve engaged the enemy on



PHOTO BY MARINE CORPS SGT. ALAN BELSER

President Donald J. Trump and Gen. Joseph L. Votel, commander of U.S. Central Command, spend a few minutes with troops on their way to a news briefing at MacDill Air Force Base, Fla., Monday.

distant battlefields, toiled in the burning heat and bitter cold and sacrificed everything so that we can remain safe and strong and free.”

He promised to not forget those sacrifices.

PROMISES TOOLS, EQUIPMENT

He also promised to provide

the tools, equipment, resources, training and supplies needed to accomplish the missions given to the commands. “We are going to be making a really historic investment in the armed forces of the United States and show the entire world that America stands with those who stand in defense of freedom,” Trump said.

The United States will support

its allies, but the president said he also wants partner nations “to pay their fair share.”

Trump added, “We strongly support NATO. We only ask that all the NATO members make their full and proper financial contributions to the NATO alliance, which many of them have not been doing.”

CENTCOM and SOCOM are central to the fight against radical Islamic terrorism, the president said.

“We are up against an enemy that celebrates death, and totally worships destruction,” Trump said. “[The Islamic State of Iraq and the Levant] is on a campaign of genocide, committing atrocities across the world. Radical Islamic terrorists are determined to strike our homeland as they did on 9/11, as they did from Boston to Orlando to San Bernardino.”

The president’s message to those forces of death and destruction is simple: “America and its allies will defeat you,” he said. “We will not allow it to take root in our country.”

SECDEF: US. will overwhelmingly respond to any nuclear weapons use

By Cheryl Pellerin
Defense Media Activity

WASHINGTON – The United States will defeat any attack on the homeland or on its allies and will meet any use of nuclear weapons with an effective and overwhelming response, Defense Secretary Jim Mattis said Friday in Seoul.

Mattis, on his first official visit as defense secretary to South Korea and Japan, spoke in advance of a meeting with South Korean Defense Minister Han Min-koo.

In Seoul, the two leaders stood on a stage at separate podiums against a backdrop of U.S. and South Korean national flags. Mattis’s remarks were translated consecutively.

IRON-CLAD GUARANTEES

“North Korea continues to launch missiles, develop a nuclear weapons program and engage in threatening rhetoric and be-



PHOTO BY SGT. AMBER I. SMITHBELSER

Defense Secretary Jim Mattis and South Korean Defense Minister Han Min-koo take part in a wreath-laying ceremony at Seoul National Cemetery Feb. 2. The cemetery was South Korea's first national cemetery for veterans.

havior,” the secretary said.

“We stand with our peace-loving Republic of Korea ally to maintain stability on the peninsula and in the region. America’s commitments to defending our allies and to upholding our extended deterrence guarantees remain iron clad,” he added.

North Korea’s threatening rhetoric and destabilizing behavior has prompted the United States and Korea to deploy terminal high-altitude area defense anti-ballistic missile systems, which Mattis called “highly effective,” to South Korea to protect its people and the 28,500 U.S. troops there who stand beside the U.S. allies.

According to the Missile Defense Agency’s website, THAAD is an element of the Ballistic Missile Defense System that can intercept and destroy ballistic missiles inside or outside earth’s atmosphere during the final, or terminal, phase of flight.

Mattis said the United States and South Korea also are committed to expanding trilateral venues of cooperation with Japan.

“The mutual defense of our nations is best served through teamwork,” the defense secretary said, noting that he and Han will discuss other ways to make sure “our militaries are always ready to protect this republic.”

TRUSTED BONDS

Feb. 2 and Friday, Mattis met with South Korea’s acting president and prime minister, Hwang Kyo-ahn, National Security Advisor Kim Kwan-jin and Minister of Foreign Affairs Yun Byung-se.

“From those meetings,” the defense secretary said, “I gained a deeper sense of the trusted bonds between our countries built on shared interests and values.”

The United States stands by its commitments and with its allies, he added.

“Our alliance is a testament to mutual commitment and respect,” Mattis said, “and it is a linchpin of peace and stability in the Asia Pacific region.”

Mattis was on a four-day trip to meet with defense leaders in Japan and South Korea. The trip underscored the U.S. commitment to its enduring alliances with the two nations and strengthened cooperation among all three.

News Briefs

Tax center

The Fort Rucker Tax Center is open for business, and a staff of fully trained preparers stands at the ready to help ease the burdens of tax season for Soldiers, families and retirees. Located in Bldg. 5700, Rm. 371F, the center is open Mondays-Fridays from 9 a.m. to 4 p.m. through April 15, and people should make an appointment to use the service, which also offers free

electronic filing for Soldiers, family members and retirees.

The tax center also offers a drop-off service, which allows single Soldiers to come in and drop off their income tax paperwork, and return in 48 hours to go over their complete return with a tax representative, said Clayton. Soldiers must return between the hours of 9-11 a.m., Mondays-Fridays for their returns. Single

Soldiers who wish to utilize the drop-off service must have a simple return with no more than two W-2 forms.

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

National Prayer Breakfast

The Fort Rucker Religious Support Officer will host its National Prayer Breakfast March 8

from 6:30-8 a.m. at The Landing. The speaker will be retired Chaplain (Col.) Alvin “Sonny” Moore, former U.S. Army Aviation Center of Excellence chaplain. Tickets are available at a suggested donation of \$5 per person and can be obtained through unit representatives or the RSO in Bldg. 8945 until March 3.

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



PHOTO BY NATHAN PFAU

Soldiers of the 3rd Infantry Division out of Savannah, Georgia, prepare and rig a C-12, to be sling loaded from Dothan Airport to Fort Rucker's Aviation Combat Forensics Lab Jan. 31.



PHOTO BY NATHAN PFAU

A CH-47 Chinook takes off from the Dothan Airport with the C-12 attached and ready for its transport to Fort Rucker.



PHOTO BY JIM HUGHES



COURTESY PHOTO

A CH-47 Chinook moves its payload.



PHOTO BY JIM HUGHES

The C-12 settles into its new home at the Fort Rucker Aviation Combat Forensics Lab.

Training

Continued from Page A1

Schmidt said. “Those going through the course will take a look at the aircraft and also try to come up with what weapon system shot at it,” he said. ASDAT’s role extends beyond just assessments on aircraft, though, added Schmidt. “(With those assessments), we’re taking the threat that we’re seeing and how the enemy is employing that threat, and seeing what (tactics, techniques and procedures), or counter-TTPs we can come up with to make the aircraft (and crew) more survivable,” he said. Phase 1 of JCAT training only takes place once a year, so the rest of the year other professional military education personnel, such as safety officers and maintenance officers, will utilize the forensics lab and the new addition to what they call

the “bone yard,” said Chamberlin. “We’ll take them out to the bone yard and do a brief with them, then finish up at the (lab) to show them the stuff we talked about in the brief so that they know what it actually looks like,” he said. “They get to see what that weapon system does to that airframe, so they have an actual hands-on look at what it looks like, so if they see it again down-range ... they can see that there is this specific threat in (their) environment, and that they need to be cognizant of that.” With the C-12 being the first fixed-wing airframe to be added to the forensics lab, the ASDAT team hopes the plane isn’t the last in a line of firsts. Schmidt said they hope to be able to add a full AH-64 Apache and full-size CH-47 Chinook to the lab. “We want to make the (lab) as accurate as possible,” he said.



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II Starts Thursday THE LEGO BATMAN MOVIE - PG Mon-Fri: 7:10 & 9:20 Sat & Sun: 2:10, 4:15, 7:10 & 9:20	IV SPLIT - PG-13 Mon-Fri: 7:00 & 9:20 Sat & Sun: 2:00, 4:20, 7:00 & 9:20
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III THE SPACE BETWEEN US - PG-13 Mon-Fri: 7:00 & 9:20 Sat & Sun: 2:00, 4:15, 7:00 & 9:20	



ARMY GRAPHIC

ON THE LOOKOUT

Army CID warns Soldiers to beware of ‘sextortion’ scams

U.S. Army Criminal Investigation Command
Public Affairs Staff Report

QUANTICO, Va. – The Army Criminal Investigation Command is cautioning Soldiers to beware of a form of cyber extortion in which criminals engage in online sexual activities with a victim and then demand money or favors in exchange for not publicizing potentially embarrassing information.

In these “sextortion” scams, said officials with CID’s Computer Crime Investigative Unit, the extortionist will convince a Soldier to send a compromising photo or engage in a sexually explicit video chat, then threaten to send the compromising images to the Soldier’s command, family and friends unless hush money is paid.

CID officials say Soldiers who are caught in the scam may reluctantly give in to the extortionist’s financial demands or blackmail in hopes of protecting their careers or avoiding embarrassment.

“Be cautious of your online communications and do not share intimate, personal information with strangers or people you have never met in person,” advised Special Agent Daniel Andrews, director of CCIU.

According to Andrews, victims who give in to the extortionists’ demands will be at risk of further exploitation. He encourages victims to seek the assistance of law enforcement.

“[Further exploitation] can include demands for additional payments, more sexual

images, sensitive military information, or access to Army systems and facilities,” Andrews said. “So, early notification to law enforcement is important.”

People who have been a victim of a sextortion scam, should adhere to the following tips.

-- Do not send money. CID has received reports of instances where scammers threatened to release videos unless a second or even third payment is made.

-- Do not continue to correspond with an extortionist.

-- Do preserve whatever information you have collected from the extortionist, such as the extortionist’s social networking profile, email accounts, and where the extortionist directed you to send the money.

-- Do notify CCIU at usarmy.cciuintel@mail.mil or 571-305-4478 to report being a victim if you are a service member or an Army civilian employee. If you are not associated with the military, report the crime to your local police department or the Department of Homeland Security Investigations at Assistance.Victim@ice.dhs.gov, or the FBI’s Internet Crime Complaint Center at www.ic3.gov.

For more information about computer security, other computer-related scams and to review previous cyber-crime alert notices and cyber-crime prevention flyers, visit the Army CID CCIU website at <http://www.cid.army.mil/cciu-advisories.html>.

For more information on CID visit www.cid.army.mil.

Forum

Continued from Page A1

the enemy, according to Gen. David G. Perkins, commanding general of Army’s Training and Doctrine Command, Fort Eustis, Va.

In a session focused on the Future Force of 2025 and Beyond, Multi-Domain Battle and the Army Operating Concept, Perkins emphasized more holistic thinking and an integrated approach, where problem sets from the beginning are viewed as cross-functional, multi domain, and where achieving ‘windows’ of superiority in the battle space is key.

“If we want to preserve freedom of maneuver, because we’re saying that’s our ace in the hole, we can’t go domain by domain—and have land domain take on land domain, air domain take on the air domain,” Perkins said.

“I will pick some place in my area of operations, and bring together cyber, space, air, maritime,

land—and will get domain superiority for a certain amount of time or over a certain amount of area,” he explained. “I’ve got to figure out where to maneuver this capability to get to positions of advantage and then consolidate my gains such that it puts me at a permanent advantage.”

Lt. Gen. Michael D. Lundy, commanding general, Army Combined Arms Center, Fort Leavenworth, Kansas, spoke about Unified Land Operations in large-scale land warfare.

