Servicemembers Group Life Insurance Program receives online portal

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DOG DAYS 4-legged family members get VIP

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treatment



IN THE BIG **GAME** 

Control Freqs scalp **Head Hunters** 

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

**VOL. 67** ■ NO. 15

FORT RUCKER ★ ALABAMA

APRIL 13, 2017

### BIGGER AND

#### Youth event aims to make health fun

By Nathan Pfau Army Flier Staff Writer

Sports is a way to get children active and healthy, but Fort Rucker wants to make sure its not just catering to children's fitness needs, but to their wellbeing as a

More than 500 parents and children made their way to the youth football fields during the Fort Rucker Child and Youth Services Health and Nutrition Fair April 6 to learn about healthy living at a young age, said Randy Tolison, Fort Rucker Youth Sports fitness director.

"We really had a great turnout and we were excited about it," he said. "We had a lot of new games that we put out there and I think the kids had a really good time. We had some really good vendors who set up and provided great information, so overall I thought this was a huge success."

Throughout the event, children and parents were able to speak with various health care professionals, including nurses and nutritionists from Lyster Army Health Clinic, to learn about healthy living habits, and one of the major differences about this year's fair was that it was the first time it was held outdoors, which Tolison said provided new opportunities.

"This is by far our largest event since I've been associated with it as far as numbers go," said the youth sports director. "This was the first time we held it outside, so that helped make it even bigger.

"What we have been doing in the past was just having vendors come in and give out their information, but we wanted to expand on that a little bit, and have some games and bring out the military police and fire department to get them involved, too," he said. "We just wanted to make it esting part of the fair. bigger and better."

Children were able to not only learn about health and fitness, but actually take



PHOTOS BY NATHAN PFAU

Children take turns racing through an obstacle course at the youth football fields during health and nutrition fair April 6.

part in some fitness-oriented games, such as tug-of-war and an obstacle course.

For many parents, the hands-on style of learning was just what their children needed to be able to get the message across.

"I think this is a great event and I feel like they did a really great job of capturing the kids' interest to teach them a few things about the importance of their own health," said Gwen Darby, military spouse. "It's always hard to get them interested in things like this, so to be able to have all the children here with their friends and family makes it that much easier. If they see that their friends are interested, or if their friends are here, too, it's something I think they'll grasp a little easier as opposed to trying to just talk to them about it on your own."

The children even got the opportunity to learn about basic wound care, which Darby said she found to be the most inter-

"I thought it was really interesting and

SEE HEALTH FAIR, PAGE A5



Gina Vaughan, Fort Rucker Child and Youth Services registered nurse, teaches children basic wound care during the health and nutrition fair.

### 'ONCE IT'S GONE, IT'S GONI



Aircraft sit in one of the storage facilities behind the U.S. Army Aviation Museum that houses much of the museum's unseen collection.

#### Army Aviation Museum committed to preserving past to help future

By Nathan Pfau

Army Flier Staff Writer

From a helicopter that flew presidents, like John F. Kennedy and Dwight D. Eisenhower, to one of the first planes to dog fight over the skies of France in World War I, the U.S. Army Aviation Museum depicts the history of Army Aviation.

But of the 80,000 square feet of Aviation history that is showcased throughout the museum, the story of

Army Aviation isn't just told by what people get to see, but also what they don't get to see.

Of the vast collection of aircraft and memorabilia that the museum houses, there is an even larger collection that encompasses more than two thirds of the museum's entire collection -- in storage - that tells the story of the evolution of Army Aviation and how it was shaped into what it is today, according to Robert Mitchell, museum curator.

The collection has been accumulated over the last 60 years, and due to space constraints, the museum is typically limited to showcase aircraft that were in the Army's operational inventory, but that doesn't negate the importance of the pieces sitting in storage.

"A lot of the aircraft that are in the collection, visible or otherwise, are part of the evolutionary development

SEE MUSEUM, PAGE A5

### **CDC** opens new playgrounds

By Nathan Pfau

Army Flier Staff Writer

The Fort Rucker Directorate of Family, and Morale, Welfare and Recreation prides itself on providing top-notch childcare to youth who call the post home, and keeping its facilities updated plays a large part in the success of the effort.

The Fort Rucker Child Development Center recently completed a renovation of its playgrounds around the center to be able to provide a safe, fun environment for the children of Fort Rucker to enjoy as part of their development, according to Kimberly Cardwell, CDC training and curriculum specialist.

"This is party of an Army-wide implementation - playgrounds throughout the Army are being replaced to meet [certain] standards," she said. "They're being updated to make the grounds saf-

er and provide more for the children to do." Cardwell said the construction began in July, and was officially completed and signed off on about three weeks ago, so the children at the CDC can utilize the playgrounds' new amenities,

SEE PLAYGROUNDS, PAGE A5



Children take part in a sack race on the new playground at the Fort Rucker Child Development Center Friday.

# PERSPECTIVE

# NTERVIEWINGIOI

### Transition expert gives job interview tips

By Bryan Tharpe

Fort Rucker Soldier for Life Center

You have submitted your resume to several companies and are anxiously waiting for calls to start coming in for interviews. Unfortunately, many job seekers are completely unprepared when the calls begin.

Now, before those calls start, is the time to prepare. A good place to start preparing is simply to accept the fact that interviewing is very possibly the most challenging part of the job search process.

It's immaterial that you have a very effective resume and cover letter if you are unable to do well in interviews. Remember that the resume and cover letter normally only get you in the door – in other words, they may get you an interview. However, it's the interview that gets you the

A second important step in preparation is to understand several common interview myths – assumptions that job seekers make about the interview process which are not necessarily true. Here are a few of those myths.

\* All interviewers are skilled. Although managers usually conduct interviews, they don't necessarily have the skills necessary to conduct successful interviews. Many times managers take the interview process for granted and no one in the company understands the need to train interviewers.

One result of this lack of skill on the part of interviewers is that candidates sometimes have the opportunity to take the ball and run with it to ensure they cover the material they've developed in preparing for the interview. You might look at this process as helping the interviewer get relevant information from you to make an informed decision about your qualifications for the job.

\* Open-ended questions most interviewers ask are dumb. Not true. An example of a very common openended question is, "Tell me about yourself." Interviewers often use open-ended questions to find reasons to eliminate you from consideration. Such questions give you the perfect opportunity to provide too much information and reveal your lack of focus. You would be wise to anticipate such questions and develop good answers for the most common ones.

The Fort Rucker Soldier for Life Transition Assistance Program Center has a library that consists of books on interviewing, and lists such questions and suggests information you should cover in your answers.

\* You will always know how well you did in an interview. You should not assume you know where you stand after the interview is over. You may underestimate the poker face of the interviewer. Some interviewers are skilled in such techniques and may be able to hide their thoughts about your performance during the interview.

Additionally, the interviewer frequently will not know at the time you interview how well you stack up against other candidates or may need to discuss a hiring decision with a supervisor.

\* Rehearsing for an interview doesn't really help. Rehearsing for an interview is one of the absolute best ways for you to gain confidence. It gives you the opportunity to hear your answers to questions about yourself and your experience, skills and work habits. It also gives you the opportunity to evaluate such things as your body language, rate of speech and appearance. You certainly

don't want to memorize answers to certain questions, but you do want to rehearse answers to questions that are frequently asked.

Practice in front of a mirror, with a friend, colleague or your spouse, and have them give you some relevant

A third important step in preparing for an interview is to thoroughly research the company and the position for which you're interviewing prior to the interview. The more you know about the company and the job, the more effectively you can provide answers that match the job you're applying for.

The SFL-TAP center staff can provide you tips for researching companies.

A fourth step in preparing for an interview is to develop a clear strategy and to clarify your short- and long-term goals. As you interview, your strategy and goals will help you stay focused. This doesn't necessarily mean that you'll share all your goals during the interview, particularly goals which might make you come across with a what's in it for me attitude.

On the other hand, you'll frequently get questions such as, "What would you expect to achieve during your first year on the job?" or "Where would you like to be in the company five years from now?" which will require you to have thought through your goals and strategy if you are to answer most effectively.

The SFL-TAP Center staff would welcome the opportunity to assist you as you work through these steps in getting ready for interviews. So, before that first call comes in offering you an interview, contact the center at 255-2558.



**L**April is Month of the Military Child. Why do you feel it's important to show appreciation for children in military families?"



Spc. Marcus Heckstall, **597th Maintenance Detachment** 

"It's important because the parents are making sacrifices, so the kids are making sacrifices, as well. It's important that they aren't forgotten."



Spc. Robert Laroche, C Co., 1st Bn., 13th Avn. Regt.

"Children are the support for their parents. The parents are out doing missions and deploying, and the parents get home and help push them along."



Sgt. 1st Class Troy Bolin, 1st Bn., 11th Avn. Regt.

"Having children and spending a lot of time away from them, it's important to show them that we appreciate them."



Amanda Thome, military spouse

"They go through a lot and move a lot. It's hard to adjust when you're a military child. I've never been one but my kids are. They move every few years, so we need to support them through that."



Kristy Stanley, military spouse

"My husband passed away in a helicopter accident, so my children have sacrificed a lot. I really like that people even take time to recognize their sacrifice as survivors. We also have a lot of friends who deploy, and children sacrifice so much and what they have to go through, it's important to support them.'

COMMAND

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Col. Shannon T. Miller FORT RUCKER GARRISON COMMANDER

Lisa Eichhorn

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

### suicide intervention

#### Ask your buddy

...393-9713

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

#### Care for your buddy

- Remove any means that could be used for selfinjury.
- Calmly control the situation, do not use force.
- Actively listen to produce relief.

#### ⊏scort your buddy

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

### ONLINE

#### Servicemembers Group Life Insurance Program receives online portal

By Cheryl Pellerin

Defense Media Activity

WASHINGTON — The Veterans Affairs and Defense departments are introducing to service members who have Servicemembers Group Life Insurance an online enrollment system called the SGLI On-line Enrollment System that enables active duty, and eligible Reserve and National Guard members, to manage their group and family coverage online.

SGLI provides \$400,000 in automatic life insurance coverage to service members when they enlist. SGLI members get automatic coverage for dependent children and non-military spouses under the family SGLI program.

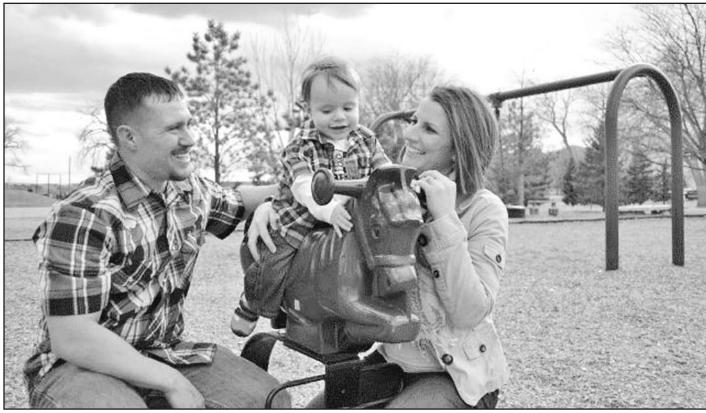
SOES availability begins with the Navy in April and to the rest of the uniformed services later in the year – the Air Force in July, the Army in August, the Marine Corps in October and the Coast Guard and the National Oceanic and Atmospheric Administration in December.

SOES is the online replacement for the paper form SGLI Election and Certificate, SGLV 8286.

The new system eliminates unclear designations and missing or incomplete forms – problems identified with the paper-based system – and ensures all insurance holders receive the latest information about changes affecting their coverage.

#### MANAGING COVERAGE

"Now, the Navy, and soon all of our nation's service members, will be able to manage their coverage and beneficiaries online – just like their private-sector



ARMY PHOTO

The Veterans Affairs and Defense departments are introducing to service members who have Servicemembers Group Life Insurance an online enrollment

counterparts" said Thomas Murphy, VA's acting undersecretary for benefits said in a statement.

"Moving from a cumbersome paperbased process to an online self-service system brings the SGLI program in line with insurance industry best practices," he added. "SOES will allow our troops to make fast and easy changes to their life insurance coverage and beneficiary information at any time."

The VA has collaborated with the De-

fense Department, the Defense Finance and Accounting Service, the Defense Manpower Data Center, and the uniformed services to develop the SOES

The system will be available through DMDC's milConnect web application. There, service members can review personal, health care and personnel information from one source, the Defense Enrollment Eligibility Reporting System.

To ensure that service members have

support while using the new system, VA is working with DoD and the individual uniformed services to train key service personnel as SOES becomes available to each branch.

For more information about SOES, service members should go to the website using the Internet Explorer browser and a DS-logon or common access card. Click on Life Insurance, SOES -- SGLI Online Enrollment System, under the "Benefits"

### SHARP Soldiers awarded for protecting, assisting their own

By Sean Kimmons

Army News Service

WASHINGTON – As the sexual assault response coordinator for an Army Reserve command that is stretched out over five midwestern states, Tiffany Griffin spends a lot of time on the road, online or on the phone helping victims of sexual assault, or teaching other Soldiers how to prevent them.

In one recent case, she spent days talking and exchanging emails with a female Soldier who had been attacked. The woman later thanked Griffin, saying her dedication made her believe in the Army's Sexual Harassment/ Assault Response and Prevention program, a program she initially had doubts about.

"It makes me feel great, like I really accomplished something," said Griffin, who is also a staff sergeant in the Army Reserve. "It's a hard, stressful job, but it can be very, very rewarding at the same time."

That sort of outreach, among her other efforts, is why Griffin was named the Army SARC of the Year for 2017. She received the award April 5 during a ceremony at the Pentagon, which coincided with the kickoff for Sexual Assault Awareness and Prevention Month

Also honored at the event was Sgt. 1st Class Stephanie Kennett of the Mississippi National Guard. She was named the National Guard Bureau's SARC of the Year. Additionally, the SHARP team at Fort Polk, Louisiana, earned the Defense Department's Sexual Assault Prevention Innovation Award for their multiple programs.

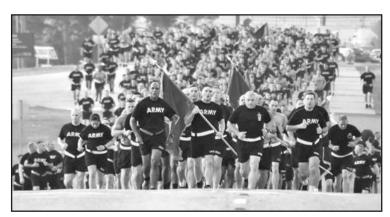


PHOTO BY CHUCK CANNON

n advance of Sexual Assault

Soldiers participate in a second annual torch run in advance of Sexual Assault Awareness and Prevention Month at Fort Polk, La., March 29.

For Griffin, victim resources at the 103rd Sustainment Command (Expeditionary) aren't as plentiful as one may see at active-duty installations, she said, so she guides Soldiers to local programs off base.

One such resource has been the Department of Veterans Affairs, which expanded access of its mental health treatment program to victims of rape, sexual assault or harassment in 2014. This has allowed National Guard and Army Reserve members to get care even if their incident didn't occur on active service or in training.

The VA also doesn't report those assaults back to the Soldier's unit, Griffin said, which may lead to more victims seeking care.

"Even though we're so many years into the [SHARP] program," she said, "people are still very fearful of that retaliation or being looked at differently."

#### HAND IN HAND WITH

As a former sheriff's deputy, Kennett frequently steps back into her element to bridge the civilianmilitary gap and assist Mississippi law enforcement in learning how to deal with those who've been through one of those crimes.

As part of realistic training, she said, victim advocates from her office will serve as role players, while police officers respond to a mock domestic violence call, which can sometimes involve a sexual assault.

