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OUTDOORS

Post home to recreational paradise

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STRONG B.A.N.D.S.

Campaign events promote overall health, fitness

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

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FORT RUCKER ★ ALABAMA

MAY 4, 2017

CG TO INDUSTRY:

Aviation needs 'better than we have today'

By Kelly P. Morris

U.S. Army Aviation Center of Excellence Public Affairs

Maj. Gen. William K. Gayler, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, spoke to a packed crowd during a morning session at the Army Aviation Association of America's annual Mission Solutions Summit at the Gaylord Opryland Hotel in Nashville, Tenn. Apr. 27.

Gayler thanked the association for the opportunity to connect with industry, and to celebrate 75 years of Army Aviation.

"It's phenomenal to look back at [how far] Aviation has come since 1942, and even since our branch was formed in 1983. It is clear to see that everything we do is about the ground force," Gayler said.

Gayler said the vision for the branch today is "a professional, modernized force that is solely focused on the ground forces whom we support to provide capabilities and options for combatant commanders through reach, protection, and lethality, to win in a complex world. That is why we exist"

"When we ever start thinking of a capability for our branch, it's not a capability for aviation, it's a capability for a commander on the ground. Every dollar we spend on aviation is a dollar spent on the ground force. We do not exist for our-calves" he appleired

selves," he explained.

Gayler described the Army as concept-



PHOTO BY KELLY P. MORRIS

Maj. Gen. William K. Gayler, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, speaks to a packed crowd during a morning session at the Army Aviation Association of America's annual Mission Solutions Summit at the Gaylord Opryland Hotel in Nashville, Tenn. Apr. 27.

based and doctrinally-driven, which requires looking to the future to develop context such as Training and Doctrine Command has done with the Army Operating Concept, and also the Multi-Domain

Battle concept of how to fight in the future.

This includes battlefields that are becoming incredibly lethal and increasingly contested, with actors that are tough to discriminate, technology advances that have manifested as long surface-to-surface capabilities of adversaries, to affect, disrupt and in some cases deny in all domains, and multiple types of threats in all

"The [adversaries] have developed capability to attempt to deny our advantage, and there is risk of potential overmatch," Gayler said.

"You must be able to dominate, either locally or broadly, domains for periods of time for temporal superiority so that you can synchronize cross-domain effects to enable joint freedom of maneuver," Gayler said. "We have to translate that into a capability."

Aviation is part of the movement and maneuver warfighting function, to "find stuff, move stuff, kill stuff," for a force on the ground, to drive the tempo of the fight and to present the enemy with multiple dilemmas, he said.

Gayler said the budget is the number one threat to readiness across the Department of Defense.

"We cannot go into a Budget Control Act in 2018," Gayler said. "That would put at risk many, many things—immediate readiness and modernization programs."

Aviation remains in high demand, with

more than 30 percent of the force committed every day.

"We need to rebuild, regain collective battalion level readiness," Gayler said.

Gayler said the modernization plan is necessary and capabilities based. Reach, protection and lethality translate to a capability, he explained.

Priorities for Aviation will continue to be the Improved Turbine Engine Program, the Block II CH-47 upgrade, Aviation Survivability Equipment, Degraded Visual Environment solutions, future Unmanned Aircraft Systems solutions and small precision guided munitions capabilities, and ultimately to field Future Vertical Lift capability.

Gayler said the important dialogue with industry about capability can be challenging.

"It should be 'I want better than we have today for our ground forces'. No less capable. Better," he said.

He gave examples of "operationalizing" Aviation requirements, in terms of capability to move a Brigade Combat Team over a period of darkness over an operationally significant distance; aircraft that are quicker to the place of need; airframes that can transit the depth and breadth of a division and corps battle space in the future of potentially 500 km as quickly as we quickly as we transit them today with 200 km fronts; and the

SEE AVIATION, PAGE A5



PHOTOS BY NATHAN PFAU

Soldiers receive their gold badges during the German Armed Forces Proficiency Badge competition ceremony at the U.S. Army Aviation Museum April 25

BUILDING CAMARADERIE

Soldiers put selves to test to earn German military badge

By Nathan PfauArmy Flier Staff Writer

More than a hundred Fort Rucker Soldiers tested their mettle in April to earn an international accolade and build camaraderie with their German

The 1st Battalion, 13th Aviation Regiment hosted this year's German Armed Forces Proficiency Badge competition, which tested all 108 of its Soldier competitors with events meant to test their physical prowess, said Maj. Rosa Delaney, 1-13th Avn. Regt.

Throughout the competition, which ran over the course of four days, Soldiers had to compete in events that included an 11x10-meter sprint, the flex-arm hang, a 1000-meter run, a 200-meter swim; M-9 marksmanship qualification, and a ruck march with full gear in distances from 6, 9, or 12 kilometers – all while competing for gold, silver or bronze levels.

"The German Armed Forces Proficiency Badge is a German decoration



Soldiers compete in the early morning ruck march during the German Armed Forces Proficiency Badge competition April 18.

to recognize the achievement of U.S. and allied military member for outstanding military distinction," Delaney said. "The German military values the GAFPB above all other badges because it represents qualification and excellence in several areas, constituting the core competencies of military readiness, and not just performance in a singular military skill."