“The silver bullet, in my mind, and what’s going to solve the problem is training and leader development, and a highly trained, very professional force that understands how to warfight and how to execute our current doctrine and be able to apply it in a multi domain environment.

“The principles, tenants, aspects of maneuver are not going to be different. The environment we’re going to be executing them in is going to be different,”

Lundy said.

Day 2 session topics included Aviation enlisted training, sustaining Aviation readiness, an update from the acquisition community, manning to maintain readiness, and the Movement and Maneuver functional concept.

With readiness as its top priority, the Army is looking to become more agile and adaptive in personnel management, according to Lt. Gen. James C. McConville, deputy Chief of Staff, Department of the Army G-1, Pentagon.

“We’re moving from an industrial age personnel management system to a 21st century talent management system that will fundamentally change the way we do business,” McConville said.

On Day 3, the event’s focus was working group topics from breakout sessions, including expeditionary operations, unit training/readiness, multi-component training, and UAS integration.

Audie

Continued from Page A1

Audie Murphy, as well as their situational awareness.

The club, which was started in 1986 at Fort Hood, Texas, exists to help with leader development and the duty of taking care of Soldiers and families.

Club members participate by volunteering their time in numerous community and family support activities, as well as help run the U.S. Army Aviation Center of Excellence-level ceremonies on the installation as narrators, award bearers and personnel to help the ceremonies run smoothly.

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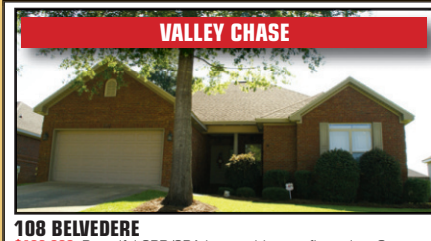
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DIRECTIONS: From Boll Weevil take Hwy 27 north, turn right into Cotton Creek Blvd, left into Grayton Lane.

BOB KUYKENDALL 334-369-8534

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FEBRUARY 9, 2017

UNIFIED ACTION



An AH-64 Apache flies in Afghanistan.

ARMY PHOTO

Team achieves readiness through aircraft modernization

By AMCOM Public Affairs
Staff Report

REDSTONE ARSENAL — Developing and delivering responsive aviation, missile and calibration materiel readiness to optimize joint warfighter capabilities is the U.S. Army Aviation and Missile Command's fundamental mission.

The command's materiel enterprise contributes to completing the mission by providing security for the nation, its deployed formations and American allies through active daily missions and deterrence.

The February 2016 Unified Action mission alignment order that collectively bonds the U.S. Army Contracting Command-Redstone and the U.S. Army Avia-

tion and Missile Research, Development and Engineering Center with AMCOM is key to these activities and mission accomplishments.

"Because of Unified Action, we can focus on the end state: the life cycle of the program," said Maj. Gen. Douglas Gabram, AMCOM commanding general. "We focus on designing in sustainability and reliability in the system from the outset. That way, we can reduce operation and maintenance cost drivers."

The recent Apache Helicopter Pitch Change Link challenge and future Black Hawk helicopter development plan are prime examples of the operationalization of Unified Action.

SEE UNIFIED, PAGE B4

AIR K9

Aviators help MWDs, medics train on MedEvac

By Maj. Chris Angeles
67th Forward Surgical Team

GRAFENWOEHR, Germany — Medical personnel, and military working dogs and handlers worked together to train on how to care for injured MWDs, injured Soldiers and conduct aeromedical evacuation for both during an exercise January 9-12 in Grafenwoehr Training Area.

Soldiers from a variety of units, including the 67th Forward Surgical Team, 100th MWD Detachment, 64th Medical Detachment Veterinary Service Support, medics from 3rd Squadron, 2nd Cavalry Regiment, and aeromedical evacuation crews from C Company, 1-214th General Support Aviation Battalion participated in the field training exercise.

"The vision for this FTX was for the 67th FST to conduct full spectrum-of-care training with any patient, human or canine, in a winter environment to enhance the team's readiness," said Maj. Linda C. Benavides, general surgeon and FST team chief. "Having vet support, MWDs and handlers, field medics, and MedEvac personnel and helicopters made this training operationally relevant and was an amazing experience for all participants."

In December, the FST trained with the veterinary staff of Dog Center Europe at Pulaski Barracks. To build upon that training, the FTX included classes by Maj. Christopher C. Corrie, veterinarian, and Sgt. Holly J. Schmidt, animal care specialist, both assigned to 64th MDVSS.

Soldiers from the 67th FST, 3-2nd Cav. and 1-214th GSAB, along with a Soldier from the German Bundeswehr, learned about basic veterinary assessment, intravenous catheter placement and bandaging. They were then able to put these skills to use on actual MWDs, handled by Sgt. Joseph A. Tucci and Pvt. Molly B. Reichert, both MWD handlers with the 100th MWD.

For Corrie, training with the FST was an example of how two separate units with separate missions can enhance each other's ability to provide patient care.

"The FST and veterinary detachments meld so effortlessly and have, in my experience, been significant force multipliers for each other downrange, especially in small operating bases," Corrie said, adding that any opportunity to train like this in an FTX is a win-win situation. "We look forward to more events like this in the future."

Following the veterinary training, licensed practical nurses of the 67th FST taught classes on medications common to both air and ground emergency medicine —

SEE K9, PAGE B4



PHOTO BY MAJ. CHRIS ANGELES

Sgt. Chad F. Salinero, a flight medic with C Co., 1-214th GSAB, pets MWD Anouska during her first helicopter ride as she is held by Sgt. Joseph A. Tucci, a military working dog handler with the 100th Military Working Dog Detachment, Jan. 11.



PHOTO BY SPC. ADELIN WITHERSPOON

Spc. Warren Bolden, a canine handler with 131st Military Working Dog Detachment, tells his MWD, Sgt. Leo, what a good boy he's been after UH-60L Black Hawk familiarization training on Camp Bondsteel, Kosovo, Jan. 27. The purpose of the training was to familiarize Multinational Battle Group-East flight crews with MWDs and handler teams with the medical evacuation procedures.

AT THE READY

JTF-Bravo Aviators help forces prepare for MedEvacs

By Maria Pinel
Joint Task Force-Bravo
Public Affairs

SOTO CANO AIR BASE, Honduras — The 1st Battalion, 228th Aviation Regiment conducted joint medical evacuation training with joint security forces at Soto Cano Jan. 17-18 to increase readiness and knowledge in preparation for medical emergencies.

The exercise had three phases that involved academics, hot and cold loading training, and the execution of a MedEvac rehearsal, where JSF soldiers were part of tag-line teams performing hoist operations underneath a helicopter.

During the academics, JSF personnel learned about aircraft capabilities and the importance of 9-lines, and mechanism, injury, signs and symptoms reports, to ensure proper ground-to-air communication so that units involved in the MedEvac received the necessary information to reach the patient's location, giving way to Phase 2 of the training where JSF physically carried a simulated patient onto a helicopter and practiced patient handover procedures.

"We focused on JSF this time because they deploy with our medical element on the MEDRETES [medical readiness training exercises]," said 1st Lt. Sean Lucas, C Company op-



PHOTO BY MARIA PINEL

A UH-60 Black Hawk assigned to JTF-Bravo's 1-228th Avn. Regt. approaches a landing zone during a joint exercise near Soto Cano Air Base, Honduras, Jan. 18.

erations officer and officer in charge of the training event. "It's important that if we do receive a MedEvac, these individuals who are on the ground with the patient know what we're looking for as Aviators — whether it be through marking a landing zone or talking to us on the radio, so we can respond quicker to the emergency."

Soldiers were also given different scenarios for evaluation and assessment to determine the right course of action and were asked to draft MIST reports, which were evaluated during the second day, when they also prac-

ticed patient handovers with flight medics.

"We are using a specialized team of 12 Soldiers working as a fast response team," said Sgt. David Torres, NCO in charge of training for JSF. "This training will help them identify and mark a landing zone for an aircraft. It also helps us provide security for the patient to receive care, and provide clear and specific information required before the aircraft arrives."

During the execution phase, person-

SEE JTF-BRAGO, PAGE B4

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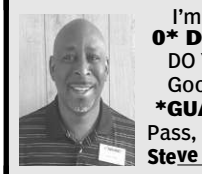
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FEBRUARY 9, 2017



PHOTO BY NATHAN PFUAU

Spc. Toni Green, 1st Battalion, 145th Aviation Regiment, speaks with Mandi Hull, Central Texas College representative, about education opportunities during the African-American History Month kickoff event at the post exchange Friday.

Post celebrates diversity with African-American History kickoff event

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker kicked off its month-long observance of what the 1st Aviation Brigade equal opportunity adviser called not just African-American history, but American history, with a hope to end inequality through education.

“This year’s theme is ‘Crisis in Black Education,’” said Sgt. Class Michael Lukeman, 1st Avn. Bde. equal opportunity adviser. “Without question, so many of societies unending ‘isms,’ be it racism, sexism, or anti-Semitism, can be fought and defeated through the power of education.”

That’s why with the help of the Fort Rucker Education Center, this year’s kickoff event at the post exchange Friday featured an education fair where different colleges and universities, including Troy University, Central Texas College and Embry-Riddle University, had tables set up where people could learn more about the opportunities that are available to them on post, said the EO officer.

“African-American history is rich in centuries-old efforts of resistance against this crisis (in education), including the slaves endeavors to learn, the rise of black colleges and universities, and the freedom schools of the 60s,” he said, adding that the fight continues today.

In addition to the education fair, people were able to listen to gospel songs performed live, as well as get a taste of traditional African-American cooking.

Lillian Evans, military spouse, said her visit to the post exchange was not only enlightening, but a welcome change when it comes to observances.

“I think this is a great way to use an observance month – to promote something like education,” she said. “Education is so important for not just youth, but for everyone. Some people might have reservations about going back to school later in life, but it’s nothing to be scared to do. I did it and

I’m working on finishing my degree, so I think it’s awesome that they’re trying to promote this.

“This is a really unique way to bring awareness to not just (African-American History Month), but other cultures, too,” she continued. “I believe diversity is really what brings strength to this country, and we have to celebrate that, no matter what background you come from – you have to embrace that this is what makes our country great.”

Throughout the month, Fort Rucker will continue to observe African-American History Month with different events.

- Friday from 10:15-10:45 a.m., the Center Library will host book readings to go along with the theme of promoting diversity, according to Lukeman. The readings will be for children up to 6 years old. For more information on the readings or volunteer opportunities, call the library at 255-3885.

- The EO office will hold its main equal opportunity observance Feb. 23 from 10-11:30 a.m. at the post theater, which will count toward second quarter equal opportunity training.

The guest speaker for the event is Capt. Taj Williams, D Company, 1st Battalion, 145th Aviation Regiment. Lukeman said that Williams will talk to audience members about his journey throughout his career as an African-American and the opportunities that were afforded him in Army Aviation.

“He tries to go out and talk to people and let them know that they’re not limited to only doing certain jobs within the military,” said the EO adviser. “The Army gives all kinds of opportunities, but you have to take advantage of them.”

- Feb. 26, there will be a free showing of the movie “Hidden Figures,” at the post theater, which highlights the contributions that African-American women had in the U.S. space program.

For more information or volunteer opportunities, call 255-2363 or 255-2930.