That type of collaboration is important, she said, especially if and when a real-life call involves a Soldier.

"They're able to know that we're working with them and not against them," she said of the local authorities. "And if they have the case ... we stand there with them."

#### TORCH RUN

At Fort Polk, Sgt. 1st Class Bethany Cortes and her team have rolled out several SHARP programs.

March 29, they organized their second annual torch run with 4,000 Soldiers jogging around the installation in advance of Sexual Assault Awareness and Prevention Month. The torch was passed down to the unit commanders to demonstrate solidarity among all

of the Soldiers, who also recited a "see something, say something, do something" pledge.

The team also developed a SHARP booklet for squad leaders to use so they could discuss with their Soldiers the myths and facts of sexual assault and harassment, among other pertinent information.

Cortes said they got the idea after Sgt. Maj. of the Army Daniel Dailey met with squad leaders two years ago to find out how to engage younger Soldiers.

The squad leaders, she said, told him that Soldiers were inundated with slideshows, but weren't really walking away with learning anything new.

"They wanted something more discussion based," she said. "We took that approach and made it into a script for squad leaders to be able to have that conversation with their squad members."

The sturdy booklet, which is made out of polyester paper and is small enough to fit in a cargo pocket, is meant to be used by squad leaders during a break in training or when there's free time.

"What we were finding is that the squad member remembered the information better when it came from his first-line supervisor than if it came from a SHARP rep," she said.

Cortes, who accepted the innovation award along with Maj.
Hilary Camphouse and Sgt. 1st
Class Tiffany China, said they also
developed a smart card that every
Soldier carries in their uniform.
Printed on the card are the pledge,
hotline numbers and the base commander's SHARP initiatives.

"It's basically the 'Cliff Notes' for what to do to respond to sex-

ual assault or sexual harassment," Cortes said, adding that the card is also passed out to rotational units at the Joint Readiness Training Center.

Other efforts include a "Re-Teal" program that educates SHARP specialists each quarter on how they can be better or overcome certain problems in the SHARP program, such as a recent dip in male victim reporting.

"That's something we're looking at because we primarily have a male population at our post," she said.

There is also the Guardian program, which encourages junior enlisted Soldiers to positively influence their peers. Soldiers who volunteer for the program wear a Guardian T-shirt and promote SHARP initiatives at events, such as trips sponsored by the Better Opportunities for Single Soldiers program.

Dailey, who helped present the awards during the ceremony, urged every Soldier to take the time during sexual assault awareness month to reflect on what they can do to improve as individuals and as an organization.

Two years ago during the monthlong observance, Dailey announced the Not in my Squad initiative, which calls for young leaders to take ownership of solutions to rid the ranks of sexual assault, harassment and retaliation.

"They have no place in our Army, on duty, off duty, online or in public," he said. "We must be held accountable and maintain zero tolerance for actions that are not in keeping with our values and our profession. Such conduct is inconsistent with who we are as an Army."

### **News Briefs**

#### Specialty printing requirement

Due to a change in printing procedure, document printing services now requires that all documents for printing that require specialty paper be submitted three weeks prior to the requested de-

very date. For more information, call 255-1363.

#### Easter Sunrise Service

The Fort Rucker Community Easter Sunrise Service is scheduled for Sunday from 6:30-7:30 a.m. at Howze Field.

The speaker will be Chaplain (Maj.) James P. Breckenridge, ethics instructor with the 1st Battalion, 145th Aviation Regiment and senior pastor of the traditional Protestant service in the Headquarters Chapel. The service will involve people of Fort Rucker and the neighboring com-

nunities.

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

#### Pharmacy chang

Starting May 1, the Lyster Army Health Clinic Pharmacy will no longer accept drop-off forms for all refill requests. It will be mandatory to phone in all prescription refills. Call 1-877-520-1623 or 334-255-7671.

#### Tobacco cessation program

The Lyster Army Health Clinic tobacco cessation program consists of four weekly sessions each month. Each class is one hour. Classes are Wednesdays from 11 a.m. to noon at the Army Wellness Center.

For more information, call 334-255-7930.

#### Crosswalk painting

The Fort Rucker Directorate of Public Works is repainting crosswalks throughout the post.

Drivers should be aware of signs posted letting them know when they are approaching the

#### work are

During this time, one lane of traffic will be closed while flagmen will signal drivers through the open lane used for traffic flow. The work should be completed in a few weeks.

#### Clinic Closure

Lyster Army Health clinic will close at noon Wednesday for training.

#### Fit Fest

The Fort Rucker Fit Fest Health Fair is scheduled for April 21 from 9 a.m. to 4 p.m. at the festival fields. The free event will be open to the Fort Rucker community. The fair will feature fitness demonstrations, nutrition information, on-site health information, booth exhibits, safety information, door prizes and more.

For more information, call 255-2292 or visit rucker.armymwr.com.

#### Retirement ceremo

The Fort Rucker Quarterly Retirement Ceremony is scheduled for April 28 at 2 p.m. at the U.S. Army Aviation Museum. All are welcome to attend and honor the post's latest retirees for their service.

#### Change of command The 1st Battalion

The 1st Battalion, 212th Aviation Regiment will host its change of command May 5 at 9 a.m. at Howze Field. Lt. Col. Cecil C. Nix will assume command from Lt. Col. Ross F. Nelson.

#### Pay office closure

Starting May 24, the Defense Military Pay Office will begin closing at 12:30 p.m. on Wednesdays. Also, beginning May 30, DMPO office hours will change to 7:30 a.m. to 3:30 p.m. Mondays-Tuesdays, 7:30 a.m. to 12:30 p.m. Wednesdays, and 7:30 a.m. to 3:30 p.m. Thursdays and Fridays.

### ARMY OFFICIAL:

### Stopping flow of foreign fighters to ISIS 'will take years'

By Karen Parrish Defense Media Activity

WASHINGTON — Countering the flow of foreign terrorist fighters supporting the Islamic State of Iraq and Syria requires intelligence sharing, national and international collaboration and strategic patience, a senior military officer said April 5.

Lt. Gen. Michael K. Nagata, director of the National Counterterrorism Center's Directorate for Strategic Operational Planning, spoke about the foreign terrorist fighter issue at the Center for Strategic and International Studies

Nagata said that some 40,000 foreign terrorist fighters across at least 120 countries have been identified, so far. That number has "inherent imprecision in it," he added.

"It is probably the most ethnically diverse, sociologically diverse, non-monolithic ... foreign fighter problem we have seen, so far," Nagata said.

Simply identifying the nature and scope of the problem, he said, is "unfinished work today," but it is "inarguably the largest foreign fighter challenge the world has seen in the modern age."

#### PHASE ONE: DEFINING THE PROBLEM

The general said the world has responded to the problem in two phases. The first, which began four years ago, was "simply recognizing we had a problem."

"The more we looked at it in those early days, the more troubling just the volume of indicators we had were," Nagata said.

He said there was "enormous inconsistency" around the world about whether traveling to fight for ISIS was a crime. The United Nations Security Council addressed that issue in September of 2014, passing Resolution 2178, which "urged all nation-states to act against this problem, perhaps most importantly in making it a criminal activity."

#### PHASE TWO: SHARING INTELLIGENCE

"The most vivid challenge we now face is ensuring that the information and intelligence about the travel, the plans, the intentions and identities of foreign terrorist fighters are as broadly known as possible everywhere in the world," Nagata said.

Foreign fighters seek to mask their travel, he said.

"They try to hide within ... the free flow of people, goods and services around the world," he said. "So getting information and intelligence about the plans, intentions and travel of a foreign fighter is inherently difficult."

That is the challenge the world now faces, Nagata said. "If a law enforcement actor, an intelligence officer, a

civil society member somewhere in the world believes they have information or intelligence about a potential foreign fighter, can that information be shared with the widest possible audience to increase the likelihood that someone along their route of travel can prevent them from reaching their destination?" he asked.

Nagata said intelligence sharing has gotten better since the U.N. Security Council passed its resolution.

"We have made inarguable progress in many arenas," he said. "Is it good enough? No, it is not good enough, particularly when you consider the size, the quantity of this problem."

The United States has been and still is working to ensure that every part of the government is contributing to the effort to counter foreign fighters, the general said. He noted that effort has been ongoing since 9/11.







A paratrooper with the 82nd Airborne Division's 1st Brigade Combat Team fires his M4 carbine at insurgents during a firefight June 30, 2012, Ghazni Province, Afghanistan. The vehicle he is using for cover is a Mine Resistant Ambush Protected vehicle.

#### **GLOBAL TERRORISM THREAT**

Secondly, Nagata said, "We had to adapt our thinking, both as a government and as an international coalition, against the Islamic State, about the fact, unfortunately, that the very welcome defeat of ISIS's army-like capabilities in Iraq and Syria will not bring an end to the global terrorist attack threat that ISIS poses, including by the utilization of foreign fighters."

Defeating ISIS in Iraq and Syria is a must, he said, and "we are well on the way to doing so, although it will take continued months of very serious effort to do

Defeating the military threat of ISIS will not end the foreign fighter threat, he noted.

"There is still so much more work to do even after we

have defeated its army," Nagata said.

ISIS continues to inspire foreign fighters, some of whom travel to places other than Iraq and Syria to join part of the Islamic State, he said.

"That is related to the original [foreign fighter] problem, but it is different than the original problem," he said. "We have to grapple with that, as well."

Nagata said the United States needs strategic patience to combat the foreign fighter problem.

"We are not going to end this threat this year," he said. "I don't think we can identify a time horizon within which we will somehow contain and eliminate the ISIS-related foreign terrorist fighter problem. We can, [and] if we do this properly, we will, but it will take years to solve this problem."







### Health fair

Continued from Page A1

helpful that they were able to help [dress wounds] on a dummy," she said. "There are lots of times when children are playing by themselves outdoors somewhere, so for them to learn some [basic wound care] I think is very important, so I was pleasantly surprised at the amount of detail their were able to learn here."

Fostering that level of learning is something that Tolison said was part of the goal of the fair - to show that youth sports on Fort Rucker is there to help the children grow into well-rounded adults.

"We just want parents to know that we're not just all about the sports program, but that we're about the welfare of their child as a whole," he said. "We just hope that they can all see that there is more to our program than just sports, and we want them to know that we care for their child as a whole person.

"I just want to say, 'thank you' to all of the vendors who came out to support the program, and thanks to all the patrons who came out to make it such a huge success," he continued. "We always look forward to serving our Fort Rucker community and we are so appreciative of how they choose us to be a part of their family."

### Museum

Continued from Page A1

of the helicopter," said Mitchell. "A lot of those pieces had a tangent to some type of paradigm shift in the thinking in the Army."

One of those pieces was the Lockheed AH-56 Cheyenne attack helicopter, which was developed in the 60s. It would have been the flying fortress of attack helicopters that was designed to deliver what Mitchell called the "Sunday Punch."

"The Cheyenne was a definite departure from the normal thinking in the Army and it kind of pushed the attack helicopter into a different realm of capabilities," he said. "It's a helicopter, but it was designed to do

things that a normal helicopter wasn't designed to do – be fast and be the big gun on the battlefield."

Prototypes were made of the Cheyenne and a production contract was awarded, but the aircraft itself never saw service. It's because of aircraft like the Cheyenne that eventually led to the development of attack helicopters like the AH-64 Apache used today, said Mitchell. The museum has two in its collection.

Other less influential aircraft, such as the XH-26 Jet Jeep helicopter, sit in the storage collection, as well. The Jet Jeep was designed to reduce weight by reducing engine size and adding turbines to the rotor blades, said the curator. The collection even

includes an inflatable airplane.

Although many of these aircraft never made it past the experimental or test phases, Mitchell said that their place in Aviation history is no less significant.

When looking at the collection, it's clear how much trial and error went into developing Aviation throughout the years, and without that trial and error, the helicopter would not be where it is today, he said.

"These things have to be tried, otherwise you'd never know if it would work or not that's why these pieces are important," said the curator. "Think of the residual learning that the Army gleaned from these designs. There might have been something in the testing that showed that they can adapt a certain aspect to another aircraft that we never would have known about had they not tried it."

It's because of that significance that Mitchell said it's important to procure these pieces and preserve them until they are able to one day be viewed by the public. But procuring these aircraft is no easy task.

"The problem is when you talk about collecting [in these terms], unless you're intimately familiar with the Army and its procurement and testing programs, you really don't know when they get done with something," he said. "You have to constantly be asking the questions about the programs in order to stay up on these things because once it's gone, it's gone."

### **Playgrounds**

Continued from Page A1

including educational and teambuilding activities.

The new playground now consists of three different types of surfaces – concrete, grass and a soft foamy surface that surrounds most of the play areas, which Cardwell said was part of the standards.

The grounds are split into multiple play areas that surround the CDC, and include not just slides, playpens and swing sets, but also interactive games that children can participate in, including bowling and sack races. There are also water pumping stations where children get to pump water through different sets of pipes that give the children the chance to cool off a bit during the hot summer months.

"We're trying to bring our classroom outside onto the play-

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ground," said the training and curriculum specialist. "We have musical areas, art areas, science areas – it's really educational for them."

The children get to spend time outdoors during their time at the CDC, and that time outdoors is not mean just for play time, but times to learn, as well, said Cardwell.

"It's required that the children spend an hour outside in the morning and an hour in the afternoon," she said, "but if we have special activities, then we can come out more, but we have to make sure we don't overload the playground with all of the children we have here."

The CDC is open Mondays-Fridays from 5:30 a.m. to 6 p.m. and provides full-day, part-day and hourly care for children ages 6 weeks to 5 years old, as well as preschool programs. The center offers trained staff, balanced meals and age-appropriate developmental activities.

The Fort Rucker Mini CDC is also available for potential around-the-clock services in a home-like environment for up to 20 children.

One of the playgrounds around the CDC is actually built around a tree that was originally planned to be cut down to make room, but was kept when it came to light that the tree was actually protected and couldn't be removed.

'We didn't want [the tree to be cut] ... and it worked out pretty well, so they built the playground around it and now that's our tree house – it's my favorite piece out here," said Cardwell. "This is just really exciting for us."

For more information about the CDC, call 255-2262.

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Derrick Howard, military family member, tries his hand at bowling on the new playground at the Fort Rucker Child Development Center Friday.



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## BEST OF THE BEST

### 75th Ranger Regiment wins 2017 Best Ranger competition

By Devon Suits Army News Service

FORT BENNING, Ga. - Soldiers from the 75th Ranger Regiment bested 53 teams as part of their effort to return the title of Best Ranger to Joint Base Lewis-Mc-Chord, Washington.

During the 2017 Best Ranger Competition, April 7-0 at Fort Benning, Capt. Michael Rose and Master Sgt. Josh Horsager fought through 60-plus hours of physical, mental, technical and tactical Ranger skills trials to win this year's competition and bring the title back to JBLM after nine

Rose said it wasn't just the drive to win that compelled him to participate in the annual competition, which is in its 34th

"It's an opportunity to come out here and compete against the Army's best that they have to offer," Rose said. "And I know my unit is one of the best units in the Army. It's good to put our names back on the board."

This isn't the first time Rose has competed and it's not the first time he has been on the winning team, either. Back in 2014, he won Best Ranger while representing the 25th Infantry Division.