"It was designed for two things: to

test our Soldiers and their soldiers on their military proficiency, and more importantly to build and enhance partnership among their own and allied Soldiers," added Lt. Col. Kevin McHugh, 1-13th Avn. Regt. commander. "This competition is unique in that is a competition where we do not compete against one another, but rather

SEE CAMARADERIE, PAGE A5

Allies gather to honor sacrifice

By Nathan Pfau

Army Flier Staff Writer

Before the break of dawn, a small group gathered at Veterans Park for a service to honor the fallen during one of Australia's most sacred national holidays.

American Soldiers and veterans joined their Australian comrades to celebrate ANZAC Day April 25 – a national day of remembrance – to honor members of the Australian and New Zealand Army Corps who fought at Gallipoli in Turkey during World War I, said Lt. Col. Brenton Mellor, Australian army liaison officer

"ANZAC Day is a great Australian and New Zealand tradition, and it is celebrated all over the two nations – and whenever, wherever Australians are overseas," he said during the ceremony. "[The ANZACS] demonstrated, beyond any doubt, the necessary military values of duty, courage, teamwork, resolution and self-sacrifice, and the

SEE ALLIES, PAGE A5



PHOTO BY NATHAN PFAL

Kristy Mellor, wife of Australian army Lt. Col. Brenton Mellor, lays a wreath with her children, William and Kaitlin, on the 134th Assault Helicopter Company memorial on behalf of future generations during the ANZAC Day ceremony at Veterans Park April 25.

PERSPECTIVE

Reducing stigma of mental health care supports overall wellness

By USPHS Capt. Robert DeMartino

Director of Mental Health Policy for the Assistant Secretary of Defense for Health **Affairs**

SILVER SPRING, Md. - If you broke your arm, came down with pneumonia, or your child had a severe earache, you wouldn't think twice about going to the doctor and getting treatment.

Maintaining our health and receiving effective treatment for ourselves and our loved ones is a duty and responsibility.

But what if the injury isn't accompanied by physical pain, an X-ray finding, or an abnormal lab test? What is our duty and responsibility when it comes to good mental health?

Too often, service members, retirees and their family members suffer the pain of stress, sadness and worry without considering seeking care. And while some pains, like a simple headache, can be easily cared for at home, others require the attention of caregivers who can guide you toward relief and recovery.

During Mental Health Awareness Month, leaders and health care providers in the Military Health System are stressing that mental health is as important as physical health. This year's theme, "Let's talk about it," encourages a conversation about mental



DeMartino

health to reduce the stigma and encourage

Mental health is not a luxury. It affects our quality of life and our ability to accomplish the mission at hand. Our culture stigmatizes mental health conditions and seeking treatment, but we can chip away at this stigma by examining our own beliefs about mental health and challenging ourselves to consider what health is without mental

In the MHS, we actively promote available resources, and encourage everyone to get the help they need. The Department update to the TRICARE policy to ensure of Defense's commitment to health care is evident through mental health assessments, counseling, family support services and

The MHS shows its commitment to mental health care through unparalleled support and quality of care, and also by the way we allocate care. We encourage service members to ask for help, train our providers to provide the best care possible, and ensure crucial resources are available.

A critical element of ensuring the mental health of our service members, retirees, and their families is making it easy to find and receive care and support. The MHS provides individual, marriage and family therapy, as well as intensive outpatient and inpatient care, available both in and outside our military treatment facilities. These avenues are only part of the available support, which also includes chaplain support in all the services, Army and Marine Corps community services, Fleet and Family Support Centers, military family life counselors, crisis lines, hotlines, Military OneSource, and a dozen other support programs that can directly provide assistance or get you to the right place to receive care.

We've updated our policies so they're in line with the needs of our service members, retirees, and their families, including an beneficiaries gain better access to mental health care at lower costs. The policy update removed limits on the length of stay for beneficiaries in inpatient mental health treatment and residential treatment care for adolescents and children. It also took away limits on the number of annual visits beneficiaries are allowed for various mental health services, also reducing copayments and cost-shares.

In the MHS, we hold ourselves accountable in the mental health field by keeping track of our progress. When beneficiaries ask how well we provide care, our goal is to communicate thorough and honest information. We use short questionnaires, either self-administered or given by the provider, to determine how well our beneficiaries do with the care provided and what we need to do to improve that care.

We work hard to make sure the members of the military and their families have access to support and mental health services. Taking care of our psychological wellbeing is a personal responsibility because mental health is a critical part of our overall

Help raise awareness and keep the conversation going - not just during Mental Health Awareness Month, but every day of



As part of the Army Strong B.A.N.D.S. program and to promote fitness, the Center Library will host a StoryWalk Saturday from 9-11 a.m. along the Beaver Lake trail. What are some ways people can keep an active lifestyle?"



Kenny Wynn, veteran

"Get out [and exercise] with your family more. Get involved with them and do it together as a unit, just like in the Army.'



Lynette Miller, military spouse

"Balance with a healthy diet and get at least 30 minutes of moderate walking or jogging, or just some kind of exercise.'