TRAVEL EXTRAVAGANZA

1-stop-shop event showcases vacation opportunities

By Jeremy Henderson
Army Flier Staff Writer

Travel opportunities will be just around the corner during this year’s Travel Extravaganza Feb. 22 from 10 a.m. until 1 p.m. at The Landing.

The event welcomed more than 1,000 patrons and 62 vendors last year and Savery Wile, MWR Central business manager, anticipates a similar showing this year.

“We anticipate about the same turnout again this year, and are extremely excited because we’ve added an hour on to the event to allow more time and easier access traveling through the show,” she said.

According to Wile, 60 vendors will be present at this year’s event. Those vendors range from hotels, convention and visitor centers, amusement and water parks, dinner theaters and destination locations.

“This is a wonderful opportunity for Soldiers and their families to see what all is available for their travel needs,” she said. “All of the vendors are bringing door prizes and information for their areas.”

Several online sites offer the ability to find vacation opportunities or deals on hotel rooms, but Wile said the Travel Extravaganza puts every piece of the vacation puzzle under one roof.

“The goal of this event is to show some of the amazing, hassle-free and affordable travel options that MWR Central can help to provide,” she said. “It will also show the community all that MWR Central has to offer.

“It is important to offer events like the

Travel Extravaganza so that people know what all is out there for them to explore,” she added.

Wile suggests attendees arrive early to secure parking and take advantage of everything the event has to offer.

“The doors open at 10 a.m.,” she said. “The vendors are coming from all different locations and have a lot of exciting information to offer. Make sure you plan to attend this event. Arrive early so you can spend time visiting each booth and seeing everything this event has to offer.

“We have a passport scavenger hunt game we will hand out to each person at the door,” she added. “This has all of the logos for the vendors and, as you stop by each booth, you’ll get them initialed off and then be entered to win one of the amazing door prizes. These door prizes range from free hotel night stays, gift baskets, amusement park tickets to a grand prize that you won’t want to miss out on.”

MWR Central will continue to offer savings to the Fort Rucker community with upcoming day trip opportunities, Wile said.

“There will be a Mobile Day Trip to celebrate Mardi Gras February 25 and a Deep Sea Private Charter Day Trip to Destin, Florida, March 4,” she said. “There are also tickets available for the Pepsi Spring Jam in Panama City Beach (Florida) April 28-29.”

For more information on the Travel Extravaganza or upcoming day trips, visit <http://rucker.armymwr.com/us/rucker/> or call 255-9517 or 255-2997.



PHOTOS BY NATHAN PFUAU

People browse a booth and peak into a treasure chest of prizes during last year’s Travel Extravaganza. This year’s event is scheduled for Feb. 22 from 10 a.m. until 1 p.m. at The Landing.



People browse different booths and have their passport scavenger hunt cards marked during last year’s Travel Extravaganza.



SOLDIER ART



LEFT: Lucy Baker and Harriet Boyd, civilians, view some of the artwork at the U.S. Army Aviation Museum during a Soldier and Veteran art show Saturday.

ABOVE: A wide variety of Soldier-created artwork filled the U.S. Army Aviation Museum art show Saturday.

COURTESY PHOTO

ON POST

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

Get Smart with Center Library

Get Smart with Center Library’s brown bag sessions are scheduled for Thursdays in February at 11 a.m. Each session will feature a special guest who will talk about ways for people to improve their life. Topics will include ways to stay active, manage stress and practice Internet safety, according to organizers.

Schedule: stress management, today; nutrition basics and disease prevention with Aimee McDonough, today; getting active and enjoying it, Feb. 16; and computer safety and tips with Dr. Greg Price, Feb. 23.

For more information and to register, stop by the Center Library or call 255-3885.

Unromantic Poetry Night

In honor of Valentine’s Day, Center Library will host its Unromantic Poetry Night reading contest today from 5:30-6:30 p.m. Winners will be decided by the audience. All ages are welcome to bring their most unromantic poetry and participate. The event will be open to authorized patrons and be Exceptional Family Member Program friendly.

For more information, stop by the Center Library or call 255-3885.

Dueling Pianos

The Landing will host Dueling Pianos, billed as a high-energy, all-request, sing-along, clap-along, rock-n’-roll comedy piano show, Friday at 8 p.m. Advance tickets will be available for \$12. Tickets will be \$16 after today. VIP tables that seat 10 will be available for \$150. Advance tickets may be purchased at The Landing, the Landing Zone, Coffee Zone at Lyster, or MWR Central.

For more information, call 255-0769.

Valentine’s Day riverboat cruise

MWR Central will host a trip to Montgomery for a romantic dinner cruise aboard the Harriott II Saturday. The cruise will include transportation, roses, surf and turf dinner, commemorative glass, live entertainment, and dancing. The cost is \$200 per couple. The trip will depart from the parking lot of Bldg. 5700 at 4:30 p.m. Boat boards at 6:30 p.m. and cruises from 7-9 p.m.

For more information, call 255-2997.

Mom & Me: Dad too!

Army Community Service hosts its Mom & Me: Dad too! playgroup Mondays from 9:30–11 a.m. at The Commons. The playgroup is for families with children ages birth to 3 years old.

For more information, call 255-9647 or 255-3359.

Sweetheart Dinner

The Landing Zone will host its Sweetheart Dinners Tuesday. The dinner is a three-course meal in a romantic setting, according to organizers. For \$48.99 per couple, each person gets their choice of an appetizer, entrée and dessert. The Landing Zone regular menu will not be available during the Sweetheart Dinner. Reservations are highly recommended as seating availability is limited.

For more information or to make reservations, call 255-0768.

Tot Time

Army Community Service hosts its Tot Time playgroup Wednesdays from 9:30-11a.m. at The Commons, Bldg. 8950. The playgroup is for children 12-36 months and their caregivers. The playgroup provides programs and activities that enhance caregiver-child interaction, and stimulate child growth and development.

For more information, call 255-9647 or 255-3359.

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session Feb. 16. People who attend will meet in Rm. 350 at 8:45 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about noon. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.

For more information, call 255-2594.

Mad Scientist Workshop

Center Library will host its Mad Scientist

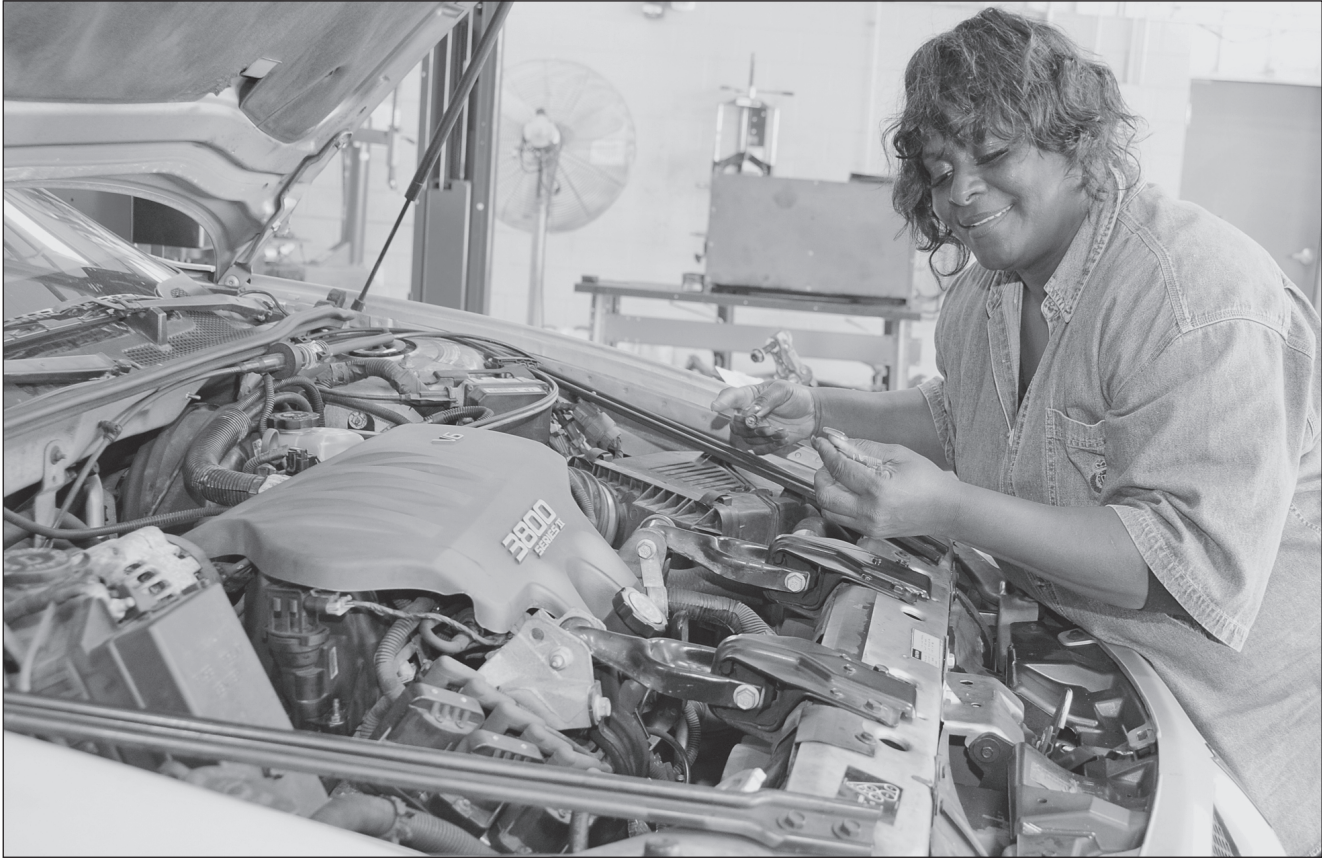


PHOTO BY NATHAN PFAU

‘We Can Do It’ ladies class

Gail Stewart, military veteran, checks the oil level in her car as she prepares to perform general maintenance on her vehicle at the automotive skills center in this file photo. The Fort Rucker Auto Skills Center will host its “We Can Do It!” ladies class designed for ladies to learn how to change the oil, top off fluids and visually inspect their vehicle for any safety concerns or issues Sunday from noon to 2 p.m. There is a \$20 fee for the class that covers the cost of oil and filter, 17-point inspection form and a certificate of completion. For more information or to make a reservation, call 255-9725.

Workshop, a science, technology, engineering, art and math program starting Feb. 16 from 4-5 p.m. Youth ages 7-12 are welcome to take the Engineering Challenge. The program is free and open to authorized patrons. Registration is required and limited to the first 20 registrants.

For more information or to register, visit the Center Library or call 255-3885.

Newcomers welcome

A newcomers welcome is scheduled for Feb. 17 from 8:30-11 a.m. at The Landing. Active-duty military, spouses, foreign students, Army civilians and family members are encouraged by post officials to attend the newcomers orientation. A free light breakfast and Starbucks coffee will be served. For free childcare, people can register their children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the newcomers welcome.

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

Heart 2 Heart Skate Night

The Fort Rucker Child Youth Services’ School Age Center will host its Heart 2 Heart Skate Night Feb. 17. There will be a contest for the best dressed boy and girl. Safety skate is \$2 and will be from 6:15-7:15 p.m. Regular skate is \$5 from 7:30-9:30 p.m. Only cash will be accepted.