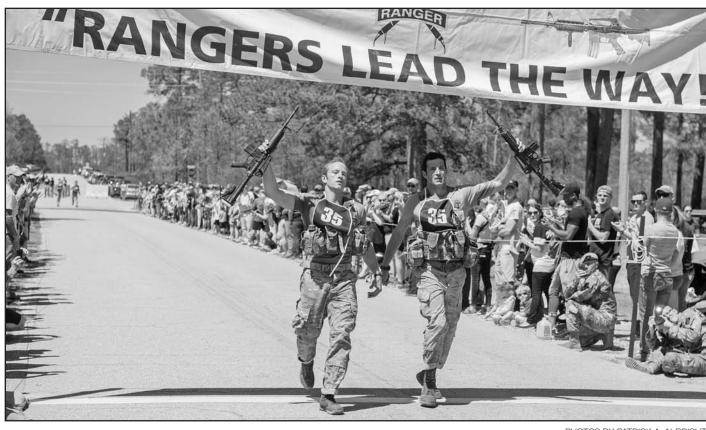
"It is a hard competition and I wanted to prove to myself that I could do this again," Rose said. "I got an opportunity to come back. It's not so much of a choice that you can come back year after year – you have to line it up with how your career is progressing. I was afforded the opportunity by my command team to come down and compete again."

This is the third competition for Horsager, though it's the first time he's won. Back in 2013, he came in second place.

"This is something I have looked at my whole career as the pinnacle of being a Ranger," he said. "It is something I can take back to my unit. It will take me a couple of days to realize that I won."

In second place were Master Sgt. Chad Stack Pole and Staff Sgt. Carlos Mercado, representing the 82nd Airborne Division, followed by Capt. Robert Killian and Staff Sgt. Erich Friedlen, representing the Army National Guard, for third.

Sgt. Maj. of the Army Daniel A. Dailey said the Ranger Competition highlights the Horsager competes.



Capt. Michael Rose and Master Sqt. Josh Horsager of the 75th Ranger Regiment took first place in the 2017 Best Ranger competition held April 7-9 at Fort Benning, Ga.

best the Army has, and sets the bar high for what Soldiers should try to be.

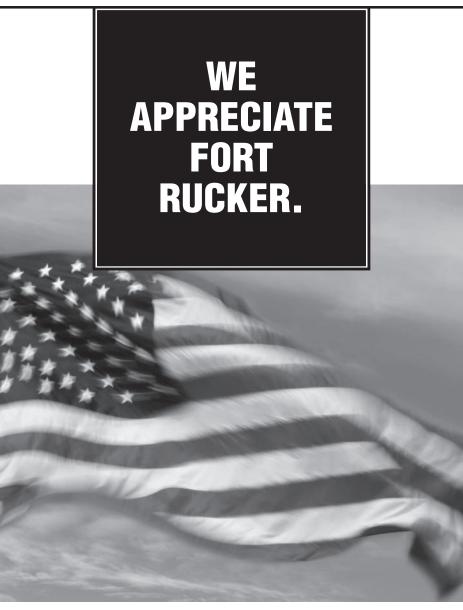
"This brings out the best in people," Dailey said. "This is what we want people to emulate. This is excellence. If we can get our Army ready by making them more physically capable and better at their basic skills – that's what we require from every Soldier - this sets the principle of what Soldiers should aspire to be."

The Best Ranger Competition was named in honor of Lt. Gen. David E. Grange Jr., a former Ranger instructor and Ranger department director. Grange also commanded Fort Benning, the 2nd Infantry Division, and the U.S. Sixth Army.





Competitors in action at the 2017 Best Ranger competition.



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Sut. 1st Class Henry Garcia, deployed in support of Combined Joint Task Force Operation Inherent Resolve and assigned to 583rd Forward Support Company, directs a driver near Irbil, Iraq, March 21.

### Residents returning to normal lives in

eastern Mosul

By Terri Moon Cronk Defense Media Activity

WASHINGTON — Residents of eastern Mosul, Iraq, which were liberated Jan. 24 from the Islamic State of Iraq and Syria's brutal control, are slowly returning to their normal lives, the Combined Joint Task Force Operation Inherent Resolve spokesman said April 6.

"About 258,000 children are now free to return to more than 320 schools, reopened by the Iraqi government, since eastern Mosul was liberated," Col. Joseph Scrocca told Pentagon reporters via teleconference from Baghdad.

#### **RETURNING HOME**

More than 76,000 residents of eastern Mosul have returned home and "the Iraqi government is working hard every day to improve the quality of life, and re-establish essential services," Scrocca said.

This week, the spokesman noted, Mosul University celebrated its 50th anniversary.

'While ISIS destroyed the university library, and facilities are damaged from the fighting, students and faculty were on-site cleaning up and the law faculty has already started classes," Scrocca said.

The colonel said the United Nations reported 36,500 displaced children are participating in education programs in temporary learning spaces, which the Iraqi government, U.N. agencies and nongovernmental organizations set up.

#### MARKETS REOPEN, SERVICES TO

In liberated areas of Mosul, markets are reopening, work programs are in place and stabilization projects are ongoing, Scrocca said.

"Just this week, the Iraqi government approved more than 230 essential service

projects across Mosul. We expect 60 of these to begin very soon. It includes the rehabilitation of water treatment plants, key infrastructure, sewage systems and hospitals," he said. "Through coordinated efforts with the Iraqi government and the U.N., along with humanitarian partners, Mosul residents are on track to return to a sense of normalcy that existed prior to the rule of ISIS in the city."

Meanwhile, the battle to retake western Mosul from ISIS continues, said Scocca, noting progress is slow but steady, especially in the narrow confines of the old

#### ISOLATING RAQQA

In Syria, the Syrian Democratic Forces and the Syrian-Arab Coalition fighters continue to liberate territory from ISIS to isolate Raqqa from the east, Scrocca said.

"After seizing Tabqa airfield last week, the SDF is working to surround the town of Tabqa," he said. "The SDF conducted water crossing today, to link their forces in the north and south to the east of the Tabqa dam."

Scrocca added, "With this link up, the SDF has continued to expand their hold on terrain south of the Euphrates River. The SDF continued to meet resistance in the form of small-arms fire, [vehicleborne bombs], munitions dropped from [unmanned aerial vehicles] and pockets of foreign fighters in their pursuit to seize the dam from ISIS."

At the Tabqa dam, water is again flowing through four of its gates, and as previously reported, the dam is functioning and does not appear to be in any imminent danger of collapse, the colonel said.

"The seizure of the Tabqa dam will squeeze ISIS out of yet another Syrian area they control, driving them closer to a lasting defeat," Scrocca said.

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# ON DECK

### 2nd CAB pilots complete landing qualifications with ROK navy



A Republic of Korea navy air controller watches a 2nd CAB CH-47 Chinook approach the deck of the ROK navy ship Dokdo while ROK crews move to place chock blocks on two 2-2nd AHB UH-60 Black Hawks in the Yellow Sea.

By Sgt. Kalandra Miller 2nd Combat Aviation Brigade Public Affairs

CAMP HUMPHREYS, South Korea — Aircrews from the 2nd Combat Aviation Brigade acquired a special qualification recently when they conducted deck landing qualifications with their 2nd Republic of Korea Fleet Naval counterparts recently.

Pilots and crews from 3rd Battalion 2nd General Support Aviation Battalion and 2nd Battalion 2nd Assault Helicopter Battalion flying UH-60 Black Hawks and the CH-47 Chinooks completed a series of seven take-offs and landings from the deck of the Republic of Korea ship Dokdo, an amphibious assault ship stationed off the west coast in the Yellow Sea.

According to the U.S. doctrine, aircrews must perform five iterations to become deck-landing qualified. In South Korea,

however, the standard is higher - seven take-offs and landings to become qualified with the ROK Navy.

"These qualifications are very important to the pilots and the mission of the 2nd Infantry Division as they ensure better capabilities overall for the 2nd CAB," said Capt. Andrew Tehvand, a UH-60 Black Hawk pilot and assistant operations officer of 3-2nd GSAB.

"This qualification exercise provides us with the opportunity to land our heavy-lift Chinooks and our MedEvac aircraft onto the ship. This gives 2nd ID the ability to launch an operation from a ship to shore, and give the MedEvac aircraft the ability to land in case of an emergency," he

The ability to land safely on a moving ship strengthens readiness throughout the

SEE ON DECK, PAGE B4

### **Soldiers** train on MedEvac operations

By Sgt. Neysa Canfield 101st Sustainment Brigade, 101st Airborne Division Public Affairs

FORT CAMPBELL, Ky. — Soldiers from the 101st Special Troops Battalion, 101st Airborne Division (Air Assault) Sustainment Brigade, 101st Abn. Div., and Soldiers from C Company, 6th Battalion, 101st Aviation Regiment, 101st Combat Aviation Brigade, teamed up to conduct medical evacuation training March 16.

Soldiers learned how to call a nine-line MedEvac request, how to load patients onto an HH60-M Black Hawk and aircraft safety, such as maintaining a low silhouette when approaching an aircraft.

During the loading process, Soldiers first loaded simulated casualties onto an aircraft that was not running. Staff Sgt. Andrew J. Six, a flight paramedic noncommissioned officer with C Co., 6th Bn., 101st Avn. Regt., was the lead instructor during the train-

"Safety is extremely important, which is why I like getting Soldiers familiar with the aircraft, and knowing how to communicate with the crew chief, medic and pilot among learning how to load patients," said Six.

After aircraft and loading familiarization, pilots turned on the aircraft to give the Soldiers a more realistic feel to the scenario, said Six.

Like Six, Sgt. 1st Class Charles E. Miller, the medical operations NCO in charge for the 101st Abn. Div. Sust. Bde., said having the Soldiers in full gear load personnel onto a live aircraft in a controlled environment was the best way to instill confidence in the Soldiers.

"Our motto is train as you fight, so having the noise of the rotor blades and carrying an actual person toward the aircraft was important," said Miller, who coordinated the training event. "It's one thing to read about it or even simulate a scenario, but actually doing it as you would in the battlefield really builds confidence."

Miller said because of the limited amount of medics in the brigade, it was important for Soldiers of all military occupational specialties to understand medical evacuation operations, and be able to conduct it in a safe and effective manner.

"On the battlefield, no one has the luxury of es-

SEE MEDEVAC, PAGE B4



Staff Sgt. Andrew J. Six (right), a flight paramedic NCO with C Co., 6-101st Avn. Regt., 101st CAB, explains aircraft safety March 16 during load training with Soldiers from the 101st Special Troops Battalion, 101st Airborne Division Sustainment Brigade on Fort Campbell, Ky.



A UH-60 Black Hawk helicopter from A Company, 2-10th Assault Helicopter Battalion, arrives at the pickup zone at Grafenwoehr Training Area, Germany, April 6. The Aviators were taking part in part of a joint-training exercise with Soldiers from 3rd Squadron, 2nd Cavalry Regiment, in anticipation of working together during future Atlantic Resolve missions.

### **Aviators conduct sling load training** with 1st AD Sustainment Brigade

By Wendy Brown Fort Bliss Bugle Managing Editor

BIGGS ARMY AIRFIELD, Texas — One after the other, groups of Soldiers assigned to Headquarters and Headquarters Company, Special Troops Battalion, 1st Armored Division Sustainment Brigade, ran out to a Conex box in mid-March for sling load training.

Two Soldiers held a ladder and stayed below while four, and sometimes five, Soldiers climbed up and hooked the box to a CH-47 Chinook hovering a few feet from their heads. Then, back down the ladder they went, and the Soldiers all linked arms to support each other as they ran away from the box and the helicopter. A hovering CH-47 can produce a downwash of up to 94 mph 50 feet away from the helicopter, according to one Army study.

When everyone was safely out of the way, the helicopter briefly lifted up the empty box and put it back down for another round. Soldiers assigned to the 2nd Battalion, 501st Aviation Regiment, Combat Aviation Brigade, 1st AD, assisted with the training.

First Sgt. Nicholas Phipps, first sergeant, HHC, STB, 1st AD Sust. Bde., said organizers relied on the old Army standard of "train as you fight" when putting together the training for the brigade's 18-member sling-load

"Everything we do, if we have the capability on post, we like to implement (elements of reality) to make sure our guys are better prepared for a combat situation," Phipps said. "It's going to be fast and expedient down-



Spc. Dylan McNatt, upper center, assigned to the 2-501st Avn. Regt., communicates from the bottom of a CH-47 Chinook as it hovers above Soldiers during sling load training at Biggs Army Airfield, Texas, in mid-March.

range, so we want to make sure that we're doing our part to support the warfighter."

The training included one day of classroom training, another day of rigging training and one day of the hands-on training on the airfield, Phipps said.

In addition to the Conex box, the Soldiers also practiced hooking up a 1,500-pound load of meals ready to eat to the Chinook. Three at a time, the Soldiers attached the load's netting to the bottom of the helicopter and quickly got out of the way so the

helicopter could lift it up. Cpl. Andres Rios, assigned to HHC, STB, 1st AD Sust. Bde., said brigade officials pulled Soldiers from different military occupational specialties for the sling load team, and he worked as a mechanic before joining the team about six months ago. Oth-



ers are ammo and supply specialists.

Rios said he has participated in the training before, and he can't help but find the training realistic every time the helicopter flies over his head.

"It's the bird coming at you for me," Rios said. "I just get over my fear. After the initial gust of wind, you stay calm and do everything right."

Sgt. Maj. Gavine Roache, sergeant

SEE SUSTAINMENT, PAGE B4

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### On Deck

Continued from Page B1

2nd ID and adds an important component to joint US-ROK capabilities, said CW3 Hollister Thomas, an instructor pilot.

"I believe it expands our mission set and provides us with the opportunity to work with the ROK Navy," he

said. "I think it's important that we support them and continue to support them. We've always had a great working relationship."

Upon completion of all seven repetitions for each air crew, the ship's crew checked and refueled each U.S. aircraft while the pilots and crewmembers switched.

The exercise trained 24 pilots and 26 crewmembers

from 3-2 GSAB – including one pilot and four crew members under night vision goggles, as well as eight pilots and two crewmembers from 2-2nd AHB. Two pilots and two crew members trained with NVGs.

"The ROK navy and the crew have been incredible and very accommodating with what they can give us, it has been a pleasure to work with them," Tehvand said.

### MedEvac

Continued from Page B1

caping injuries, regardless of MOS," said Miller. "So, everyone should know the basic lifesaving techniques such as [eagle first responder and combat lifesaver] and how to call a nineline."

Spc. Michael J. Hankinson, an intelligence analyst with the 101st STB, participated in the training event.

"I thought the training went well," said Hankinson. "The instructors were very knowledgeable and everyone was engaged during the training."

Hankinson said this is the first time he has been part of medical training that has involved loading simulated patients for evacuation.

"I feel confident in myself if I am called to be part of a litter team in the future," said Hankinson. "It's important for everyone to know this stuff and it was awesome being able to learn it from professionals and have an actual aircraft to train on."

Miller, who was a flight paramedic for 15 years, said he was "extremely happy" with the training and the Soldiers who conducted the training.

PHOTO BY SGT. NEYSA CANFIELD

A four-man-litter team unloads a simulated patient from an aircraft.

the brigade has conducted this type of training, I could tell the Soldiers really soaked up all the be able to put their new skills to

"Although this is the first time new information and enjoyed being out there," he said.

Miller said the Soldiers will

the test during the brigade's field training exercise at the end of March.

He also added that he hopes to

continue to put together training events like the most recent one in order to enhance the readiness of the brigade for future missions.

### Sustainment

Continued from Page B1

major, Support Operations, 1st AD Sust. Bde., observed the training to ensure the Soldiers were doing everything safely.

An experienced sling loader, Roache said sling loading is an important option for commanders.

"Sling load training is important because training was the first time they had partici-

it gives the commander a second option for resupply and it exposes less people to the risk of (improvised explosive device) and all those enemy actions that produce casualties," Roache said. "It's by far the quickest way to get supplies to our units out there in theater."

For a few members of the team, the

pated in hands-on sling load training.

Pvt. Kwasi Kwarteng, assigned to HHC, STB, 1st AD Sust. Bde., said he had a healthy fear of standing right below a hovering Chinook, but used his Army training to face that fear, and in the end found it exciting and fun.

"It was a good experience," Kwarteng said. "Doing hands-on training, facing risk like this and doing something to support the Army with transportation and everything, that's the exciting thing about it."



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**APRIL 13, 2017** 



### DOG DAYS

### 4-legged family members get VIP treatment at Splash!

By Nathan Pfau Army Flier Staff Writer

Fort Rucker's swim season is going to the dogs well before humans get their chance at some outdoor aquatic fun.

Fort Rucker people's fourlegged family members will get the VIP treatment with exclusive access to one of the installations most popular watery attractions when Dog Days of Summer returns to Splash! Pool and Spray Park April 22 from 11 a.m. to 2 p.m., according to Robert Koren, Directorate of Family, Morale, Welfare and Recreation acting sports, fitness and aquatics manager.

This is the second iteration of the event, with the first closing out the summer swimming season last year. Koren said it was only fitting to allow the dogs another chance to get their feet wet before people start taking to the pools.

"Fort Rucker Aquatics realized how unique and different this type of event was, and decided to give the dogs another go around before the pool is drained and scrubbed for the beginning of the summer season," he said. "The goal is to allow owners to bring their dogs to the pool and spray park to cool off, swim and splash around, and enjoy some fun in the sun with their owners."

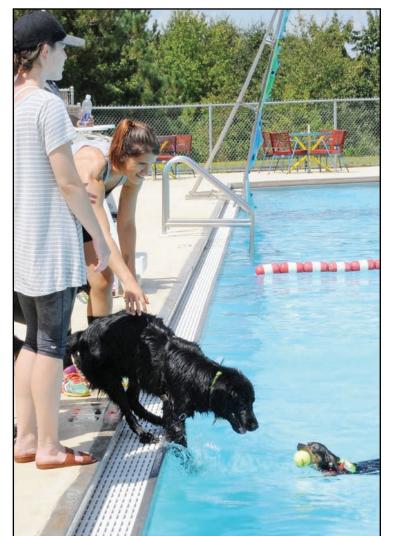
Last year's event was a hit with those attending, including Jenna Matlin, military spouse.

"I just think this is the greatest thing," she said last year. "Sammy is very social and she loves playing with other dogs, but I've never had the chance to let her swim with other dogs and she's loved it, so far.

"She loves to swim, so this was perfect for her," she added. "I



Then-W01 Jake Goodall, B Company, 1st Battalion, 145th Aviation Regiment, watches his dog, Irene, a Belgium Malinois, jump into the pool to retrieve her toy during Dog Days of Summer at Splash! Pool and Spray Park last year.



Dogs edge toward the water to their other four-legged friends as people and their furry family members enjoy a day at Splash! Pool and Spray park last year.

better for my dog than to have something like this for her to do. I wish she could do this every

Although patrons may get the urge to join their furry family members for a swim, Koren said the pool will be open for dog swimming only during the event, but patrons are free to enjoy the spray park with their dogs on a

All dog owners must pre-register for the event, which can be

honestly can't think of anything done at the Fort Rucker Physical Fitness Center on Andrews Avenue. The cost is \$7 per dog, and owners must provide a copy of each registered pet's current vaccination records, for safety purposes, said Koren.

"During the event, dog owners are welcome and encouraged to bring their pet's favorite toy, ball, rope to interact with them during the event," said the sports, fitness and aquatics manager. "To ensure that fun is had by all participants, owners and dogs alike, we po-



Hannah Gabbard, military spouse, plays fetch with her dog, Rosco, in the spray park of Splash! Pool and Spray Park during Dog Days of Summer last year.



Dogs swim together during last year's Dog Days of Summer.

litely ask that all dogs be well behaved, and friendly around other people and dogs."

Koren said that for the safety of the dogs and others, any displays of aggressive behavior or tendencies will result in the dog having to be removed from the event and facility, but dogs of all

size are welcome. Dogs must be accompanied by an adult, 18 years or older, at all times, and owners must clean up after their dogs, he said, adding

that plastic waste bags and bins will be provided.

The event will be open to the general public and those planning to attend the event from outside of post must obtain a visitors pass. Passes can be obtained from the visitor control centers at the Daleville Gate, Mondays-Sunday from 8 a.m. to 4 p.m., and Ozark Gate, Mondays-Fridays from 8 a.m. to 4 p.m.

For more information, call 255-2296 or 255-9162.



DFMWR STAFF PHOTOS



LEFT: Attendees hang up bird houses children painted during the Fort Rucker Children's Fest Saturday. ABOVE: Children swarm around Easter eggs during one of the area's largest Easter egg hunts during Children's Fest. Hundreds attended the Directorate of Family, and Morale Welfare and Recreation-sponsored event.

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

#### **Teal Tuesday**

April is Sexual Assault Awareness Prevention Month. This year, the theme is "Sexual Assault. Sexual Harassment. Not in Our Army." The Teal Day Campaign is a Fort Rucker community-wide effort to recognize the collective responsibility to prevent all forms of sexual assault and sexual harassment by wearing something teal on Tuesdays throughout the month of April, according to Army Community Service officials.

#### **Storytelling with Dolores Hydock**

Center Library will host storyteller Dolores Hydock today at 11 a.m. for "True Grits: Stories of Home Cooking and Southern Hospitality." Turnip greens, tomato stakes, sauerkraut and strong Southern women - they're all part of this funny, affectionate collection of stories about a Pennsylvania Yankee transplanted to the red clay of Alabama, according to organizers. The free event is open to authorized patrons and those who have access to Fort Rucker.

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

#### **Easter brunch**

The Landing will host Easter brunch Sunday from 10 a.m. to 2 p.m. in the ballroom. The brunch will feature classic and seasonal dishes, traditional brunch favorites, an omelet bar, carving stations, deluxe dessert bar and more.

For more information or to make a reservation, call 255-0769

#### **Basics of vehicle maintenance class**

The Fort Rucker Auto Skills Center will host its How To: The Basics of Vehicle Maintenance Class Sunday from noon to 2 p.m. The class will be open to the public. The fee for the class will be \$20 and will cover the cost of the inspection form and shop supplies, as well as a certificate of completion for those attending the class. Space is limited to six students.

For more information or to register, call 255-9725.

#### **Scream Free Parenting**

Army Community Service will host its Scream Free Parenting workshop Monday from 9-11 a.m. at The Commons. The workshop will be limited to 15 participants and the deadline to register will be Friday. The free workshop will be open to active-duty and retired military, Department of Defense employees and their fam-

For more information, call 255-3898.

#### Earth Day awareness

The Center Library will host an Earth Day awareness education program Wednesday at 3:30 p.m. at The Commons, Bldg. 8950. The program will feature different animals that live in the wild and attendees will discover ways people can protect them and the environment, according to library officials. The program will be limited to the first 40 people to register and open to authorized patrons. The program will be Exceptional Family Member Program friendly.

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

#### **Retirement system Seminar**

Army Community Service's Financial Readiness Program will present a Blended Retirement System Seminar Wednesday from 6-7 p.m. in the Soldier Service Center, Bldg. 5700, in Rm. 282. The seminar will discuss the significant changes to the current military retirement system, including how retirement pay will be calculated, continuation pay and the Thrift Savings Plan with matching government contributions. The discussion will be facilitated by accredited financial counselors. Pre-registration is required by Tuesday. Free childcare is available with registration.

For more information and to register, call 255-3765 or 255-9631.

#### **Launching Hope**

Launching Hope is a Scream Free program for parents with teenagers scheduled for Wednesday from 9-11 a.m. at The Commons. The program will be limited to 15 participants. The deadline to register is Friday at The Commons. Child care provided. The free workshop is open to active-duty and retired military, DOD employees and their family members.

For more information, call 255-3898.



PHOTO NATHAN PFAU

### **Mad Scientist Workshop**

The Center Library will host its next Mad Scientist Workshop - a science, technology, engineering, art and math program - in two sessions April 20. The first session will be from 3:30-4:30 p.m. and the second from 4:30-5:30 p.m. The event, an introduction to modern art, will be free, open to authorized patrons, Exceptional Family Member Program friendly and open to the first 20 people to register. For more information or to register, visit the Center Library or call 255-3885. Pictured is a scene from the February Mad Scientist Workshop.

#### **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.

#### 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.

#### Dog Days of Summer Dog Swim

Splash! Pool will host its Dog Days of Summer Dog Swim April 22 from 11 a.m. to 2 p.m. Registration is required to participate and the cost is \$7 per dog. At time of registration and payment, all dog owners will be required to attach a copy of their dog's current vaccination records for health and safety considerations. No people are allowed in the pool with the dogs at the same time unless there is an emergency with a dog in distress. Dogs must be accompanied by an adult at all times and humans are limited to two dogs' participation at any given time.

For more information, including the rules of the event, call 255-9162.

#### **CPR** orientation

The Army Community Service New Parent Support Program will host a free orientation to CPR class April 24 from 8-11 a.m. at the Soldier Service Center, Bldg. 5700, Rm. 284. Child care will be provided and no children will be allowed in the training area. The class will not include certification. The class will be Exceptional Family Member Program friendly.

For child care information and to register, call 255-9647 or 255-3359.

#### **Denim Dav**

April 26 is Denim Day - an annual campaign that aims to raise awareness of sexual assault. The Fort Rucker SHARP Team encourages the Fort Rucker Community to wear something denim on this day as a visible commitment to support the prevention of sexual assault.

#### **Stroller Parade**

The fourth annual Stroller Parade and Decorating Contest will help bring awareness to the community's effort to prevent and confront all forms of child abuse and neglect, according to Army Community Service officials. People wanting to participate should meet at the Fort Rucker Primary School track April 26 at 9:30 a.m. for the parade, and a performance by the school band and choir. The parade will last about an hour. Participants should have their strollers decorated prior to the event. Participation will be free. Strollers,





wagons and trikes are all welcome. Prizes will be awarded to the first-, second- and third-place winners. The deadline to register is April 24. Children are welcome at

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

#### Right Arm Night

The Landing Zone will host Fort Rucker Right Arm Night April 27 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.

#### **Operation Megaphone Worldwide**

In recognition of the Month of the Military Child, the Fort Rucker Youth Center will host Operation Megaphone Worldwide Lock-In April 28. Activities will include a glow party and activities, glow-inthe-dark bowling at Rucker Lanes, movies, and arts and crafts. The center will close at 6 p.m. April 28 for two hours for staff lunches and break before the fun starts at 8 p.m. All youth must be picked up by 6 a.m. April 29. Registration fee is \$20. Permission slips must be turned in by April 21. Children must be registered with child and youth services, and ages 11-8 and grades

For membership information or to signup for membership, call 255-9638 or 255-

#### RUCKER MOVIE SCHEDULE FOR APRIL 13-16

Thursday, April 13

**Smurfs: The Lost Village** (PG) .......7 p.m.

Friday, April 14

**Smurfs: The Lost Village** (PG) .......7 p.m.

Saturday, April 15

**Rock Dog** (*PG*) ......4 *p.m.* Fifty Shades Darker (R) ......7 p.m.

Sunday, April 16

**A Dog's Purpose** (*PG*) ...... 1 *p.m.* **The Great Wall** (*PG-13*) ......4 p.m.

TICKETS ARE \$6 FOR ADULTS AND \$5 FOR CHILDREN, 12 AND UNDER. MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME. SCHEDULE SUBJECT TO CHANGE. FOR MORE INFORMATION, CALL 255-2408.

### 100 years ago, WWI buildup paved way for today's modern Army

By David Vergun Army News Service

WASHINGTON — When people think about the great Army generals of World War II, Lt. Gen. George S. Patton, Gen. Douglas MacArthur, Gen. Dwight D. Eisenhower and Army Chief of Staff Gen. George C. Marshall come to mind.

But when the historic military figures of World War I are remembered, one name always stands out: Gen. John J. Pershing.

Pershing is venerated because his achievements in WWI compare favorably to those of all the top WWII generals combined, according to Eric B. Setzekorn, a historian at the U.S. Army Center of Military History, who authored a just-released pamphlet available free online titled, "Joining the Great War: April 1917 to April 1918." About 10,000 copies of the pamphlet have been printed. It can be viewed online at http://history.army. mil/html/books/077/77-3/index.html.

Although Pershing shines for his leadership and achievements, it took the contributions of many other exceptional leaders to support the greatest-ever build up to war, of course, and Setzekorn chronicled their accomplishments in the pamphlet as well.

When Congress declared war on Germany, April 6, 1917, President Woodrow Wilson and Secretary of War Newton D. Baker turned to Pershing, Setzekorn said. "It's an amazing degree of trust given to him by Wilson and Baker to really go over to France and make this work, with him calling the tune on nearly everything."

Why was Pershing such a central figure in the war?

Early in his career, Pershing cut his teeth on the western frontier, participating in the Indian wars. Later, he participated in the Spanish-American War, serving with the 10th Cavalry, the famed "Buffalo Soldiers," fighting alongside Col. Theodore Roosevelt's "Rough Riders" in Cuba.

About two years later he was in the jungles of the Philippines, fighting guerilla insurgents. Just before World War I, he led the U.S. Army's expedition into Mexico to stem the flow of bandits across the Southwest border. To sum up, Setzekorn said, "He was the only figure with a lot of command experience."

But to fight and win a war requires organization, training, logistics and diplomacy, in addition to actual fighting, he added.

#### **ORGANIZATION**

When the U.S. declared war, only about 133,000 Soldiers were on active duty and some National Guard Soldiers were on the Southwest border, Setzekorn said. By the time the war ended Nov. 11, 1918, the Army was 4.2 million men strong.

In order to get those numbers in the shortest amount of time, Congress and the administration decided to enact a draft on May 18, 1917, rather than rely on an all-volunteer

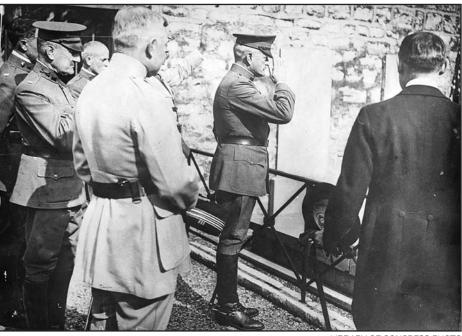
A large-scale draft during the Civil War had resulted in widespread riots, particularly in New York and Baltimore, Setzekorn said. So Baker worked closely with Congress to avoid that kind of social unrest by developing a conscription policy that relied more on local authorities than on federal agencies in administering the draft.

The Guard, which was federalized, figured prominently in WWI, Setzekorn said, with two of the first four divisions going to war in late 1917 consisting of Guard Soldiers.