Participants must be registered with CYS. For more information, call 255-9108.

Blended retirement system seminar

The Army Community Service Financial Readiness Program will present a blended retirement seminar from 6-7 p.m. Feb. 22 in the Soldier Service Center, Bldg. 5700 in Rm. 282. The seminar will be a discussion of the significant aspects the BRS, including how retirement pay will be calculated, continuation pay and the Thrift Saving Plan with matching contributions. This discussion will be facilitated by ACS accredited financial counselors. Pre-registration is required by Feb. 21. Free child care will be available with registration

For more information and to register, call 255-3949 or 255-9631. Registration can also be at <http://rucker.armymwr.com/us/rucker/programs/army-community-service>.

Travel Extravaganza

Fort Rucker will host its 29th annual Travel Extravaganza Feb. 22 from 10 a.m. to 1 p.m. at The Landing. The event will feature a Passport Scavenger Hunt for chances to win door prizes, such as attraction tickets, hotel stays, clothing, memorabilia, an MWR Prize pack and a grand prize. Patrons do not have to be present to win. For more information, call 255-2997 or 255-9517.

Federal jobs workshop

Army Community Service will host its

DFMWR SPOTLIGHT

MWR Central Trips

Bldg. 5700, Rm. 130, (334)255-2997/9517

Planning a trip? Don't miss the Fort Rucker **Travel Extravaganza** **Wednesday, February 22** The Landing, 10 am–1 pm

A Passport Scavenger Hunt will take place and offer chances to win door prizes such as attraction tickets, hotel stays, clothing, memorabilia, an MWR Prize pack and a Grand Prize that will be given away during the event. Patrons do not have to be present to win.

Open to the Public
Free Admission
Door Prizes

Over 50 vendors will be present to discuss information and answer questions!

Valentines Riverboat Cruise in Montgomery Day Trip
Saturday, February 11

The cost is \$200 per couple and includes transportation, roses, surf and turf dinner, champagne with commemorative glass, live entertainment, and dancing.

Mardi Gras in Mobile Day Trip
Saturday, February 25

The cost is \$47 per person and includes transportation to and from Mobile, along with a catered lunch at Wintzell's Oyster House. Spend the afternoon along the parade route enjoying beads, floats and more!

COMING SOON!

Deep Sea Fishing Private Charter Day Trip in Destin, FL—Saturday, March 4

For those who really love to fish, this is the trip for you. The cost is \$175 per person and includes transportation, bait, rod, reel, fishing license, fish cleaning, tip, and 6-hour fishing trip. For more information contact MWR Central, (334)255-2997/9517 or Outdoor Recreation, (334)255-4305.

Pepsi Spring Jam Tickets Available at MWR Central

Pepsi Spring Jam will be held on April 28–29 in Panama City Beach, FL! 2-day admission tickets are available for \$78.95 at MWR Central.

For more details, stop by or call MWR Central, Bldg. 5700, Rm. 130, (334)255-2997/9517.

federal job workshop Feb. 23 from 8 a.m. to noon in Bldg. 5700, Rm. 284. The workshop is aimed at getting people the information they need to increase their federal employment possibilities. Participants will receive a free copy of Kathryn Troutman’s “Job-seeker’s Guide (7th Edition).” Registration is required two days prior to the workshop. Space is limited to the first 60 people to register and the workshop is open to authorized patrons only.

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

Right Arm Night

The Landing Zone will host Fort Rucker Right Arm Night Feb. 23 from 4-6 p.m. 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. Pictured is a scene from a previous Right Arm Night.

FORT RUCKER MOVIE SCHEDULE FOR FEBRUARY 9-12

Thursday, February 9

Passengers (PG-13)7 p.m.

Friday, February 10

John Wick Chapter 2 (R)4 & 7 p.m.

Saturday, February 11

John Wick Chapter 2 (R)4 & 7 p.m.

Sunday, February 12

John Wick Chapter 2 (R)1 & 4 p.m.

HERITAGE

Museum recognizes African-Americans’ contribution to armed forces

By David Vergun
Army News Service

ABERDEEN PROVING GROUND, Md. — Chenel R. Banks’ timing was impeccable.

In September, she flew from Afghanistan to the U.S. for rest and relaxation leave, just in time to visit the grand opening of the Smithsonian National Museum of African American Heritage and Culture on the Mall in Washington, D.C.

A program analyst with Army Communications-Electronics Command, G-5, Banks has always been proud of her African-American heritage, and so has her family. The museum, she said, stands as a powerful reminder of the many reasons for that pride.

Among the prominent African-American figures celebrated there are Civil-Rights leaders like Dr. Martin Luther King, Jr. and Rosa Parks, and sports luminaries like Muhammad Ali and Jacki Robinson. Displays showcase the musical instruments, attire and memorabilia of music legends Billie Holiday, Ray Charles and many others.

But for Banks, the military portion of the museum is the most relevant. An entire section of the museum is devoted to the African-Americans who served in the armed forces in every campaign, from the Revolutionary War up to today. Uniforms, weapons and accouterments are on display, as well as letters and manuscripts.

A number of Banks’ family members served in the military or are currently serving. Her grandfather served in the Army; her uncles served in the Marine Corps; her ex-husband is a retired Soldier; and her Soldier son, Duwovel Peaker Jr., currently serves as a 25Q multichannel transmission system operator/maintainer stationed at Fort Bliss, Texas.

After her R&R, Banks returned to Bagram Air Base to finish her deployment. During her deployment, an attack on Nov. 12 at the base by a suicide bomber killed four Americans and injured 17 others. The blast shook her living quarters, an intermodal container.

“It was very scary,” she remembered. “At the time, we didn’t know what was happening. We get incoming rockets all the time, right after the sirens sound. But this time, no sirens went off to warn us.”



ARMY PHOTO

African-American Soldiers contributed to the war effort during World War I, as depicted in this painting at the Smithsonian National Museum of African American Heritage and Culture.

Despite the danger of living and working in Afghanistan, Banks said, she was glad she went. “It was the best experience in my life – working close to the warfighter and experiencing what’s really happening in that deployed environment.”

Her deployment ended in December. She has since returned to her hometown of Aberdeen, Maryland, where as a high school student she once ran track and was a cheerleader. Today, she works as a portfolio manager for the MITRE Corps. She handles their information-technology contracts for all of the services.

In her free time, she is working on her genealogy, which she says is a complex pursuit. The lives of her African-American ancestors were not well documented, so she expects the project will remain a work in progress for some time.

Each year, she and others celebrate Black History Month by attending the Black History Month Concert, held on the installation. She looks forward to going again this year with her daughter, Pashayla Peaker, a student at nearby Harford Community College.



PHOTO BY DAVID VERGUN

Jackie Robinson’s uniform and photos are on display at the Smithsonian National Museum of African American Heritage and Culture on the Mall in Washington, D.C. Robinson was inducted into the Baseball Hall of Fame in 1962 and is a former Soldier.

Free tax software, support available for Soldiers, families

By Lisa Ferdinando
Defense Media Activity

WASHINGTON — With the tax season upon us, service members and their families can access free tax-filing software and consultations to help them navigate the task of submitting their annual taxes.

Military members and their families can visit the Military OneSource website or call 1-800-342-9647 for the no-cost MilTax software, explained Erika Slaton, a program analyst with Military OneSource.

The Defense Department recognizes that military members and their families have unique filing situations with deployments, relocations and various deductions and credits, she said.

The MilTax software, previously known as “Military OneSource Tax Services,” was created with the military situation in mind, Slaton said.

EXPERT TAX CONSULTANTS

Tax consultants are available via phone through Military OneSource, Slaton said. In-person tax filing assistance can be accessed at military installations at a Volunteer Income Tax Assistance location.

The tax consultants can inform eligible users about the unique tax benefits available to service members and their families, Slaton said.

Tax laws change each year, Slaton pointed out, adding MilTax consultants are experts on the nuances of the law and can help users get the tax credits they earned and deserve.

“That’s why it’s such a great program because it is a program that is specifically designed for those unique military tax situations,” she said.

MilTax is confidential and secure, Slaton said. The online filing program allows users to submit a federal return and up to three state tax returns, she said.

Those eligible for MilTax include members of the Air Force, Army, Navy, Marines and National Guard. Coast Guardsmen serving under Title 10 authority are entitled to the services, as well. Retired and honorably discharged members are authorized for up to 180 days past their separation. Spouses, dependent children and survivors are able to use the free services, as well.

Calculations are backed by a 100-percent accuracy guarantee, Slaton said.

The deadline to file taxes this year is April 18. The traditional tax deadline day is April 15, but it falls on a Saturday this year, and the following Monday, April 17, is Emancipation Day, in the District of Columbia – a legal holiday – according to the IRS.

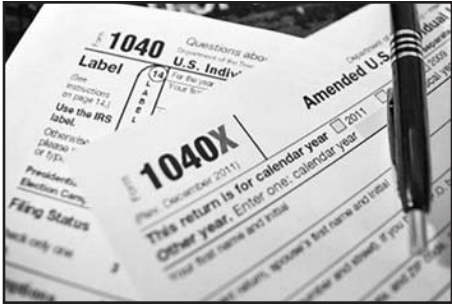
CALL, CLICK, CONNECT

Slaton wants the military community to know about the range of services and resources available at no cost through the Defense Department-funded Military OneSource, including services and resources related to health, family relation-

ships, education, employment, financial issues, deployments and transitions.

Military members and their families, she said, can “call, click and connect today” to access these services.

“We encourage service members and their families to learn more about Military OneSource, MilTax and all of the services that are available because it is a benefit that they deserve,” she said.



DOD GRAPHIC

Bringing People Together Thru Faith

ARMY FLIER

Church Directory

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

First United Methodist Church

214 S. Main Street • Enterprise

347-3467

Prayer Line 347-3467 ext 321

Service Times:

Traditional - in the Fellowship Hall..... 11:00AM

Contemporary C-3 - in the Fellowship Hall..... 8:45AM

The Gathering (Youth) 6:00PM

Sunday School 9:55AM

Nursery Care Every Service

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

“Small things done with great love will change the world”

VINEYARD CHURCH

DOTHAN

Sun 10:30 Service; Wed 6:30 Small Groups
(334) 671-0093 • 150 Bethlehem Rd
DOTHANVINEYARD.COM

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

Mobile hosts oldest Mardi Gras celebration

Visit Mobile
Press Release

Mobile is not only recognized as celebrating the first known American Mardi Gras celebration in 1703, but also as home to America’s Family Mardi Gras, according to city tourism officials. The celebration lasts more than 2 1/2 weeks – now through Feb. 28 – and culminates on Fat Tuesday, the day before Lent. For weeks, the streets of downtown Mobile are filled with the sights and sounds of live marching bands, brilliantly colored floats and, of course, crowds of parade-goers. The floats are glowing spectacles manned by masked riders festooned in satin and sequins, and armed with crowd-pleasing throws, such as beads, MoonPies, doubloons and candy.

For more information, visit <http://www.mobile.org/>.



WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

ONGOING — Andalusia Public Library offers free practice tests. Patrons can choose from more than 300 online tests based on official exams such as the ACT, SAT, GED, ASVAB, firefighter, police officer, paramedic, U.S. citizenship and many more. Patrons may select to take a test and receive immediate scoring. Test results are stored in personalized individual accounts, accessible only to patrons. Call 222-6612 for more information.

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

DALEVILLE

ONGOING — Veterans of Foreign Wars Post 6020 Franchise J. Ballard Post membership meetings are at the post headquarters on State Road 84 every third Thursday of the month at 7 p.m. Breakfast is served Sundays, and games and TVs are available for entertainment. Meetings are open to all. The post can host parties, weddings, and hails and farewells. For more information, call 598-6211, 598-1297, 598-6211 or 379-9187.

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

DOTHAN

MARCH 14-18 — Southeast Alabama Community Theatre presents “9 to 5 The Musical,” with music and lyrics by Dolly Parton. The show is based on the seminal 1980 hit movie, set in the late 1970s. Tickets will go on sale Feb. 27 online at www.SEACT.com, www.DothanCivicCenter.org, or by contacting the Dothan Civic Center Box Office 334-615-3175. Tickets are \$25 for adults and \$23 for students, seniors 65 and older, military with ID – limit of two. The Dothan Opera House lobby opens at 6 p.m. with tickets on sale if the performance is not sold out. Reserved seating begins at 6:30 p.m.

ONGOING — The American Legion Post 12 holds monthly meetings on the second Thursday of each month at 6:30 p.m. Meetings are held at the post’s facility at 3087 Hwy. 605, which is Brannon Stand Road at the intersection of Park Avenue. For more information, call 400-5356.

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

host parties, weddings, and hails and farewells.

ENTERPRISE

FEB. 19 — The Masterworks Choir of Enterprise will present selections from Mendelssohn’s “Elijah” and other music at 3 p.m. at First Baptist Church of Enterprise. The event will feature guest organist Urs Tolotti from North Carolina. The concert is free, but donations are welcome. For more information, visit the Masterworks Choir’s Facebook page or call 334-390-1009.

ONGOING — The Enterprise baseball team is starting a league and is in need of players. High school- and college-aged people are eligible to play. Tryouts will be held every weekend until April. For more information, including times and locations of tryouts, call 334-347-1660.

ONGOING — Classes in the Taoist Tai Chi Society™ Internal Arts and Methods are currently held at the YMCA Fitness Center and the Episcopal Church of the Epiphany Parish Hall. At the Y, classes are offered Thursdays at 1 p.m. and Saturdays at 10 a.m. At the church, classes are offered Mondays at 9 a.m. and Thursdays at 5:30 p.m. Anyone interested in joining a class is welcome to join any time. Tai Chi is an ancient Chinese exercise that promotes health and relaxation. It is suitable for all ages and physical conditions. Comfortable, loose clothing and flat-soled shoes are recommended attire for these classes. All classes are taught by accredited volunteer instructors. For more information, call 334-588-0512. For more information about Taoist Tai Chi, visit <http://www.taoist.org/usa/locations/montgomery/>.

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

FEB. 23 — Disabled American Veterans Chapter 99 will meet at 6 p.m. in the senior center, located one block behind the old New Brockton Police station. Food and drink will be served, followed by regular chapter business. The group invites other veterans throughout the Wiregrass to join as DAV or DAV Auxiliary. For more information, call 334-718- 5707.

ONGOING — Tuesdays and Wednesdays, from 9-11

a.m., Disabled American Veterans Chapter 99 maintains a service office in the New Brockton Police Station at 706 McKinnon Street. The office will assist veterans who were injured or disabled while in military service. DAV service officers help veterans and their spouses with disability compensation claims, Veterans Affairs pensions, death benefits, VA medical care, Social Security disability benefits, veterans job programs, homeless veterans services and other veteran services. All veteran services are provided free of charge. For more information, call 334-406-6700.

OZARK

FEB. 10 — St. Michael’s Episcopal Church will host a classical guitar concert at 7 p.m. The classical guitarist is Stephen Robinson, professor of music at Stetson University. Following the concert will be a meet-the-artist reception in the church parish hall. This is a free concert.

ONGOING –AL-ANON will hold weekly meetings on Mondays at noon at the Lutheran Prince of Peace. For more information, call 618-513-1258.

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

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

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

TROY

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

WIREGRASS AREA

ONGOING — A German coffee takes place the last Thursday of every month except November at 10 a.m. at The Landing on Fort Rucker. The group has been meeting for more than 40 years.

Beyond Briefs

SGI Tour of Homes

The St. George Island Tour of Homes will be held Feb. 11 at St. George Island, Florida. The tour features distinctive homes from beach to bay. The event is sponsored by the St. George Lighthouse Association. A kickoff event will be held Feb. 10 from 6-8 p.m. at the St. George Island Fire Station on Pine Street. For more information, visit <http://www.stgeorgelight.org/news-events/tour-of-homes/>.

Strides for Scholars 5k

Panama City, Florida, will host its Strides for Scholars 5K walk, run and fun run Feb. 11 from 7 a.m. to noon at the Bay Education Foundation at 1311 Balboa Avenue. The event is designed to promote fitness and fellowship among supporters of education and to raise funds to benefit the Take Stock In Children scholarship and mentoring program for local kids, according to organizers. The 5K begins at 8 a.m. with the fun run immediately following. The awards brunch immediately follows the fun run. Preregistration and race packet pickup will take place from 3-5 p.m. Feb. 10 at 1311 Balboa Avenue. On-site regis-

tration will take place Feb. 11 beginning at 7 a.m.

To register or get more information, visit <http://www.bayartsevents.com/event/strides-for-scholars-5k/>.

‘Oystertown’ at Dixie Theatre

The Dixie Theatre in Apalachicola, Florida, invites all to help celebrate the rich history of the town and The Forgotten Coast at an original production developed especially for the theatre, according to organizers. “Oystertown” combines storytelling, music and historic archival footage to celebrate and examine the history of this hidden hamlet on the Forgotten Coast of Florida. Apalachicola is a small town that could be anyone’s hometown. It is filled with a rich history steeped in Southern tradition and American history. Dixie Theatre veterans will weave tales of how Apalachicola began and where it is going. The production will take place Feb. 15 at 3 p.m., Feb. 18 at 3 and 8 p.m., Feb. 22 at 3 p.m. and Feb. 25 at 3 and 8 p.m. For tickets, call the box office at 850-653-3200. For more information, visit <http://www.dixietheatre.com/>.

Eagle Awareness 2017

Lake Guntersville State Park will host its annual Eagle Awareness Weekends

through Feb. 19. The event features live bird demonstrations, programs delivered by notable speakers and guided field trips for viewing eagles in their natural habitat. The park is located at 1155 Lodge Drive, Guntersville. Recently, park staff discovered a new eagle nest in the park. Eagle Awareness visitors will be able to view the nest with a guide. Other new programs and activities include live bald eagle demonstrations on each Sunday afternoon bird of prey programs, Chick-fil-A Adventure Quest for children under 12, Friday story time, and the Gunter School Photo Contest for Marshall County students.

Eagle Awareness events are free to the public. There is no registration needed to attend the programs or field trips. However, the sessions can fill up fast so participants are encouraged to arrive early for the events. To celebrate Eagle Awareness at Lake Guntersville, the park is offering several overnight accommodation packages and dining specials. Package holder exclusives include priority seating at all programs, exclusive photo opportunities with Sunday presenters, and discounts to participating businesses and restaurants in the Guntersville area.

For more information about the events schedule, Eagle Awareness packages or to make reservations, visit www.alapark.com/lake-guntersville-state-park or call 256-571-5440. To learn more about Alabama State Parks, visit www.alapark.com.

‘To Kill a Mockingbird’

Prattville’s Way Off Broadway Theatre announces its production of Harper Lee’s “To Kill a Mockingbird,” adapted by Christopher Sergel, which will be produced by special arrangement with The Dramatic Publishing Company of Woodstock, Illinois, Feb. 9-26. It will show Fridays and Saturdays at 7:30 p.m., Sundays at 2 p.m., and Feb. 9 at 7:30 p.m. and Feb. 14 at 7:30 p.m.

For more information, call 334-595 -0854 or visit wobt.prattvilleal.gov.

Orchid Show and Sale

Bellingrath Gardens and the Home for the Mobile Area Orchid Society will host their 40th annual Orchid Show and Sale Feb. 17-19 from noon to 5 p.m. at the gardens in Theodore. Mobile Area Orchid Society members will display their best orchids, and will be available to answer questions and provide tips on growing and caring for these exotic plants. There will be vendors selling orchids, supplies and accessories. Admission into the show is free of charge, but guests are encouraged to tour the gardens and home.

At Rock Island Arsenal, small arms are a big deal

By Paul Levesque
ASC Public

ROCK ISLAND ARSENAL, Ill. — For most of its history, Rock Island Arsenal was a center for the production, overhaul, repair, inspection, testing and management of small arms for the U.S. Army.

These days, RIA's once-thriving small arms mission is now mostly a thing of the past, with the last vestiges departing in recent years in the wake of a 2005 Base Realignment and Closure decision to transfer tactical command functions from Rock Island to the command's headquarters in Warren, Michigan.

But anyone with an interest in small arms — a category that includes weapons intended for use by individual Soldiers — can still find one of the best collections of small arms in the nation, if not the world, at the Rock Island Arsenal Museum.

The collection includes at least one weapon that dates back to the Revolutionary War, along with numerous prototypes and at least a dozen items marked with Serial No. 1.

Visitors to the museum can view the small arms mounted on two long walls behind a tall glass case. Items on the walls are roughly grouped by type: pistols, rifles, submachine guns, etc. Brochures highlight some of the more unique and important weapons. The museum's small arms collection currently includes 1,227 items.

"Everything we have is on exhibit," museum director Kris Leinicke said. "That's unusual, since most museums aren't able to display entire collections like this."

Leinicke knows exactly how many small arms are in the museum because she performs a visual inventory of the collection once a week. More thorough checks of the collection are performed quarterly, as required by the regulation guiding activities at Army museums — two of the four must be "disinterested" inventories.

Disinterested inventories, Leinicke explained, are inventories performed by individuals who have no interest in the outcome and are not employed by the museum or involved in its operation or management.

"I can't do any hands-on work during a disinterested inventory," Leinicke said, "though I can help guide and oversee it."

Leinicke estimated that each disinterested inventory involves about 50 hours of labor. The latest disinterested inventory was conducted in December by Dr. Elista Istre, a historian working as a contractor for the Army's Center of Military History, and Julia Evans, a student pursuing a master's degree in museum studies at the Quad Cities campus of Western Illinois University.

That campus, which opened in 2012, is located just a few miles from the arsenal. Having a college with a museum studies program in close proximity, Leinicke noted, benefits the students, who can gain hands-on experience, and the Museum, which puts the volunteer labor to good use.



PHOTOS BY KEVIN FLEMING

Julia Evans, a museum studies graduate student at the Quad Cities Campus of Western Illinois University, looks for a serial number inside of a revolver while conducting an inventory of the RIA Museum's small arms collection at Rock Island Arsenal, Illinois, Dec. 12.



Dr. Elista Istre, a historian working as a contractor for the Army's Center of Military History, references a logbook during an inventory of the RIA Museum's small arms collection.