But the Reserve didn't play much of a role in the war, he added. Civilians experienced in logistics, medicine and engineering were quickly recruited to fill those critical slots as a contracted workforce. One of the lessons of the war, Setzekorn said, was the need for an expanded Reserve.

#### TRAINING AND EQUIPPING

The next problem was establishing training and mobilization sites. Thirty-two hast-



Upon his arrival in France in June 1917, Gen. John Pershing traveled to the tomb of Marquis de Lafayette. Here, he is with French leaders saluting the U.S. Revolutionary War hero.



Soldiers train at Camp Meade, Md., during the outbreak of World War I in 1917. Many of these structures are still standing at what is now Fort Meade.

as trucks and sometimes tanks.

ily built or expanded training camps were established across the U.S., including Camp Meade, Maryland; Camp Humphries, Virginia (which later became Fort Belvoir); Camp Fremont, California; Camp Travis, Texas; Camp Merritt, New Jersey and Camp Grant, Illinois. Camp Merritt, Setzekorn said, became the largest embarkation facil-

Each camp was designed to train 40,000 Soldiers at a time: in essence, they were like small cities that sprang up nearly overnight.

At first, Soldiers didn't have enough rifles so they trained with sticks. Those who did have rifles had the Springfield, a very accurate weapon, but one that was complicated to manufacture. To crank out millions of rifles quickly, the Army turned to the Enfield, a much simpler weapon to manufacture. It became the primary weapon used by Soldiers of the American Expeditionary Forces.

As for finding adequately trained leaders, Setzekorn said, the Army at the turn of the century had shown foresight in setting up excellent leader-development courses, not just at the traditional U.S. Military Academy at West Point, New York, but also at Fort Leavenworth, Kansas, and at the Army War

The company- and field-grade officers who graduated "brought fresh ideas and a professional ethic to their duties," Setzekorn noted. Many of these men would be leaders in the AEF and provide top-level leadership for World War II, as well.

Pershing also did a wonderful job in seeking French and British veteran officers to train U.S. Soldiers both at the camps in the U.S. and in training areas in France, Setze-

These young American officers' responsibilities grew exponentially. At the start of the war, a second lieutenant might be armed with a saber and pistol on a horse commanding a cavalry unit. A year later, that same officer might be commanding a battalion with duties that ranged from coordinating with air reconnaissance and artillery over a field phone to managing mechanized assets such

"The level of complexity was so far beyond what anyone had ever experienced, and the technology was all new and frightening," Setzekorn said. "It was war on an industrial scale, the likes of which had never been seen before."

#### **DIPLOMACY**

When Pershing arrived in France June 10. 1917, he found his French and British allies desperate for manpower, Setzekorn said. Years of trench warfare had taken a toll. Millions of French and British forces had been killed or wounded, more in fact than all U.S. Soldiers killed or wounded in U.S. history.

Understandably, morale was wavering and, at one point, half the French army had mutinied. On top of that, Russia was weakening, and German troops on the eastern front were pouring westward, threatening to overrun allied lines, Setzekorn said.

The French and British had the notion that.

"if you can give us these young, healthy, energetic Soldiers, we can train them and get our officers to lead them, and that's the best way to fight Germany," he said.

"For political reasons, it was difficult for Americans to fight under a foreign flag, and Pershing had to navigate this problem diplomatically because you wanted to have an American flag and an American identity," Setzekorn said.

In essence, "Pershing was working to thread the needle by offering support, but at the same time never allowing American troops to come under control of France or Britain," he explained. "It was a tough issue that continued throughout the war, particularly in the spring of 1918 when France and Britain were becoming exasperated that it was taking so long for American Soldiers to become trained."

Setzekorn noted some exceptions to this control issue, known formally as the "amalgamation debates." African-American Soldiers of the 92nd and 93rd Divisions were incorporated into some French units and went on to fight with distinction.

The French and British were becoming exasperated with the issue of control and the perceived slow pace of the American buildup, Setzekorn said.

"A lot of people said, 'Americans, maybe this is just too hard for you,' but Pershing stood his ground saying we're going to get our divisions trained and our corps trained, and we're going to be the equals of France and Great Britain," he said.

Pershing succeeded "through his force of will," Setzekorn said. "He was a very strong character, cast in a very difficult role. I can't think of anyone who's even come close to that since then, certainly not during World War II or later wars. He was really it. Once you left U.S. soil it was Pershing calling the shots on almost everything."

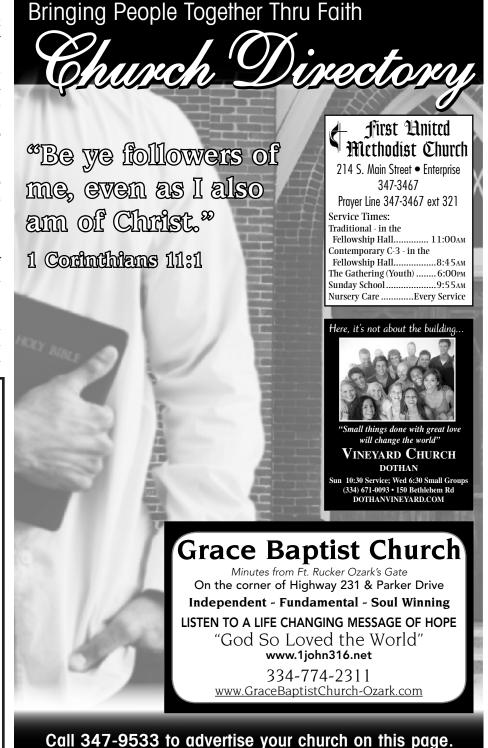
#### CONCLUSION

The first year of WWI may not seem as exciting as its later years, at least in terms of battles fought, but that period "provided a foundation for the U.S. to be a major player both in the war and ... the emergence of the U.S. as a force in the world," Setzekorn

Marshall, Patton, Eisenhower and other young officers under Pershing's command saw what it took to build an Army, he said, "not the flashy stuff on the battlefield but the grunt work of training and logistics, developing doctrine and educating key leaders."

That education would pay big dividends when these men led their own armies during WWII, he continued.

April 1917 to April 1918 "is really the birth of the U.S. Army as we know it," Setzekorn concluded. By April 1918, the doughboys, as Soldiers were called, became the Army that exists today with divisions, combined arms, a tank corps, an air service, a chemical warfare service and so on.



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# Blood transfusions, trench coats, other WWI innovations still used today

**By Yolanda R. Arrington** *Defense Media Activity* 

FORT MEADE, Md. — This month marks the 100th anniversary of the United States' formal entry into World War I. After a long period of neutrality, U.S. lawmakers voted to enter the war, beginning a period of military industrialization never before seen.

The Great War, as it's often called, left an indelible mark on the art of war and catapulted the American military into a more modern age. In recognition of the anniversary, we're highlighting a few of those advancements.

The military's use of aircraft really came into its own during the war. While balloons and planes were used prior to World War I, this was the first major conflict to use aerial combat on a large scale. Initially used for observation purposes, planes quickly became tools for combat with the inclusion of machine-gun fire and aerial bombs. They were even used to drop propaganda materials in war-torn countries.

This period was also the precursor to unmanned aircraft. Aviation entrepreneur Lawrence B. Sperry demonstrated the safe and stable operation of what would later become the modern use of autopilot some 10 years after the Wright brothers first flew in 1903.

#### SUBMARINES AND ULTRASOUND

Both the Allied forces and Central Powers employed submarines during the Great War. Germany's Unterseeboot, or undersea boats, were commonly called U-boats. These vessels were used to sink thousands of Allied ships, including the British ocean liner, RMS Lusitania, on May 7, 1915. Nearly 130 Americans aboard that ship perished in the attack. The Lusitania sinking and later incidents would eventually prompt the United States to declare war against Germany on April 6, 1917.

Advancements like the gyrocompass system and magnetic torpedoes made hitting targets and navigating the waters faster. Britain's advancement in ultrasound technology allowed sunken vessels to be easily located, an advancement that would prove



The Fokker D.VII was one of the best fighter aircraft of World War I, and was the only weapon used by the Central Powers specifically mentioned in the Versailles Treaty. The Central Powers surrendered 142 at the close of the war, and the Fokker company sold even more to the U. S. Air Service.

vital during World War II.

#### BLOOD TRANSFUSIONS AND BANKING

While in France, Oswald Hope Robertson, a doctor affiliated with the Army's Base Hospital No. 5, worked with the British Army on mastering blood transfusions. Doctors realized not all blood was the same and that it could be refrigerated for longer shelf life.

It was after these discoveries that Robertson mapped out plans for one of the earliest blood banks in 1917. Using Type O blood donors, Robertson was able to collect blood in advance and store it for a short period of time for use in wounded service members. Dr. Charles Drew would go on to perfect the blood banking process during World War II.

It's estimated 4.5 million Americans would die each year without lifesaving blood transfusions.

#### PLASTIC SURGERY

The increased use of bombs and machine gun fire changed the scope of injuries sustained by troops on the frontlines. Doctors saw an increase in facial wounds among service members. In 1916, New Zealand surgeon Harold Gillies began performing reconstructive surgeries on military patients who needed skin grafts and other forms of plastic surgery.

One such patient required a new kind of skin graft called the "tubed pedicle," which Gillies used to repair the service member's damaged eyelids. Gillies created a skin flap for the patient inside a tube to keep the blood supply intact and free from infection since there were no antibiotics at the time. Gillies' medical advancements didn't stop there. In 1946, he performed the first female-to-male gender reassignment surgery.

#### SANITARY PADS

Most people may think of the ways the Great War revolutionized combat on the ground, at sea, and in the air, but one wartime development forever changed things for women. The advent of a cotton substitute made of wood pulp called cellucotton helped save lives, but it also revolutionized menstruation for women.

Highly absorbent, cellucotton was used

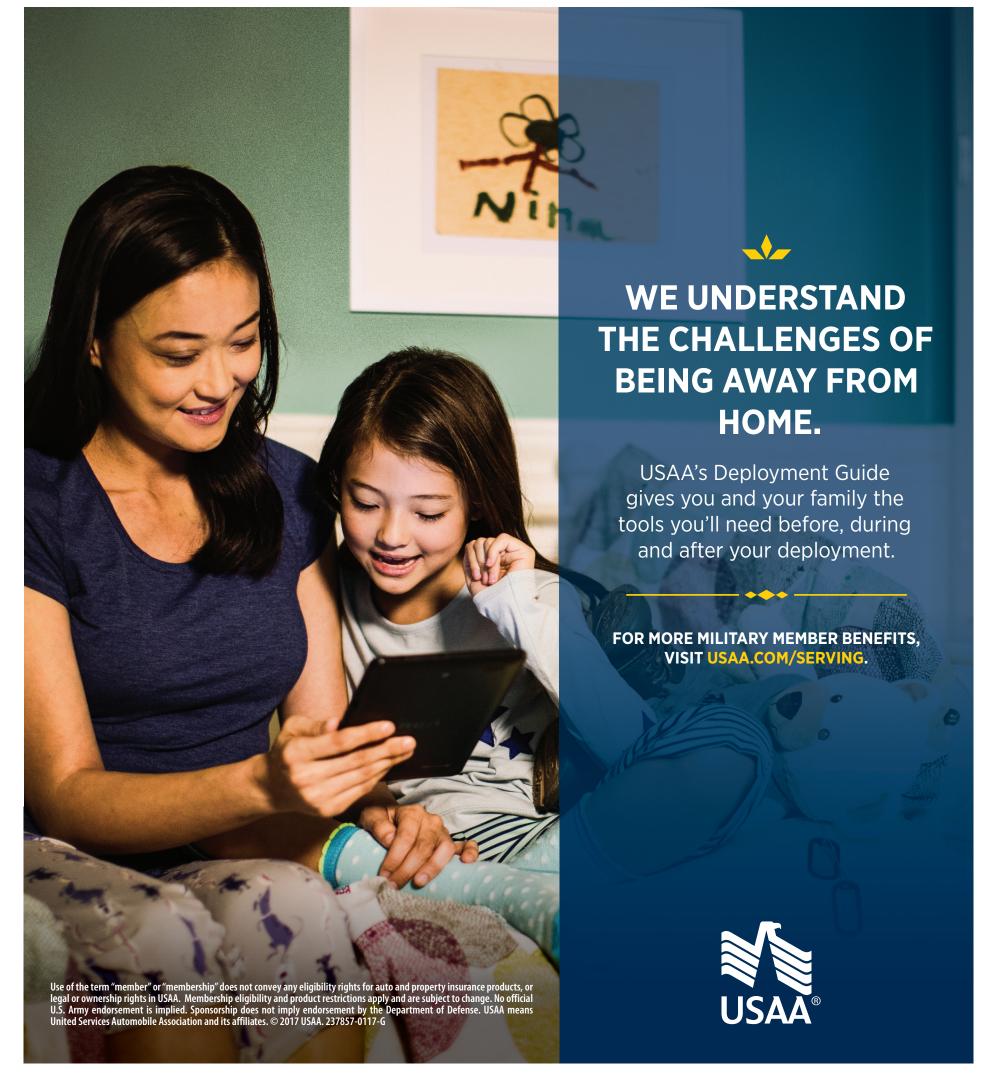
to bandage wounded troops. Nurses on the front lines noticed the material was a better alternative than the washable, reusable rags they were using during menstruation.

In 1920, the Kimberly-Clark Corp. acted on the nurses' discovery, using excess cellucotton to create the first disposable sanitary napkins under the Kotex brand.

#### TRENCH COATS

Most people may not associate war with fashion, but this functional design has transcended wartime to runways around the world. The trench coat was initially used for just that: troops in the trenches. Created as a coat for British officers, the trench coat was water-resistant and made from a breathable fabric. The coats held field gear and even included a gun flap over the right shoulder.

Today, there's no need for insignia or Drings to carry maps on the popular trench coat for everyday wear. Now, these functional, yet fashionable overcoats can keep you dry on rainy days or warm when there's a chill in the air. The military also inspired other popular civilian trends like pea coats and combat boots.



By Katie Lange
Defense Media Activity

FORT MEADE, Md. — World War I broke out in 1914 and significantly shaped the rest of the 20th Century, abroad and at home. April 6 marked 100 years since the U.S. got involved in the international conflict.

Centennial events will be unfolding across the country this year to remind Americans of the sacrifices made during that war and how it shaped many of the policies and problems we still have today. So, here are some key facts about the Great War and America's involvement in it.

#### WHY IT STARTED

The war officially began toward the end of July 1914 after Franz Ferdinand, the archduke of Austria, was assassinated by a Serbian nationalist in Bosnia, which was part of the Austria-Hungarian Empire. The general feeling was that Serbia, a country with which Bosnia had religious tensions, was responsible for the assassination, so the empire declared war on the Serbs.

Here's how it played out from there:

- France and England tried to mediate the situation, to no avail.
- Germany, an ally of Austria, refused to intervene, even though Russia had pleaded for it to do so.
- Russia then mobilized part of its army to help Serbia, its ally.
- Germany and Russia declared war on each other.
- France mobilized its troops, declaring it would not remain neutral in a German-Russian battle.
- Germany invaded France's neutral neighbor, Belgium, in an attempt to quickly invade France and capture Paris by surprise.
- Great Britain declared war on Germany to stand beside its allies, Belgium and France.
- Italy and the U.S. later joined the war on the side of Britain, France and Russia, also known as the Allies.

#### AMERICA'S LATE ENTRY

America had chosen to remain neutral for much of the war. But after a German submarine – known as a U-boat – sank the British cruise liner Lusitania in May 1915, killing



ARMY PHOTO

The Fokker D.VII was one of the best fighter aircraft of World War I, and was the only weapon used by the Central Powers specifically mentioned in the Versailles Treaty. The Central Powers surrendered 142 at the close of the war, and the Fokker company sold even more to the U. S. Air Service.

123 Americans as they innocently crossed the Atlantic, America grew concerned over Germany's unrestricted submarine warfare tactics. Still, the U.S. stayed neutral for two more years.

On April 6, 1917, the U.S. finally joined the fray. President Woodrow Wilson cited two reasons for the declaration of war: Germany had tried to get Mexico to join in an alliance against the U.S. (which failed), and Germany had also violated a pledge to suspend its unrestricted submarine warfare in the north Atlantic and the Mediterranean.

America's role in helping the Allies win the war and mediating its aftermath led to the rise of the U.S. as a global power.

#### TECHNICALLY NOT PART OF THE ALLIES

While the U.S. joined the war on the side of the Allies, the nation technically entered the war as an associated power. That meant it wasn't bound to honor pre-existing agreements among the Allied powers, most of which focused on post-war redistribution of territories.

#### VETERANS DAY A PRODUCT OF THE GREAT WAR

The armistice that ended the war's hostili-

ties took effect on Nov. 11, 1918. A year later, Wilson declared it Armistice Day, a time to honor those who took part in the war. A few years later, Nov. 11 became a federal holiday. In 1954, after the events of World War II and the Korean War, President Dwight D. Eisenhower signed legislation changing its name to Veterans Day.

#### GERMANY'S POST-WAR PUNISHMENT LED TO THE RISE OF HITLER

While Armistice Day ended hostilities, the Treaty of Versailles signed on June 28, 1919 – exactly five years after the archduke's assassination – established the terms of postwar peace and implemented strict punishment on Germany at the wishes of France and the U.K.

Germany accepted responsibility for the war and, therefore, had to pay about \$37 billion in reparations to the Allies. It also had to give up about 10 percent of its prewar territory and all of its overseas possessions. Its military was limited in size and two resource-rich areas of the country were put under control of the League of Nations (and later exploited).

Germans grew to resent the harsh conditions imposed on them, which caused political instability and an economic collapse.

That led to the rise of fascism in Europe and the Nazi Party in Germany, led by Adolf Hitler, who broke the Treaty of Versailles in 1933.

#### WAR OF 1812'S FAMED FORT MCHENRY WAS BUSIER DURING WWI

Fort McHenry in Baltimore, Maryland, is famous for what occurred there during the War of 1812. The Chesapeake Bay, just off the fort's shores, was where Francis Scott Key penned the "Star-Spangled Banner" during a naval battle.

But the fort was actually much more active during World War I. An Army hospital had been built around it and, over the course of the war, more than 20,000 sick and wounded Soldiers passed through it.

#### LAST REMAINING U.S. WWI VETERAN DIED IN 2011

Cpl. Frank Buckles, a Soldier from Charles Town, West Virginia, died Feb. 27, 2011, at 110 years of age. He had enlisted in the Army when he was 16 and was the last surviving World War I doughboy, which was a term used to describe American Expeditionary Forces troops who had been deployed to Europe during the conflict.



### Montgomery hosts music festival

Maxwell Air Force Base Press Release

Montgomery will host its free River Jam Music Festival May 12-13 presented by Wind Creek Montgomery and the Alabama Roots Music Society. May 12 at 6 p.m. at the Union Station Train Shed performers will be The 69 Band, Wyatt Edmundson and The John Bull Band. May 13 at

4:30 p.m. at the Riverfront Amphitheater performers will be Kirk J, Leah Seawright with March Hearnson, Mingo Fishtrap and Anders Osborne.

For more information, call 334-625-2100 or visit www.funinmontgomery.com/announcements/river-jam.



### WIREGRASS COMMUNITY CALENDAR

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

#### ANDALUSIA

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

**ONGOING** — The American Legion Post 80 hosts a dance with live music every Saturday from 7:30-11:30 p.m. For more information, call 222-7131 or visit www. andalusialegionpost80.org.

#### **DALEVILLE**

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

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

#### **DOTHAN**

**ONGOING** — The Wiregrass Museum of Art will open its spring exhibitions, including "From Here to There: Printmaking in Alabama," "documentingBlues: Photography" by Jenn Ocken, and the "Helen Keller Art Show of Alabama," April 20 at Art After Hours. After opening, "From Here to There: Printmaking in Alabama" and "documentingBlues: Photography" will run through June 24. The "Helen Keller Art Show of Alabama" will run through May 13. WMA's galleries are open to the public Wednesdays-Fridays from 10 a.m. to 5 p.m. and Saturdays from 10 a.m. to 3 p.m. Private tours and activities can be arranged by appointment on Mondays and Tuesdays. Art After Hours is held quarterly at the Wiregrass Museum of Art. The spring event will take place April 20 at 5:30 p.m. Admission is free for members and \$5 for non-members.

**APRIL 20-23** — The Good Sam Club will hold its annual rally at the Peanut Festival Fairgrounds. Club members are welcome to attend and camp out in their recreational vehicles. The event will feature numerous activities, vendors and events. For more information, call (205) 312-1248 or visit www.algoodsam.org.

**ONGOING** — Disabled American Veterans Dothan Chapter 87 maintains a service officer at its office at 545 West Main St. (Mixon Business Center) Tuesdays and Wednesdays from 9 a.m. to 2 p.m. The chapter will assist veterans who were injured or disabled while in military service. DAV service officers help veterans and their

spouses with disability compensation claims and other veterans benefits. All veteran services provided are free of charge. For more information, call 836-0217, Ext. 123, or send an email to davchapter87@gmail.com.

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

#### **ENTERPRISE**

**APRIL 17, 24 AND MAY 1** — Beginning Foxtrot dance lessons will be offered at the Hildreth Building, 202 N. Main St. Classes will be from 6:30-7:30 p.m. The cost is \$3 per person per class. For more information, call 393-4811

**ONGOING** — The American Legion Post 73 meets at the American Legion building at 200 Gibson Street on the fourth Saturday of each month beginning at 9 a.m. The building is across the street from the Lee Street Baptist Church. For more information call 447-8507.

**ONGOING** — Veterans of Foreign Wars Post 6683, John Wiley Brock Post monthly membership meetings for the VFW Post 6683 and Auxiliary are on the third Tuesday of each month at 7 p.m. at the post headquarters building located at 2615 Coffee County Road 537. The post mailing address is P.O. Box 311752 Enterprise, AL 36330. For more information, call 334-464-1171 or the auxiliary at 334-464-2222. The post also has a Facebook site at vfw post 6683.

#### **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 Community Center. Town Hall, 1385 Hinton Waters Ave.

For more information, call 983-3511.

#### **NEW BROCKTON**

APRIL 27 — Disabled American Veterans Chapter 99 will meet at 6 p.p. in the Senior Center, located one block behind the old police station. Food and drink will be served followed by regular chapter business. Veterans throughout the Wiregrass are invited to join as DAV or DAV Auxiliary. Current DAV members who wish to be considered for the upcoming year's positions of commander, senior or junior vice or other positions should submit their names to the chapter's adjutant no later than May 25. Formal nominations will be conducted at the June 22 meeting and elections of new officers will be held at the July 27 meeting. 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

**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.

**ONGOING** — The Ann Rudd Art Center offers free art lessons for children ages 5 and older. The young student class is Saturdays from 10 a.m. to noon, and the adult-teen class is from 12:30-3 p.m. Slots are on a first come, first served basis. For more information, call 774-7922.

#### **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**

#### Alabama Book Festival

The annual Alabama Book Festival will be in historic downtown Montgomery at Old Alabama Town April 22 from 9 a.m. to 5 p.m. with about 50 authors, and more than 40 vendors and exhibitors. The free public event is the state's premier book festival, with some 5,000 people from around the state and the southeast converging in the capital to meet with and hear from their favorite authors and scholars, according to organizers. The event will also feature a children's activity area. Old Alabama Town is located at 301 Columbus Street.

For more information, call 334-240-4500 or visit www.alabamabookfestival. org/welcome.html.

#### Joy to Life - Walk of Life

The Joy to Life Foundation will host its 16th year of the Joy to Life - Walk of Life event April 22 from 8:30-11 a.m. where people will be welcome to run or walk to raise awareness and support for the fight against breast cancer. The Walk of Life will begin at 8:30 a.m. with the starting line on Tallapoosa Street near Dreamland BBQ. Once people cross the finish line on Commerce Street by the Alley Station, they can make their way through the tunnel

to Montgomery's Riverfront Park where there will be food, drinks, the Mighty Kids Dash, vendors, artists, music and more.

For more information, call 334-284-5433 or visit joytolifefoundation.org/events/walk-of-life/.

#### Gulf Coast Hot Air Balloon Festival

The Gulf Coast Hot Air Balloon Festival will take place May 4-7 in Foley. Pilots from across the U.S will participate and the festival will include balloon glows Friday and Saturday night, the Disc Connected K-9's Frisbee Dog Show, carnival rides, arts and crafts vendors, and food and entertainment, according to organizers. There will be a balloon glow May 4 from 6-7 p.m. at Tanger Outlets. The festival grounds, located at 18507 US Hwy. 98 West in Foley, are open Friday from 2-10 p.m. and Saturday from 9 a.m. to 10 p.m.

For more information, visit http://www.gulfcoastballoonfestival.com/.

#### Reptile show

The Navarre Conference Center in Pensacola, Florida, will host ReptiDay Pensacola April 15 from 10 a.m. to 5 p.m. The one-day reptile event will feature vendors offering reptile pets, supplies, feeders, cages and merchandise, as well as live animal seminars. Admission will be \$10 for adults, \$5 for children ages 5-12 and free

for children younger than 5.

For more information, visit http://repticon.com/florida/reptiday-pensacola/.

#### Montgomery Biscuits baseball

The Montgomery Biscuits are a Double A affiliate of the Tampa Bay Rays and play in Riverwalk Stadium in downtown Montgomery. Various specials and promotions are offered throughout the season. For more information, visit http://www.biscuitsbaseball.com.

#### **Date Night Movie on the Green**

A date night movie will be played on the big blow up screen at Montgomery's Riverfront Park starting at dark on the first Friday in May and June. People are welcome to bring chairs or blankets for seating. Food vendors will be available, or people may bring their own food. People must be at least 18 years or older. Pets are welcome. Tickets are \$5 per person and must be purchased online or at the gate.

The movie for May 5 is "Silver Linings Playbook," and June 2 is "Dirty Dancing."

For more information, call 334-625-2100 or visit funinmontgomery.com/announcements/movies-on-the-green.

#### **Blue Angels Practice**

People can observe the Blue Angels, the

U.S. Navy Flight Demonstration Squadron, practice most Tuesdays and Wednesdays between March and November at the National Naval Aviation Museum viewing area in Pensacola, Florida. Practicies typically begin at 11:30 a.m. and last about an hour. The outside viewing area for the Blue Angels practice is located on the museum flight line north of the museum. Signs are posted to direct visitors to viewing and parking locations, including limited parking for handisenand vicitors.

limited parking for handicapped visitors. Open bleacher seating is available for 1,000 people. Chair service is provided at each practice session -chairs are available for a fee of \$3 per chair good for that day's practice session. Concessions and merchandise are also available, and there is a 100-percent ID check for all visitors 16 years old and over to access the museum flight line. Backpacks, daypacks, luggage and similar items are not allowed on the flight line. Small purses, bags containing medications, and diaper bags are allowed, but are subject to search by Naval Air Station Pensacola Security personnel.

Cancellations due to weather or maintenance are made at the team's discretion and may not be made until the morning of the practice.

For more information, visit http://www.navalaviationmuseum.org/.

### April 1917: America enters 1st World War

By Jim Garamone Defense Media Activity

WASHINGTON — By April 1917, people were already calling the war between the Allied Powers and the Central Powers the Great War, and they were right to do so.

Millions of soldiers confronted each other on the battlefields of France and Russia with thousands dying each day, even when there were no big offensives.

And on April 6, 1917, the United States declared war on the German Empire, joining France, Great Britain, Russia, Canada, Australia, New Zealand, South Africa and Italy. They were arrayed against Germany, Austria-Hungary, the Ottoman Empire and Bulgaria.

Both sides expected a quick and relatively bloodless victory when the war started in 1914. By the time the U.S. joined the fight, the population of whole nations had dedicated themselves to winning the war. Millions of men were growing ever more proficient at using new technologies to kill each other.

The names of the bloody battles in Europe were already well known to Americans, as a corps of outstanding war reporters from the major newspapers covered combat and sent back daily reports. The Somme, Verdun and Tannenberg resonated in the United States, just as they did in Europe.

France had a long scar running across it where millions of German, Austrian, French and British soldiers lost their lives for gains measured in yards. Russian soldiers, tired of the war, were joining revolutionaries calling for the end of the war. Russia's Czar Nicholas II had abdicated in March and while Russia continued to fight, it was halfhearted. Fighting was ongoing in Italy, the Balkans, Mesopotamia (now Iraq), Palestine and Africa.

Such was the situation on April 6, 1917, when the United States formally declared war on the German Empire and joined the Allied camp.

#### ZIMMERMAN TELEGRAM

President Woodrow Wilson had campaigned and won re-election under the slogan "He Kept Us Out of War." He was sworn in for his second term on March 5, 1917, but already the man who was "too proud to fight," was revising his thinking.

'Wilson truly wanted to stay out of the war," said Brian F. Neumann, a historian with the Army's Center of Military History and the editor of the service's series on the war. "To his thinking, if the United States had to enter the war, then it had to be for more than just maintaining the sta-

Diplomats in Europe called the United States "The Great Neutral" and U.S. envoys worked to effect a peace on the continent. But on Jan. 31, the German ambassador to the United States delivered a note to American officials stating that Germany will begin unrestricted submarine warfare. This meant Germany would sink without prior warning any ship sailing near Great Britain, France, Italy and in the Eastern Mediterranean Sea.

"This is not as shocking today as it was a century ago," Neumann said. "The Germans were scraping the bottom of their manpower barrel and they saw isolating Great Britain as their best chance of knocking the country out of the war. Americans regarded this as another example of German brutality and their desire to make war on civilians."

Wilson was gobsmacked, and the next day he severed diplomatic relations with the German Empire, but stopped short of seeking a declaration of war.

At the end of February, Wilson learned of the Zimmermann Telegram. This is a telegram intercepted by the British from German Foreign Minister Arthur Zimmermann to the German ambassador in Mexico City. The telegram instructs the ambassador to offer the president of Mexico - with whom the United States had a strained relationship - Texas, Arizona and New Mexico if his country declares war on the United States.



British soldiers prepare artillery shells and man a gun during World War I.

U.S. officials confirmed the telegram was authentic and released it to the press on Feb. 28. The American people were enraged, and Wilson ordered merchant steamers to be armed.

#### 'NO SELFISH ENDS TO SERVE'

In the next few weeks, the German Uboat campaign sank three U.S-flagged ships and that campaign was intensifying. Wilson called for a special session of Congress to meet on April 2. On that date, Wilson asked Congress to declare war on Germany.