Under a new mutual agreement, future disinterested inventories will be performed on a rotating basis by Soldiers and civilian employees assigned from organizations based on RIA, including the Army Sustainment Command, the Joint Munitions Command, and First Army. Volunteers will be sought for the inventories, Leinicke said, with each inventory done by four individuals divided into two-member teams.

During an inventory, each item in the small arms collection is individually inspected to ensure the serial numbers and numbered tags that hang alongside the items match museum records. Many of the small arms in the collection were produced before marking with serial numbers became common early in the 20th century; in those cases, Leinicke said, "dummy" serial numbers are assigned.

Anyone who performs an inventory must first be trained in the proper handling of museum artifacts and must wear white gloves while doing the hands-on work.

While anyone can see the small arms, few are allowed to touch them. Leinicke said that access is sometimes granted to researchers and historians who obtain advance approval.

These measures are meant to protect the value of the small arms collection, which Leinicke noted was difficult to measure in terms of dollars.

"What we have is probably worth millions," Leinicke said. "More important is the fact that many of the items in the collection are unique and irreplaceable, and all have great historical value."

The small arms collection is actually considered a secondary aspect of the museum, the pri-



A pistol is closely examined during inventory.

mary mission of which is to share the overall story of Rock Island Arsenal, with an emphasis on the theme of "people, processes and products." But for anyone with an interest in the history of firearms, the collection should prove quite an attraction.

"Many of our visitors are amazed by what we have here," Leinicke said. "It really makes quite an impression."

More information is available at <http://www.arsenalhistoricalsociety.org/museum>.



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Every Girl's Dream!
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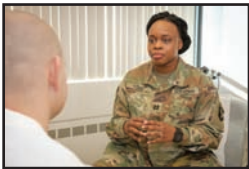
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ARMY DOC:

Women's health screenings help save lives

Story on Page D3

FEBRUARY 9, 2017

HORSE PLAY

Riding stables’ lessons cater to riders of all skill levels

By **Jeremy Henderson**
Army Flier Staff Writer

No matter what their skill level, the Fort Rucker Riding Stables provides a place for horse enthusiasts, young and old, to saddle up and hit the trails.

The stables, located on Hatch Road just south of the Silver Wings Golf Course, offer riding lessons throughout the year. The one-hour lessons are taught in a one-on-one format and are available for anyone ages 7 and older.

“Horseback riding is a marvelous way to enjoy nature with an equine companion,” Martie Haverfield, recreation aide at the riding stables, said. “It is good exercise, and the experience of ‘talking to a horse’ through body language helps a person understand and accept an animal as a friend, companion, partner and working friend.

“Relax and look forward to becoming ‘part’ of the horse,” she added. “The horse looks to the rider for direction, and responds to leg pressure, voice, seat movement, and weight position and hands controlling the reins.”

Lessons are \$30 per person with the owner’s horse, or \$40 per lesson with an instructor-furnished horse. Lessons are available Fridays, Saturdays and Sundays.

Horseback riding can be a great experience for families, according to Haverfield, and families are welcome to take advantage of the lessons. However, lessons must take place on an individual basis.

“Families can sign up for separate lessons and watch each others’ lessons, but the instructor must concentrate fully on one rider if they are young or a novice,” she said. “A horse usually weighs about 1,000 pounds or more and can easily hurt a rider if they don’t know what they are doing. An instructor will teach safety first, and what to do in an awkward or potentially dangerous situation.”

According to Haverfield, riders will first be taught to be comfortable and unafraid of the horse, and will learn the proper way to mount, sit and direct the horse.

“Always remember a horse will usually try to do what the rider is asking if they ask in a way the horse can understand,”



FILE PHOTO

Rylie Benehan, family member, does a trick on her horse, Spanky, an American Quarter Horse, in this file photo.

she said. “Body language and some voice commands are usually what a horse understands. If the horse doesn’t understand your language, don’t blame him, you are the one not being clear in what you want of him. Don’t expect to go galloping through the woods after your first few lessons.”

Although the lessons are ideal for first-time or inexperienced riders seeking to improve their abilities, seasoned riders are always welcome.

“Even the Olympic competitors still take lessons,” Haverfield said. “The day you think you know it all is the day you are probably going to get hurt. You might as well stop riding at that point.”

For riders who wish to use their own horse, Haverfield stressed the importance of trailer safety when transporting the horse.

“Trailer safety is essential,” she said. “Never trailer the horse with saddle, bridle,

etc., on the horse. Make sure the floor is solid and safe – no sharp points, etc. The trailer should be big enough that it fits the size of the horse.

“A saddle should fit the horse as well as the rider,” she added. “Pads should be clean and comfortable, so they won’t pinch when the saddle is put on. The bridle should not pinch the head. The bit should be positioned properly in the horses’ mouth and not be severe.”

How should riders dress for lessons? Haverfield suggested comfortable, but practical attire.

“Riders should wear long pants and a shoe with a hard sole — no tennis shoes, sandals or flip-flops,” she said. “Your foot could easily slip through the stirrup and that can be a serious problem. Dress accordingly for the weather and the activity that you will be doing. Young riders should

always wear a hard hat (helmet). Always check and double check the tightness of the girth. It should be snug, but not pinch, and positioned properly on the horse. Check all leather for dry rot and weakness.”

According to Haverfield, progress can be made in just a few lessons if the rider is focuses and dedicated to learning.

“It depends entirely on the dedication, determination and willingness to learn,” she said. “Most people can be competent enough to sit on the horse comfortably at a walk, and direct the animal after two or three lessons.

“However, it is seldom wise to ride alone unless you are experienced,” she added. “Too many unexpected things can happen and, remember, there is safety in numbers.”

For more information, call 255-0021 or 255-4305.

HEALTHY HEARTS:

Military Health System observes Healthy Heart Month

Healthy lifestyle leads to healthy heart

By **J.D. Levite**
*Air Force Surgeon General
Public Affairs*

FALLS CHURCH, Va. — Medical experts say there are plenty of things people can do to ensure a healthy heart, including quitting smoking and not drinking too much. Heart disease, heart attack, and stroke are just some of the consequences of not taking care of your heart.

To take care of your heart, physical activity, smarter nutritional diet choices and mindfulness are three key actions everyone can take, according to Air Force Capt. Regan Stiegmann, a Preventive Medicine resident physician at the Uniformed Services University of Health Sciences.

She said people need to hone in on “more functional and more impactful” changes that lead to a healthier diet.

“It’s the ‘crawl before you walk’ approach,” Stiegmann said. “I’m not saying you should make extremely drastic changes like to stop eating meat entire or stop eating dairy period. The more successful approach I’ve found is one small change at a time. Whether that change has to do with food choices, physical activity, or stress management, you start seeing the changes in your patients, and they start seeing how much that change impacts them.”

One small change Stiegmann said people can do is to reduce the amount of processed foods and refined sugars they eat.

“Too much processed food and excess sugar leads to inflammation, which is the underpinning of most diseases including heart disease,” she said, adding that physical activity can address that state of inflammation, too.



DOD GRAPHIC

“When you’re physically active you’re circulating more blood and oxygen to your muscles and encouraging new growth in your cells,” she said, adding that it’s not just about your cells, but about the heart, as well. “You’re creating strength in your heart muscles and your physical muscles, which is creating lean mass and helping to contribute to a general state of healthier wellbeing overall.”

Regular physical activity contributes not just to a healthier body weight but to healthier cholesterol levels, blood pressure and a better sense of wellbeing in general.

Mindfulness, the third focus for good heart health, is all about how to manage stress in a smart way, she said.

“Everybody has some element of stress in their life, and stress absolutely influences and impacts your body,” Stiegmann said. “Mindfulness helps reframe the way you approach the stressors you encounter, which in turn helps to reduce the amount of impact that stress can cause to your cells. Many people don’t know that stress can lead to states of inflammation.”

Finding small ways to improve each of these lifestyle-specific elements is important because poor heart health has been



ARMY PHOTO

Proper nutrition improves Soldier readiness

By **John M. Rosenberg**
*Warrior Care and Transition
Public Affairs*

ARLINGTON, Va. — Diet and nutrition play an integral role in maintaining Army readiness. This applies to the force as a whole, but is especially relevant to Soldiers serving in Warrior Transition Units who have expectations of returning to active duty.

“There are a lot of nutrition goals that wounded, ill and injured Soldiers can use as a starting point in their recovery,” says Lt. Col. Annie Cichocki, action officer, Clinical Liaison Division, Deputy Chief of Staff, Warrior Care and Transition. “The bottom line is to eat healthy.”

According to Cichocki, there’s no such thing as good foods and bad foods, it’s just a matter of overall caloric intake.

“It doesn’t mean you can never eat cake and ice cream,” Cichocki said. As with the U.S. population as a whole, she recommends that Soldiers follow the MyPlate method – a nutrition guide published by the U.S. Department of Agriculture that replaced the long-serving food pyramid.

“The premise behind MyPlate is that half of your plate should be fruit and vegetables, one- fourth is meats and other proteins, and the other fourth is starches such as whole grains and potatoes,” Cichocki said. “Potatoes are not bad. What makes them bad is what we put on them – loading them with sour cream, butter and bacon bits.”

Cichocki says wounded, ill and injured Soldiers can eat the same thing as every-

DOWN TIME

OUR STORY SO FAR...



Flash Gordon comic strip panels 1-5. Panel 1: Flash Gordon is shown in a futuristic setting, looking up at a large, ornate structure. Panel 2: Flash is shown in a futuristic setting, looking up at a large, ornate structure. Panel 3: Flash is shown in a futuristic setting, looking up at a large, ornate structure. Panel 4: Flash is shown in a futuristic setting, looking up at a large, ornate structure. Panel 5: Flash is shown in a futuristic setting, looking up at a large, ornate structure.

Flash Gordon

BY JIM KEEFE 2-5

REGAINING CONSCIOUSNESS, DALE AWAKENS IN UNFAMILIAR SURROUNDINGS.

I'D HEARD OF THE EXOTIC WOMAN FROM THE DISTANT PLANET CALLED "EARTH"...

...BUT LITTLE DID I IMAGINE HOW BEAUTIFUL SHE'D BE.

W...WHERE AM I? WHERE'S FLASH?

HE'S NOT YOUR CONCERN ANYMORE. I'VE BESTED HIM... BLEW HIM RIGHT OUT OF THE SKY!

YOU BELONG TO ME NOW.

I'D HOPED YOU'D BE DIFFERENT, BUT YOU'RE JUST LIKE THE OTHERS!

I'M NOT A TROPHY TO BE PASSED AROUND!

NOW, WHERE'S FLASH? WHAT HAVE YOU DONE WITH HIM?!

NO MATTER, YOU'LL SEE IT MY WAY SOON ENOUGH!

NEXT: THE 'OTHERS'!

Just Like Cats & Dogs by Dave T. Phipps



Comic strip panels 1-2. Panel 1: A dog is shown in a futuristic setting, looking up at a large, ornate structure. Panel 2: A dog is shown in a futuristic setting, looking up at a large, ornate structure.