"Wilson was a very reluctant warrior," Neumann said. "[He thought] if Americans are going to get involved in the quarrels of Europe, it had better be for a greater good."

The president saw the war leading to the dissolution of empires, and leading to selfgovernment.

"The world must be made safe for democracy," Wilson said in his address to Congress. "Its peace must be planted upon the tested foundations of political liberty.

"We have no selfish ends to serve," he continued. "We desire no conquest, no dominion. We seek no indemnities for ourselves, no material compensation for the sacrifices we shall freely make. We are but one of the champions of the rights of mankind. We shall be satisfied when those rights have been made as secure as the faith and the freedom of nations can make them."

Four days later, Congress sent the declaration of war to Wilson for his signature.

#### A DIFFERENT AMERICA

Both the Allied and Central Powers realized the power the United States could bring to the war. The population of the United States in 1917 was roughly 103.3 million. Of those, about 15 million were foreign-born and there was great concern that these "new Americans" wouldn't fight for the nation. There were, after all, hundreds of German-language newspapers in the United States, serving more than 2 million people who had been born in the German Empire.

Most Americans - 55 percent - lived and worked in rural areas. Farms had little mechanized assistance. There were still good careers for farriers, smithies and farm laborers, as horses and mules still supplied much of the motive power in and around the United States.

Highways were small and any longdistance trip was on a rail car pulled by a steam engine. Aircraft were still so new that people would come from miles around if one landed in a nearby town.

Telegrams were how most people got news from relatives far away, but telephone lines were growing. Radio - then called wireless telegraphy – was a promising new technology. Moving pictures - movies were discounted by many as a passing fad.

By law, women could not vote. By practice, in many places neither could African-Americans or other people of color.

And there were divergent opinions on the war itself, Neumann said. The United States had a large number of Irish immi-



An aerial photograph of a battlefield on the Somme front in France shows French troops moving through trenches and shell craters into an area formerly held by the German army Jan. 19, 1917.

grants with little love for Great Britain.

"Millions more from eastern and southern Europe had come to the United States to get away from the arbitrary rules of aristocracies," he said. "But still, by 1917, a goodsized majority of Americans saw the need to enter the war on the Allied Powers side."

#### **AMERICAN MIGHT**

The United States was a game-changer. America was an industrial colossus. In 1900, the U.S. Steel Corporation alone, made more steel products than all of Great Britain. Henry Ford's Model T and his assembly line efficiencies meant the day of the horse and buggy were fast becoming a thing of the past. Industrialization of agricultural processes would mean fewer laborers needed on farms and more needed in factories.

The United States had a literate and growing workforce and that combined with the mass production of things and the means to transport those things were revolutionizing America.

The United States, in short, was a country of tremendous potential, and so was its

The Great War was conflict on an industrial scale. Men were as interchangeable as cogs in a machine. Millions manned the trenches and millions more behind the lines supplied them, and still millions more made

the instruments of death.

The U.S. military wasn't even remotely to that kind of level. The U.S. Army had a grand total of 121,797 enlisted men and 5,791 officers on April 6, 1917. The Army was spread at posts around the American West and on constabulary duties in the Philippines, Puerto Rica, Cuba and Panama.

The Army had few machine guns, no heavy artillery, few planes, no tanks, little munitions, few trucks and vehicles.

The National Guard had a grand total of 181,620 personnel and they were cursed with uneven training and even older equipment than the active force.

The Army had not organized into divisions since the Civil War, and most officers knew little or nothing about moving and fighting large formations.

The Navy was little better with about 300 ships and 60,000 Sailors, but the Royal Navy really did rule the waves then and the need for U.S. seapower was not as critical.

On April 6, 1917, few could guess what role the American military would play in The Great War. But the declaration of war itself, marked America's long stride to the center of human events. America and Americans were unprepared, but willing to make the sacrifices.

It would take time for American military power to grow, learn and mature, but it would be decisive in The Great War.



#### **Support to Seamlessly Transition and Advance Your Career ROTOR TRANSITION PROGRAM**

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 Have Family a disaster plan and supply kit.

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Classes and much more. Invite your friends to attend and have a

JULY 28, 2017 7:30 AM - 5:30 PM 1145 JAMES DRIVE • ENTERPRISE, AL (BEHIND HARBOUR FREIGHT & DIRT CHEAP) 334-475-4308 SUMMER





# Jesus 'is the Reason Celebrate Our Risen Lord!

### Easter Services from Area Churches:

..... April 13, 7 pm

..... April 14, 7 pm

.. April 15, 8 pm

.... April 16, 12 pm

..... April 16, 11 am

**Saint John the Evangelist Catholic Church** 

...... April 16, 10 am

123 Heath Street • Enterprise AL

334-347-6751 Rev. Gregory Okorobia – Pastor

**Holy Thursday Mass** 

**Good Friday Service** 

**Easter Vigil** 

**Easter Mass** 

Mass in Spanish

Mass at St. Mary, Geneva



You are invited to join us at HighPointe Church where people have found: joy, family, friends, community, belonging, and above all else, Jesus.

### What will you find?

Three Services: 8:30am,10:00am,11:30am 90 County Road 539 • 334.475.3707

myhighpointe.com

Easter Sunday Schedule of Services

SUNRISE SERVICE

(JOINED BY WESLEY CHAPEL UMC)

6:00 AM Breakfast Following

**EASTER** WORSHIP SERVICE

10:00 AM Come join us as we worship the Risen Savior, Jesus Christ!

Baptist Church

Pastor: Kerry Mitchell 1837 Hwy 51 Enterprise, AL (334) 894-6216

www.cbcenterprise.com

Join us for



Church Service 10:00AM Pastor John McCrummen

Sunday School at 9:00AM

ODBC

Open Door Baptist Church 1509 Rucker Blvd., Enterprise, AL

and blessed Easter season. May the power of His love and sacrifice bring peace, joy and contentment to you and yours.



GOOD FRIDAY SERVICE

EASTER SUNDAY SERVICE

APRIL 16

10:00 AM

APRIL 14

GRACE PLACE CHURCH

GRACE PLACE

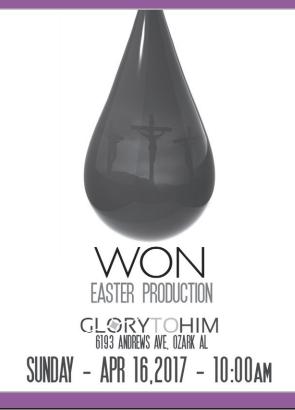
CHURCH

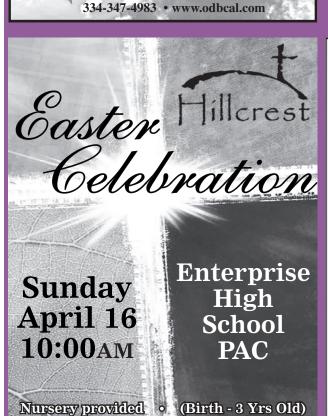
5730 SHELL FIELD RD

ENTERPRISE, AL 334-347-5214

6:30 PM

As we celebrate the miracle of our Savior's resurrection, we'd like to share with you our sincere best wishes for a joyous





### Faith Assembly of God

Invites you to worship with us

Sunday School 10 am Worship 11am & 6 pm Wednesday: Youth 6:30 pm Adult 6:30 pm

Jesus said in John's Gospel: "Because I live you also shall live." John 14:19. God provides salvation to everyone who will believe in His son, Jesus Christ. I hope you have a wonderful Easter as we celebrate the resurrection of Jesus Christ our Lord and Savior. Pastor Anderson

> 499 Meredith Street **Enterprise**, AL • 393-6620



#### Easter Services

Sunrise Service 6:15 am Morning Worship 10:00 am Evening Worship/Lord's Supper 6:00 pm

#### **Ino Baptist Church**

"The Church Alive That's Worth The Drive" 6157 Highway 134 • Kinston, AL 36453 Church: 334-565-3970 or 565-9969 www.inobaptist.com Pastor: Bro. Garry Winstead

"... I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live: And whosoever liveth and believeth in me shall never die ..." JOHN 11:25-26





#### **NEW VIEW**

Blue-light-blocking lenses a potential breakthrough

Story on Page D3

**APRIL 13, 2017** 

# THE BIG GAME

### Control Freqs shrink Head Hunters, advance to finals

By Nathan Pfau

Army Flier Staff Writer

The Fort Rucker Intramural Basketball Playoff Season is fully under way and the competition is heating up.

The 1st Battalion, 11th Aviation Regiment Control Freqs took on the 1-14th Avn. Regt. Head Hunters during a game at Fortenberry-Colton Physical Fitness Center Tuesday that would determine which team would advance to the finals, and it was Control Freqs that would move on the fight for the title of post champions, scalping their competition, 62-48.

Although both teams got off to a slow start in the first half, it was the Control Freqs who would come back explosively in the second half1

to dominate throughout the game to secure their place in the tournament.

"We did well," said Sgt. Jacob Durski, player for Control Freqs. "We were [a little slow] in the first half, then all throughout the second we started hitting our shots and we just came together."

It was the Head Hunters that started with the possession, but couldn't sink a basket, allowing Control Freqs to force a turnover and sink the shot of the game with a three pointer.

The 1-14th wouldn't trail far behind as they managed to keep up with their opponents, but neither team's defense nor offense seemed to be up to par as neither was able to make much headway



Spc. Tony Hart, player for Control Freqs, drives the ball past opposing players toward the basket during a playoff game at Fortenberry-Colton Physical Fitness Center Tuesday.

with both teams' scores in the single digits.

Control Freqs finally managed to break away with a bit of superior shooting and offensive

ers couldn't manage to keep up Freqs were there to pick up the going into the second quarter as rebounds and drive the ball to the the 1-13th took a 10 point lead,

Head Hunters weren't able to close the gap a bit, they still

in the first quarter of the game, capability, and the Head Hunt- to sink their shots, and Control basket and maintain their lead. Although the 1-14th managed

trailed 23-16 at halftime.

Control Freqs had possession going into the second half and started off again with a 3-point shot to secure their lead.

Head Hunters continued to struggle to keep up as the 1-11th's defense remained strong and the Control Freqs took full advantage to pull further ahead. Their superior shooting ability had them sinking threes left and right over their opponents, and the Head Hunters hopes of catching up faded away as they fell more than 20 points behind in the third quarter.

The 1-14th wouldn't be completely discounted, though, as they went into the fourth quarter by finding their second wind as they attempted to tire out their opponents to close the scoring

As commanding a lead as the Control Freqs held in the third quarter, it seemed to have little significance as the Head Hunters tightened up their defense and started sinking their shots.

They managed to get within 7 points of their opponents with just minutes remaining, but the 1-11th wasn't going to collapse so easily.

Control Freqs' defense wouldn't loosen too much, though, as when they saw their lead shrink they tightened up their game in the remaining minutes to hold on.

For the Head Hunters, their rally was too little, too late, and the buzzer sounded with Control Freqs advancing to the champi-



People participate in Zumba during last year's Fort Rucker Fit Fest event. This year's event is scheduled for April 21.

### **Fort Rucker** hosts Fit Fest **Health Fair**

**By Jenny Stripling** Lyster Army Health Clinic Public Affairs Officer

Healthcare at Fort Rucker has come a long way since the first Army hospital on post opened its doors in 1942, and Lyster Army Health Clinic and Fort Rucker are doing their part to keep Soldiers, families and civilians healthy.

Soldiers, families and civilians are invited to attend the Fort Rucker Fit Fest Health Fair at the festival fields April 21 from 9 a.m. to 4 p.m.

"This health fair is designed to promote comprehensive health and wellbeing of Soldiers, families and civilians," said Capt. Pamela Francis, chief of preventative medicine at Lyster Army Health Clinic.

The health fair will aim to focus on the five dimensions of strength within the Army Resilience Program: physical, emotional and community, as well as injury prevention and risk reduction, according to

"There will be fitness exhibitions, on-site health information, games, prizes, food and much more,"

Outside vendors, entities from Lyster and the Fort Rucker installation will be offering everything from physical activities, such as Zumba, to activities designed to enhance emotional wellbeing. Francis said the hope with hosting the health fair is that people will want to change behaviors long after they leave the event.

SEE FIT FEST, PAGE D3

### RECOVERY

#### Program offers holistic tools to Soldiers with TBI

By Suzanne Ovel

Army Medicine Public Affairs

JOINT BASE LEWIS-MC-CHORD, Wash. — Brain injuries don't happen in isolation. They're often accompanied by chronic pain, or long-impacting injuries, or behavioral health concerns like post-traumatic stress.

After all, whatever caused the brain injury - an explosion, a vehicle accident, a fall - also affects the rest of the person, said Col. Beverly Scott, the medical and program director of Madigan Army Medical Center's Traumatic Brain Injury Program and Intrepid Spirit Program.

These coexisting conditions can make patients more complex, and "are often very difficult to treat through our normal, conventional health care system," Scott said.

Enter the Madigan Intrepid Spirit Transitions Program, a six-week intensive outpatient group designed to address the complex conditions of eight to 12 service members at a

"The priority goal is to help individuals so they can return to duty or improve their well-being for whatever path they are on. It's never too late to help them address a number of issues that they may be having following a traumatic brain injury, dealing with pain, dealing with behavior health issues," Scott said, emphasizing that the program goes beyond a TBI focus and also treats patients with other trauma-related conditions.

The MIST Program only serves active duty service members with referrals from their primary care managers and other specialty services at Madigan, or throughout the Regional Health Command-Pacific. It's a part of the tripod of the larger Intrepid Spirit Model, which offers "arena" intake sessions for a multidisciplinary team to build service members' overall treatment plans, enhanced case management for TBI





to program participants lets them

cherry pick the methods they believe

will help them the most – what one

service member called "customizing

"They leave knowing they'll

Giving them tools they can use

come away with what works best for

well after they complete the pro-

gram is an acknowledgment that the

recovery process is an ongoing one.

"We recognize it is a transition.

their own multi-tool."

them," Scott said.

MIST Program participants engage in traditional and nontraditional therapies, such as creating symbolic masks. The MIST Program offers holistic treatment to service members with traumatic brain injuries and other traumatic conditions.

Program patients, and the intensive outpatient program itself.

The program leadership acknowledges that a six-week program is quite the commitment for service members. In fact, being dedicated to the process is crucial to success.

"They have to devote that same accountability [they've given to] military life now to their recovery," Scott said.

Commanders must sign memorandums of understanding that patients will be off of duty rosters for the duration of the program.

"They're making a commitment to help that service member get better,"

The holistic focus of MIST recognizes that the whole person is affected by brain injuries and the conditions that often accompany them. While patients address chronic pain, insomnia, and work to improve cognitive skills, they also learn mindfulness and strategies to nurture relationships and build spiritual resiliency. The classroom bounces between the TBI Program building, art studios, yoga mats and nature.

"Because of the program's uniqueness, it's anything but mundane," said James Brassard, the program administrator for the TBI Program and Intrepid Spirit Program.

The variety of approaches offered

In a six-week period, we know we

really can't address or reverse or fix everything, so we do try to expose the individuals to programs on JBLM and the resources, the tools, the information, the ideas that they're going to take with them to continue their recovery," she said. The participants are encouraged to continue individual care within the

ing the MIST program. That's why they reached out to JBLM's Army Wellness Center, Soldier and Family Assistance Center, Telehealth and Technology, and more to teach parts of the program.

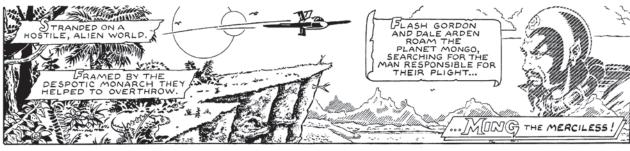
TBI/Intrepid Spirit program follow-

"It's a whole team, and the team extends beyond our walls," Scott

So far, the MIST Program has

SEE RECOVERY, PAGE D3

# OWNIIM









40 Act of liturgy

41 Battle shout

42 To a greater

46 Key above D

**47** Literary intro

48 Pale shade

49 Sprightly

dance

50 Consume

53 Ex-combat

GIs' gp.

55 Possessed

56 Watch

**57** "Nay"

faces

voters

58 Betray by

59 And not

Juan

classic

60 Most arid

61 Cooks, as

66 Dilettantish

some clams

blabbing

extent



#### Just Like Cats & Dogs

by Dave T. Phipps

YOU BOYS ENJOYING THE NEW POOL TABLE? IN CASE YOU ARE WONDERING WHAT THAT SCENT IS, I PUT POTPOURRI IN THE POCKETS

# Rodriquez

1. METALS: What alloy is created by mixing copper and zinc?

2. MATH: What is an obelus in math-

ematical formulas? 3. THEATER: What long-running

play featured the song "Luck Be a Lady"?

4. ACRONYMS: What does LED stand for?

5. ANATOMY: What is a more common name for the hallux?

6. GEOGRAPHY: In what country is Port Said located?

7. FASHION: What is a more common name for "frogs" on military-type

8. LANGUAGE: What is the name for the type of marriage where a woman has more than one husband?

9. HISTORY: How many soldiers were in an Imperial Roman legion?

10. GENERAL KNOWLEDGE: In what country did the dance called the tango develop?

See Page D3 for this week's answers.

#### **Super** Crossword

1 Lethal

2 Shared

3 Speaking pro

4 Old Italian

5 Mill refuse

6 Later

7 Tenor

Caruso

against 9 Gives a

8 Files a case

double cluck

of reproach

10 Diagnostic

procedure

12 Wooed with

a melody

inker, e.g.

13 Contract

14 Rudely

tribe

terse

15 New York

#### **TEN-CHARACTER**

#### ACROSS

- **1** See 19-Across 6 Bird refuge 10 Girl, to Scots 14 Tree thicket
- 19 With 1-Across. spring prank victims
  20 Difficult duty
- **21** Jai 22 Not inclined 23 Papal topper
- 24 Long hike 25 Crooner Crosby
- 26 Tomb artifact, e.g. 27 Failure to keep developing
- a villain's character? 31 Summer
- 32 On an ad - basis 33 "Sprechen
- Deutsch?' 34 Decade count 35 "I — care" 37 Person
- studio? 43 Trailer-park parkers, for short

23

62

67

72

95

102

114

118

122

forging duel

weapons for

38

43

68

88

87

83

109

- 44 "-- deal?" ("Are we on?")
- 45 Nun's string of beads 46 Lederer who was better
- known as Ann Landers 49 Poke (out) 51 Nomadic sort 54 Head
- demons licensed to market products?
- 62 Article south of the border 63 It increases on a birthday
- 64 Single-file 65 Somewhat. informally 67 Alternative to 114 Shaw of jazz a Cert or a
- 70 Hamburger unit
- 71 More gutsy? "— is human" 73 Estevez of
- the screen **75** Letter #26 77 Gobble down 121 Action 78 Newly coined synonyms for 122 Fight off
- depression? 123 Nastassja - buddy (close friend) 124 Camp sight 84 Dad's mate 125 Cheeky

63

103

115

119

123

20

24

- - Kinski film

40

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111

116

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124

90

#### DOWN

- 86 Volcanic peak in N. Oregon 90 Limerick's rhyme
- pattern 94 Cedar's kin 95 Providing refuge for people who
- use bleach? 102 Granola bit 103 Adore, cutesily
- 104 Hosp. test 105 Exist 106 Go quickly
- 108 Babies seen moving wavily in prenatal scans?
- 115 Rear, as legs 116 Film director **Ephron**
- 117 Puts freight 118 Very best
- performance 119 Met melody 120 A part of
- scene
- Juan!'

25

#### resistance 29 "Oh yes,

30 Russia's Gromyko 36 Go for it

bragh!"

- 68 Gold, to 16 Lummox 17 Device used 69 1950 Asimov in Twister 70 "Simple 18 End-of-list
- abbr. 28 Units of Simon met a
  - Wilhelm
- 71 Prefix with caching **73** Frozen
- 74 L followers 75 Beastly site?

22

26

65

- 39 With, to Yves 79 First Ford car 80 Online 'zine
  - 81 Increase 82 Apropos of 86 Eds.' piles
  - **87** See 94-Down 88 Lift in the back of a shoe
- 89 Quaint 52 "Looky here!" 91 Task lists 92 Ran in the wash
  - 93 Baseballer Randy Johnson's nickname. with "the"
  - 94 With 87-Down, get a strong desire
  - 96 Charge to attack 97 Côte d'-
  - 98 Strong-force particle 99 AWOL pupil
  - 100 Greek island **101** Vampy
  - types 107 Elia offering
- home 76 Elegant tree 114 Swiss river

100 101

106

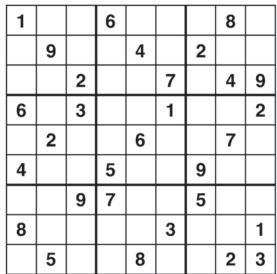
109 Angling need 110 États-**111** Nil 112 "Ah. so sad" **113** O'Hara

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#### See Page D3 for this week's answers.

### Weekly **SUDOKU**

by Linda Thistle



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

#### **DIFFICULTY THIS WEEK:** ◆◆

2

♦ Moderate ◆ ♦ Challenging 

See Page D3 for this week's answers.

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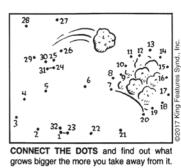
# KID'S CORN

112 113

117

121

125



A FILL-IN PUZZLE

Answer: A hole in the ground.

this AlphaMath puzzle with the digits 0, 1, 2, 4, 5, 6, 7, 8 and 9 so that you have a correct addition problem. The same latters TRY MOWING DOWN THIS PUZZLE! Replace the letters in SEED so that you have a correct addition problem. The same letters get the same digits. Can you get a higher total than we did? Our Answer: S=1, E=9, D=0, R=2, A=5, I=8, N=6, L=4, W=7. (1990 + 2686 = 4576).

CHAIN REACTION! Take the seven letters printed below our diagram and place them in the circles so that eight four-letter words can be read top to bottom along the connecting lines. All the words will begin with the letter in the top circle

Top to bottom, left to right: Coax, coat, coot, coop, clot, clop,



Pictured above is a crossword puzzle grid. Below are the 17 words that you'll need to complete the puzzle using the trial-anderror method. Keep a good eraser handy! **AGES BAKED ICED** 

KEEPS **AFAR** DOMED OWNER DREAM SALON **AGATE FBBS** SODA BADGE

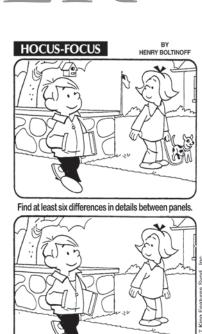
#### 3 6 3 8 2 6 2 W Ε Ν В 0 Α В 5 5 7 2 4 D F S 0 R Α 2 5 6 8 8 0 Ρ R С 0 R V Т Ν 8 4 2 8 3 2 8 Т С Ε 0 D S Α 7 8 3 6 8 3 E O S M V V D E E A S

Ν 0 0

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

Wishing 🏝 Well®

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#### Blue-light-blocking lenses a potential breakthrough for warfighters

Military Health Systems

Communications Office Staff Report

SILVER SPRING, Md. — New eveglasses might help warfighters get the sleep

they need. Military Health System officials are working on tinting for lenses that can be worn an hour or two before bedtime, blocking the light that blocks the brain's production of melatonin, the chemical that helps people sleep, according to Navy Cmdr. Marc Herwitz, the chief ancillary informatics officer for the Navy's Bureau of Medi-

"Sleep deprivation has been a significant and well-documented issue for service members," Herwitz said. "It has been especially problematic for those on changing shiftwork schedules and those who work continuously under artificial lighting."

The Navy is responsible to the Department of Defense for the manufacture of glasses and ballistic eyewear.

"Blue light comes from numerous natural and artificial sources," said Herwitz. "Some of the artificial sources include computers, tablets, cell phones, and overhead lighting. This blue light suppresses the brain's production of melatonin and keeps people



Airmen at Tinker Air Force Base, Oklahoma, are illuminated by the glow of the blue light from their computer screens. Blue light blocks the brain's production of melatonin, an important chemical that helps people sleep.

from sleeping."

Herwitz said using materials now available, the Naval Ophthalmic Support and Training Activity crafted a tint for safety lenses that blocks about 70 percent of blue light. Adding the tint to the lenses is inexpensive (done for about the same cost as adding tinting to a pair of glasses) and easily done. These tinted lenses are not intend-

ed to be worn all the time since people need to be alert on the job. But they can be useful as the day winds down and suppression of blue light helps bring on the urge to sleep. Anecdotal evidence showed the lenses are effective, but research seeks confirmation.

"We just completed a preliminary study with the use of these blue-light-blocking lenses in a group of active duty military

members deployed in military facilities," said Nita Shattuck, a fatigue and sleep expert at the Naval Postgraduate School in Monterey, California. "We're still evaluating all the data and creating control measures to test, but the results are very promising so far."

In fact, Shattuck said people who wore the glasses for two hours before going to bed fell asleep about 30 percent faster than those who didn't use them. If successful, the lenses could make a big difference in the sleep warfighters get, especially those who do shift work and have to sleep at times against the body's natural rhythms.

"They're getting more sleep," said Shattuck, "which improves their mood and makes them less likely to be drowsy when we need them to be alert, such as when they perform security duties. Nodding off is just not an option."

Herwitz said, depending on the results of Shattuck's research, better sleep produced by the tinted lenses could make better warf-

'This eyeglass application has the potential to enhance the readiness, safety, and productivity of service members and improve their quality of life," said Herwitz. "We can help them sleep, wherever they might be."

### **Recovery**

Continued from Page D1

graduated two groups of participants. "We've seen incredible success," she said. Overall, participants have benefited from increased wellness, but some of the participants' accomplishments were more personal. One service member's medical evaluation board was halted because of how much his behavioral health had improved; another reversed the downward trajectory of his marriage.

While the MIST Program is designed with evidencebased curriculum, some of its success is derived from

"Some significant success is clearly related to Soldiers helping Soldiers, the service members helping each other," Scott said. "The power of the cohort is just extraordinary. We make sure we have time for the individuals to just talk to and help each other, and you can really see the power in that."

The results at the end of the program include much more than the successful treatment of the TBI and its related conditions.

"It's going to help them be a better Soldier, a better person, a better spouse, a better parent, a better leader," she

### FORT RUCKER SPORTS BRIEFS

#### Youth fishing tournament

Outdoor recreation will host a youth fishing tournament Saturday from 7 a.m. to noon at Parcours Lake. Entry fee is \$15. The event will be open to the public for youth ages 3-15. Live bait is permitted, but no minnows. Prizes will be awarded to first-third-place winners. Bait, snacks and a some fishing gear items will be available for purchase the morning of the event.

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

#### Super Demo Day

Silver Wings Golf Course will host its Super Demo Day Saturday from 9 a.m. to 3 p.m. at the driving range. The event will allow attendees to experience the latest and greatest in golf club equipment. Golfers will be able to test out the performance of the latest golf equipment offerings from major manufacturers. The event will be open to the public and non-members.

For more information, call 255-0089.

#### Scuba course

The Fort Rucker Aquarians Dive Club will sponsor a scuba certification course beginning April 26. The first class will meet at the Fort Rucker Physical Fitness Center Indoor Pool at 6:30 p.m. After the first week, the course will meet Monday and Wednesday nights for no

less than six weeks and no more than seven weeks, depending on the weather. One weekend will be required at the end of the course to complete open water training in the Gulf of Mexico.

For information, call 334-803-1323 or 334-494-0847.

#### **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 instruc-

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

#### **Gobbler Classic Turkey Hunt**

Outdoor recreation hosts its Gobbler Classic Turkey Hunt now through April 30. The entry fee is \$25 and participants must have an Alabama State All Game License, Fort Rucker Post Hunting Permit and Hunter Education Completion Card. Alabama State Regulation and Fort Rucker Regulation 215-1 apply. The turkey must be harvested on Fort Rucker to qualify. People can register at

ODR or MWR Central.

For more information, call 255-4305 or 255-2997.

#### Lifeguard training course

A lifeguard training course will be held at the Fort Rucker Physical Fitness Center April 21 from 4-7 p.m., April 22-23 from 8 a.m. to 5 p.m. and April 29-30 from 8 a.m. to 5 p.m. The course is open to patrons ages 15 and up, and costs \$125 for Department of Defense ID card holders and \$150 for members of the general public. A prerequisite test on 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. Candidates who take the training program are also eligible for employment with Fort Rucker MWR. All candidates who apply with Fort Rucker MWR Aquatics after successful completion of the training program will have 50 percent of their training fees reimbursed to them at the end of the 2017 summer season –must work through Labor Day.

For more information on how to apply, call 255-9162.

#### Thunder on Tholocco

Fort Rucker will host its 11th annual Thunder on Tholocco April 22 at Lake Tholocco. Gates open at 9 a.m. and races begin at 11 a.m. The event will be open or 255-2997.

to the public, with ticket prices being \$5 in advance or \$7 at the door. Children ages 12 and under are admitted for free. Tickets may be purchased at outdoor recreation or MWR Central. People are welcome to bring a chair or blanket and watch multi-class outboard drag boat racing. The high-performance machines reach speeds in excess of 100mph, according to organizers. People can also sign up to participate in a kayak or canoe race, rent a paddle boat, or see how far they can make it down the inflatable slip and slide. Food vendors will be on site with a variety of menu options, as

For more information, call 255-1749.

#### Fort Rucker 10-Mile Run Off and **Team Relay**

The Fort Rucker Physical Fitness Center will host the 10-Mile Run Off and Team Relay April 29. Awards will be given out in various individual and team categories. Participants are encouraged to pre-register at either of the PFCs or at MWR Central. Race-day registration begins at 6 a.m. and the race begins at 7 a.m. Pre-registration is \$20 per individual by April 28 and includes a T-shirt. Race-day registration is \$25 per individual and includes T-shirt while supplies last. The run-only option costs \$15 and does not include a T-shirt.

For more information, call 255-2296



#### Weekly SUDOKU —

Answer

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

#### Answers

- 1. Brass
- 2. Division sign 3. "Guys and Dolls"
- 4. Light-emitting diode
- 5. Big toe
- 6. Egypt
- 7. Braided fasteners 8. Polyandry
- 9.5,000
- 10. Argentina

#### Fit Fest =

Continued from Page D1

"When people are participating, winning prizes and gaining knowledge, we want them to put the knowledge of what they've learned to good use in their daily lives and strive to become healthier in all aspects

of their lives," she said. Admission to the health fair is free and open to the entire Fort Rucker community. For more information, call 255-2292.





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