Trivia test by Fifi Rodriguez

TRIVIA

1. GEOGRAPHY: What is the capital of Serbia?
2. TELEVISION: Who played Monica's boyfriend Richard on "Friends"?
3. NATURAL WORLD: What is the common name of Euphorbia pulcherrima, which blooms during the holidays?
4. BIBLE: What is the third book of the Old Testament?
5. GAMES: What is the shape of the answer grid inside a "Magic 8 Ball," a hand-held game that gives stock answers to questions?
6. AD SLOGANS: Which car rental company had the slogan "We try harder"?
7. LITERATURE: Who was the author of the 1954 novel "The Adventures of Augie March"?
8. COMICS: What is the name of Dagwood and Blondie's dog?
9. MYTHOLOGY: What was the name of the monstrous hound that guards the gates of Hades?
10. ANATOMY: What is the meniscus disc in the knee made of?

See Page D3 for this week's answers.

Super Crossword PAIR-A-PHRASING

ACROSS

1 Music-licensing gp.

6 With greatest frequency

14 Light, in a way

20 River to Lake Geneva

21 Many kids' art projects

22 "Any way is fine by me"

23 STARDOM WEALTH

25 "Bewitched" husband

26 F minor, e.g.

27 Albany hrs.

28 Abbr. on a pay stub

30 One of King Lear's daughters

31 Most like Solomon

33 STRIKE DWELLING

39 "... boy — girl?"

40 Gambling place, briefly

42 Planted "pet"

43 "Für —" (Beethoven favorite)

44 HUDSON OCTET

48 "Peanuts" girl with glasses

52 Student's dissertation

53 Country's McEntire

56 Wyatt of the Old West

57 Hector

60 "Mona —"

63 Makes match up

66 Pasty luau fare

67 Skating rink shape

68 PERFORM ZERO

71 In a strict way

74 Bovine sound

75 Global divide

76 NEGATIVE LEVY

81 Tomb-raiding Croft

82 Suffix of pasta names

83 "A Bell for —" (classic novel)

84 Any minute

85 "Slim Shady" rapper

87 Blockhead

89 Half of Mork's goodbye

91 Gradually withdrew

93 Antigen attackers

96 EMERALD JEALOUSY

102 Path in a jet

105 Miami — (Florida county)

106 Wasted

107 Small battery size

108 GREATLY OFFING

113 Guevara's commander

115 Of the hipbone

116 Prickly seedcase

117 Ark.-to-Ill. dir.

119 Mai —

120 Frolic

122 ALLOWED STATUTE

129 Verdi tragedy

130 Hold dear

131 Flared dress

132 Forwarded, as mail

133 Furry marine mammal

134 Encounters

DOWN

1 Terrier noise

2 One-named Latina singer

3 Approaches to attack

4 Keep — on (watch)

5 Pod spherule

6 What touts tabulate

7 Liquor bottle

8 Overly

9 Be incorrect

10 Met or Phillie rival

11 Avian runner

12 RCA rival

13 Fly of Kenya

14 Pot coverer

15 Reality TV celebrity fired by Donald three times

16 Cry from a member of an arriving group

17 Ship's goods

18 Faith Hill's "Take Me —"

19 Wife of Dick Cheney

24 Prickly plants

29 N.J. neighbor

31 Pan for stir-frying

32 Ex-frosches

34 Strands post-blizzard

35 Summer misery stat

36 Puff piece?

37 Actor Bert in a lion suit

38 Footballer Tebow

41 City transport

45 And others, in Latin

46 Grain storer

47 See 72-Down

49 Ei — (peak in California)

50 Mined find

51 Clever adage

54 Party abbr. about drinks

55 Append

57 Certain wind musician

58 Of flight technology

59 Music of Scott Joplin

61 Highway rig

62 Parts of nerve cells

64 — au vin

65 Good name for a chef?

68 Bob of folk

69 Country in West Africa

70 Silver — (photo lab compound)

72 With 47-Down, forensic tool

73 Kind of TV

77 A, in Aquila

78 Ding- —

79 Out-of- — (visitor)

80 De novo

85 Tempted

86 Maestro Zubin

88 Like nondefective DVDs

90 Pakistani's language

92 Feel sickly

94 Capital of Nebraska

95 135 degrees from 117-Across

97 Nosh on

98 End of some URLs

99 Cole of song

100 "Iglu" for "igloo," e.g.

101 7"6" Ming

103 R&D center

104 Bursts forth

108 Pep

109 Make thrilled

110 Country singer LeAnn

111 Brother, in Brest

112 Between, in Brest

114 Vogue topic

118 — do-well

121 Boatload

123 Actor Stephen

124 — Zedong

125 Suffix with 124-Down

126 Boy pharaoh

127 "Whack!"

128 Craven of horror films

See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

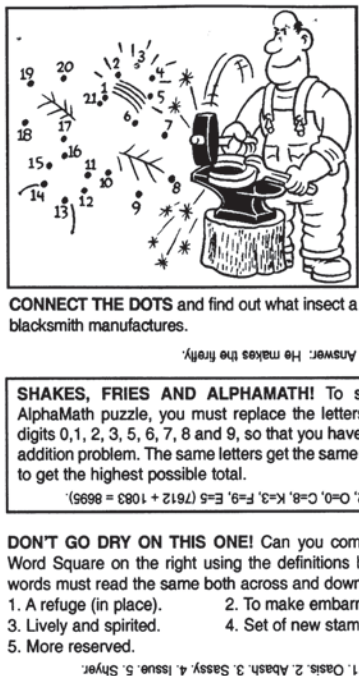
DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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See Page D3 for this week's answers.

KID's CORNER



Junior Whirl puzzle. A circular puzzle with numbers 1-26 and letters A-Z. The puzzle is a 5x5 grid with some cells empty. The numbers are: 19, 20, 21, 22, 23, 24, 25, 26, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18.

CONNECT THE DOTS and find out what insect a blacksmith manufactures.

Answer: He makes the firefly.

SHAKES, FRIES AND ALPHAMATH! To solve this AlphaMath puzzle, you must replace the letters with the digits 0, 1, 2, 3, 5, 6, 7, 8 and 9, so that you have a correct addition problem. The same letters get the same digits. Try to get the highest possible total.

Our answer: H=7, A=6, B=1, C=4, D=2, E=3, F=8, G=5, I=9, J=0, K=2, L=3, M=4, N=5, O=6, P=7, Q=8, R=9, S=0, T=1, U=2, V=3, W=4, X=5, Y=6, Z=7.

DON'T GO DRY ON THIS ONE! Can you complete the Word Square on the right using the definitions below. All words must read the same both across and down.

1. A refuge (in place). 2. To make embarrassed.

3. Lively and spirited. 4. Set of new stamps.

5. More reserved.

Answers: 1. Oasis, 2. Abash, 3. Sassy, 4. Issue, 5. Shyer.



Wishing Well puzzle. A 10x10 grid with numbers 1-10. The numbers are: 5, 4, 2, 5, 7, 5, 2, 8, 4, 7, 3, 7, 5, Y, K, A, O, R, U, D, A, E, E, L, S, E, 3, 7, 4, 6, 7, 4, 7, 4, 2, 4, 7, 6, 8, O, T, E, N, R, P, I, P, E, R, C, E, T, 6, 2, 4, 8, 5, 6, 3, 2, 3, 6, 8, 7, 8, W, L, O, E, X, T, V, I, E, H, L, T, E, 7, 8, 2, 6, 8, 7, 8, 4, 7, 6, 7, 8, 2, I, P, G, O, H, O, O, M, N, U, L, N, H, 7, 8, 6, 7, 2, 8, 5, 4, 5, 8, 5, 8, 3, I, E, G, F, T, C, T, I, E, A, N, L, U, 4, 7, 8, 3, 7, 6, 7, 3, 5, 4, 2, 3, 6, S, T, L, P, E, H, D, H, D, E, F, E, T, 5, 3, 5, 4, 3, 2, 5, 2, 5, 2, 6, 2, 2, H, L, E, S, D, U, L, L, P, D, S, A, Y.

Hidden in the diagram above are 19 words pertaining to the four seasons of the year. They can be found reading up or down, or side to side. You'll even find them diagonally going up or down. Letters can be used more than once. Listed below are the words that you're looking for.

APPLES FISHING SHOWER
AUTUMN FLURRIES SLEET
BLOSSOM FOLIAGE SPRING
BONFIRE HARVEST SUMMER
CAMPING HIKING TENNIS
CLEANUP OCEAN WINTER
COLLEGE



HOCUS-FOCUS puzzle. A 10x10 grid with numbers 1-10. The numbers are: 5, 4, 2, 5, 7, 5, 2, 8, 4, 7, 3, 7, 5, Y, K, A, O, R, U, D, A, E, E, L, S, E, 3, 7, 4, 6, 7, 4, 7, 4, 2, 4, 7, 6, 8, O, T, E, N, R, P, I, P, E, R, C, E, T, 6, 2, 4, 8, 5, 6, 3, 2, 3, 6, 8, 7, 8, W, L, O, E, X, T, V, I, E, H, L, T, E, 7, 8, 2, 6, 8, 7, 8, 4, 7, 6, 7, 8, 2, I, P, G, O, H, O, O, M, N, U, L, N, H, 7, 8, 6, 7, 2, 8, 5, 4, 5, 8, 5, 8, 3, I, E, G, F, T, C, T, I, E, A, N, L, U, 4, 7, 8, 3, 7, 6, 7, 3, 5, 4, 2, 3, 6, S, T, L, P, E, H, D, H, D, E, F, E, T, 5, 3, 5, 4, 3, 2, 5, 2, 5, 2, 6, 2, 2, H, L, E, S, D, U, L, L, P, D, S, A, Y.

Find at least six differences in details between panels.

Answers: 1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14. 15. 16. 17. 18. 19. 20. 21. 22. 23. 24. 25. 26. 27. 28. 29. 30. 31. 32. 33. 34. 35. 36. 37. 38. 39. 40. 41. 42. 43. 44. 45. 46. 47. 48. 49. 50. 51. 52. 53. 54. 55. 56. 57. 58. 59. 60. 61. 62. 63. 64. 65. 66. 67. 68. 69. 70. 71. 72. 73. 74. 75. 76. 77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. 90. 91. 92. 93. 94. 95. 96. 97. 98. 99. 100. 101. 102. 103. 104. 105. 106. 107. 108. 109. 110. 111. 112. 113. 114. 115. 116. 117. 118. 119. 120. 121. 122. 123. 124. 125. 126. 127. 128. 129. 130. 131. 132. 133. 134.

Army doc: Women’s health screenings help save lives

By Laura Boyd
Fort Campbell Public Affairs

FORT CAMPBELL, Ky. — Capt. David Tillman, obstetrics and gynecology physician, has a wife and two children at home and understands how busy life can be, but urges women not to let the busyness of life get in the way of important women’s health screenings.

Tillman, who works at Blanchfield Army Community Hospital Women’s Health Clinic, said he can relate to why women do not want to go to an uncomfortable well-women visit, especially since he has a wife at home who is busy taking care of their children.

However, Tillman offers some great motivational factors of why women should reconsider scheduling their well-woman exam, regardless of their busy lifestyle.

Tillman said that cervical cancer is the third most common gynecologic malignancy with approximately 15,000 new cases diagnosed every year.

“Appropriate screening is critical, because if untreated, these abnormal cells can progress to cervical cancer. Once cervical cancer is identified, more invasive treatments are necessary,” he said.

Cervical cancer is not a diagnosis anyone wants to receive. An abnormal pap smear doesn’t always relate to cervical cancer but by obtaining routine and suggested screenings women can avoid abnormal cells from developing into cancer, Tillman said.

One of Tillman’s patients, Capt. Ebony Todd, who is expecting her second child Feb. 14, believes it is important to be screened



PHOTO BY DAVID E. GILLESPIE

Capt. Ebony Todd, legal adviser at Fort Campbell, Ky., discusses her pregnancy with Capt. (Dr.) David Tillman, Blanchfield Army Community Hospital, Jan. 30.

regularly with wellness exams. Todd, a Fort Campbell Judge Advocate attorney and special victims counsel, understands the value of catching concerns early.

“I’m glad and grateful that the military requires us to be screened so frequently because it allows us to be accountable, not only to ourselves, but our families. If something were to happen to me, I would want to have as much awareness, knowledge and be given as much notice as possible, to be able to try to take care of myself so I’m there for my family,” she said.

Todd has reason to understand the importance of regular screenings, especially cancer screenings. She has lost three members of her husband’s family to cancer.

“It’s very prominent in his family to have cancer and so for that very reason, I value any testing or screening for cancer period,” she said. “It doesn’t matter what type of cancer it is. This (Pap test) is one of those screenings that is very quick, very easy. Although it can be uncomfortable having

someone perform the screening, it’s definitely worth every moment of that little bit of uncomfortableness.

“I would say to all female Soldiers out there, all females period: if you have an opportunity to take a Pap test, you definitely should,” Todd added. “There is no reason not to, especially when you have the amenities right on base and we have these great doctors right here at Blanchfield.”

With a woman’s first abnormal Pap test, the chance that cancer has already developed is less than one percent, Tillman said. “However, it often identifies precancerous cells. Depending on the findings, and age of the patient, we may recommend further testing with focused biopsies, or in-office procedures to remove the abnormal cells. With appropriate interventions and follow-up, greater than 95 percent of patients can expect resolution of the Pap smear abnormalities.”

According to Tillman, if precancerous cells are caught early, it is a fairly slowly developing process and can be found long before cancer develops. The evaluation and treatment of precancerous findings can be performed by many of the providers in the clinic, with recommended screening for cervical cancer beginning at age 21 for all women, according to the Center for Disease Control. If Pap tests are normal, screening should occur every three years after the normal screening occurs.

“At the age of 30, we start co-testing for the HPV virus with the Pap smear. If both (HPV and cytology) are normal, screening is then recommended every five years,” he

said.

The clinic follows the national guidelines for women’s well-women screenings, which are established by American Society for Cervical and Colposcopy Pathology, and is supported and endorsed by the American Congress of Obstetrics and Gynecology, Tillman said. These are the same guidelines followed across all DOD facilities and by all Women’s Healthcare providers in the U.S.

Although a woman’s health screenings may be normal and it is not recommended for her to return for another three years for a pap smear, Tillman said women should still be seen annually by their primary care provider for a general physical exam.

“The HPV vaccine is recommended to women and men from the age of 12 to 26. The vaccine is effective against four strains of the HPV virus, two of which are believed to cause up to 80 percent of cervical cancer,” he said. “This vaccine was designed to be a cancer preventive vaccination.”

Since women often live busy lives, it is important that they take time out of their busy schedules to ensure their health is properly managed so they can continue with their normal routines, which often involves taking care of others, he added.

“Regular routine health screening offers the best opportunity for early detection of any issues. Pap smears and mammograms are the two most notable screening tests in the women’s health field,” Tillman said. “By patient and providers following these guidelines, we have the best opportunity for early detection and intervention, which leads to the highest likelihood of cure.”

Heart

Continued from Page D1

linked to many other health issues, including high blood pressure, diabetes, and long-term heart disease, she said.

“It’s like a snowball effect when you start dealing with heart health because your heart is connected so intimately with everything else,” Stiegmann said. “Your No. 1 and No. 2 go-to organs are your heart and your brain. They are in a symbiotic loop and the rest of your body is tied to that.

When your heart stops working as properly as it should that ties to every other organ system in your body.”

Stiegmann said a doctor’s visit can help people learn their risks for heart disease and how to stem those risks, particularly with changes in everyday activities. She also recommended lifestyle medicine providers who can help people address all the elements related to heart health: what you eat, physical activity, mental health, the importance of quality sleep and how to maintain a good rela-

tionship with stress.

“Every one of those lifestyle elements you can work on, improve, and ultimately see changes in your own personal health,” she said. “Each small improvement sets you up to succeed in avoiding long-term chronic disease.”

Men and women tend to make different choices when it comes to heart health, but everyone can benefit from improved lifestyle choices, she said.

Nurtition

Continued from Page D1

one else, so long as there are no underlying medical issues such as hypertension, diabetes, cardiovascular disease and high cholesterol. “For most of the WTU population I recommend the MyPlate method whereby one eats a lot of fruits and vegetables, lean meats, moderate amounts of whole grains and good starch.”

Sometimes Cichocki’s dietary sugges-

tions are met with resistance. She cites, as an example, Soldiers who are meat-and-potato types who insist upon maintaining their diet. “They can still have what they want, but they need to limit the frequency with which they eat these foods. It’s the same thing, for example, as a Soldier who likes rice – it’s okay to have your rice, but just cut back on the amount and limit the sodium intake.”

For many wounded, ill and injured Sol-

diers, a subsequent decrease in physical activity can lead to weight gain and other problems. Although dedicated dieticians are not among full-time staff within the WTUs, Cichocki said they are available at the medical treatment facilities if needed.

“When I was a dietician at Fort Carson (Colorado) we saw a lot of WTB Soldiers,” she said. “While they’re recovering, they may fail to adjust their caloric intake and they should always remember

– it’s calories in, calories out.”

In explaining why she entered the dietary field, Cichocki cited her love of food and eating. “I was also fascinated by sports nutrition and how food can fuel the body. Nutrition has a role in everything. If a Soldier is in the hospital and is provided with foods that are appropriate for them at that period of time, the decreased physical activity doesn’t have to result in weight gain and it can aid in their recovery.”

FORT RUCKER SPORTS BRIEFS

Start Smart Baseball Registration

Start Smart Baseball registration runs now through Feb. 28. The National Alliance for Youth Sports and Fort Rucker Youth Sports will host the six-session instructional program that helps children learn the basics of baseball: throwing, catching, batting, and running and agility. The program helps prepare children for organized baseball using safe and fun equipment to teach them the basic motor skills, according to organizers. Start Smart Baseball is open to children 3-4 years old and requires parent participation. The program will meet Mondays and Wednesdays for three weeks, starting March 6, from 5-5:45 p.m. on the outfield of Baseball Field 2. Cost is \$20 per participant and includes a T-shirt. There will be a parents meeting March 1 at 6 p.m. in the youth center gym, Bldg. 2800.

To register visit parent central services, call 255-9638 or use Webtrac. For more information, call 255-2254 or 255-2257.

Winter Couples Scuffle

Silver Wings Golf Course will host its Winter Couples Scuffle Sunday and Feb. 19. This two-person scramble is available to all couples of all skill levels. Nine holes on the course cost \$5 per couple per week – does not include cart or green fees. Tee times are from 11 a.m. to 2 p.m. and scores must be turned in by 4:30 p.m. Team handicap will be determined after two rounds. On

the last Sunday of the month, couples are invited to attend a social where prizes and trophies are awarded, and snacks are provided. The event is open to the public.

For more information, call 255-0089.

Biggest Buck Contest

Fort Rucker Outdoor Recreation continues its Big Buck Contest through Friday during daylight hours. Entry fee is \$25 per person and the contest is open to the public. Participants must be registered before harvesting their buck – bucks must be harvested on Fort Rucker to qualify. Fort Rucker requires that individuals ages 16 and older have an Alabama State Hunting License, a Fort Rucker Post Hunting Permit and a Hunter Education Card. For more information and to register, call 255-4305.

SKIES Swim Lessons

SKIES will offer swim lessons for youth now through May at the Fort Rucker Physical Fitness Center indoor pool. Enrollment opens on the 15th of each month. There must be three students enrolled to conduct and continue a class. Students must re-enroll each month. Classes are subject to change. Swim schedules are available. Private classes are designed for those that may need a one-on-one approach in instruction.

For more information or to sign up, visit www.webtrac.mwr.army.mil or call 255-1867.

Valentine’s Couple Scramble

Silver Wings Golf Course will host its Valentine’s Couple Scramble Saturday with a 1 p.m. shotgun start. The scramble will feature nine holes of golf, prizes, beverages, and assorted appetizers and desserts. The cost is \$30 per person and includes tournament course fees, prizes, beverage and food.

For more information or to make a reservation, call 255-0089.

Lifeguard Training Course

A lifeguard training course will be held at the Fort Rucker Physical Fitness Center Feb. 17 from 4-7 p.m., Feb. 18-19 from 8 a.m. to 5 p.m. and Feb. 25-26 from 8 a.m. to 5 p.m. The course is open to patrons ages 15 and up and costs \$125 for military ID card holders, and \$150 for members of the general public. A prerequisite test on the first day must be passed to enter the course. People can register at the front desk of the Fort Rucker PFC. The cutoff for registration is three days prior to the course start date. Class may be cancelled if minimum enrollment is not met. Candidates who take the training program are also eligible for employment. All candidates who apply with aquatics after successful completion of the training program will have 50 percent of their training fees reimbursed at the end of the 2017 summer season – must work through Labor Day.

For more information, call 255-9162.

ATV trail ride

Fort Rucker Outdoor Recreation will host an ATV and dirt bike trail ride Feb. 18 from 7 a.m. to 1 p.m. The cost is \$20 and pre-registration is required. Drivers must pass the safety driving test through ODR before participating. Participants must provide their own ATV or dirt bike, and also provide their own protective gear, including helmets, boots, etc., that must be worn at all times. The event is open to the public, ages 16 and up.

For more information, call 255-4305.

Youth T-ball, baseball, softball registration

Registration for youth T-ball, baseball and softball runs now through Feb. 17. Registration can be done at parent central services or online using WebTrac. The teams will be broken down into age groups: T-ball, co-ed ages 5-6 years; coach/machine pitch, co-ed ages 7-8 years; Dixie Minor, co-ed ages 9-10 years; Dixie Ozone, co-ed ages 11-12 years; Dixie Angels, girls ages 9-10 years; Dixie Ponytails, girls ages 11-12 years; and Dixie Belles, girls ages 13-15 years. T-ball fees are \$25, and the fees for baseball and softball are \$45. A current sports physical and valid child and youth services membership are required for registration and participation. The age control date is Jan. 1 for softball and May 1 for baseball. A parents meeting will take place Feb. 22 at 6 p.m. in the youth center, located on Seventh Avenue in Bldg. 2800. Coaches are needed.

For more information, call 255-0950.

Super Crossword

Answers

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

PUZZLE ANSWERS

Weekly SUDOKU

Answer

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

TRIVIA

Answers

- Belgrade
- Tom Selleck
- Poinsettia
- Leviticus
- An icosahedron, a 20-sided figure
- Avis
- Saul Bellow
- Daisy
- Cerberus
- Cartilage

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