Mary Jo Weideman, military spouse

"The gyms offer a lot of programs - I'm doing their Boot Camp right now. [The gym] here is free and the classes are about as cheap as you can get."



1st Sgt. Dannie Williams, WOCC

"Stop watching TV and get



2nd Lt. Chris Zeigler, D Co., 1st Bn., 145th Avn. Regt.

"Just having a schedule can help. If you write a schedule down, you're more likely to stick with it. Write down that you're doing [this exercise] for an hour or I'm going to the gym. Once vou write something down it'll hold you to it."

COMMAND

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suicide intervention

Ask your buddy

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

Gare for your buddy

· Remove any means that could be used for self-

- 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.

'STILL TOO MANY'

Sexual assaults in military drop, reporting goes up, annual report reveals

By Terri Moon Cronk Defense Media Activity

WASHINGTON — The past-year prevalence of sexual assault in the military reached a new low in fiscal year 2016, and reporting of such crimes is on the upswing from previous years, Defense Department officials said Monday.

The Annual Report on Sexual Assault in the Military for fiscal year 2016 shows that 4.3 percent of women and 0.6 percent of men said they experienced a sexual assault in the year prior to the force-wide survey. Those numbers are down compared to the fiscal year 2014 figures of 4.9 percent of women and 0.9 percent of men, officials

The report shows that, in addition to the drop in the estimated total number of incidents via the survey, the portion of those incidents that is reported to DOD authorities has risen. As many as one in three service members reported the incidents in fiscal 2016, compared to one in 14 people 10 years ago, they added.

The fiscal 2016 report shows about 14,900 service members indicated they experienced a sexual assault last year, which is 5,400 fewer than the 20,300 victims estimated in 2014.

"We're encouraged that there was less of this horrible crime in 2016. However, there are still too many people experiencing a sexual assault," said Navy Rear Adm. Ann Burkhardt, the director of DoD's Sexual Assault Prevention and Response Office. "We will continue to provide first-class support to those who have been victimized

and further evolve our prevention efforts to stop the crime before it occurs."

RESOUNDING MESSAGE

"Our people have heard the message from their senior leadership that this crime has no place in our military," SAPRO Deputy Director Nate Galbreath said of the uptick in victim reporting. "We believed 10 years ago that, if we built services that gave people confidence, they would be supported, [and] more people would report.'

And more men are reporting sexual assault crimes because of strides DOD has made through awareness, he noted.

"Leadership at all levels of the department have been making an effort to let men know we want to hear from them," Galbreath said. "In the military, sexual assault is something experienced equally by men and women – there are just as many men as women who experience sexual assault. Real warriors ask for help when they need it.'

While force-wide surveys in DOD are voluntary, more than 735,000 active-duty service members were invited to take the fiscal 2016 survey, and 24 percent of those invited replied, Galbreath noted.

"That kind of response gives us a lot of precision and confidence in our results," he said. "Our surveys are designed so that the results represent the entire force. This is how we know that about 14,900 active duty men and women experienced a sexual assault in 2016 – down from some 20,300 in 2014 and way down from about 34,000 in 2006 when we first started."



DOD SUPPORTS VICTIMS

Service members who made a sexual assault report and participated in the military justice system said in the Military Investigation and Justice Experience Survey that they received solid support, the deputy director said.

"We are very lucky to hear from a small, but important, group of military members who take our [survey]," he added. "They've told us that they get great support from our special victims counsel - their lawyers as well as from their victim advocates and sexual assault response coordinators.

"Three-quarters of these service members who've been through the justice process would recommend that other service members make a report," he continued. "If anyone is wondering whether they should come forward, I hope they take this ad-

Prevention is the key to further reducing the occurrence of sexual assault and increase reporting, Galbreath said.

"If we expect prevalence rates of sexual assault to decrease in the future, we will need to get after the prevention of co-occurring misconduct like sexual harassment, hazing and alcohol misuse," he said. "We have plans in the works to collaborate with our counterpart organizations across the DOD to press forward together."

DOD's Safe Helpline is anonymous and offers support for sexual assault survivors in the military at safehelpline.org or by phone at 877-995-5247.

SecDef honors Rangers killed in Afghanistan

By Lisa Ferdinando

Defense Media Activity

WASHINGTON — The two Army Rangers who died last week in Afghanistan willingly went into harm's way to fight the enemy and defend the United States and its

Mattis said in a statement Friday.

"The families and fellow Rangers of Sgt. Joshua 'Josh' Rodgers and Sgt. Cameron Thomas have my respect and sympathies," Mattis said.

Rodgers, 22, of Bloomington,

freedoms, Defense Secretary Jim Illinois, and Thomas, 23, of Kettering, Ohio, were killed in Nangarhar province as a result of small-arms fire while engaged in dismounted operations, the Defense Department said in a statement.

"Fighting alongside their Af-

ghan partners, Josh and Cameron proved themselves willing to go into danger and impose a brutal cost on enemies in their path," Mattis said.

"They carried out their operation against [the Islamic State of Iraq and Syria-Khorasan] in Afghanistan before making the ultimate sacrifice to defend our nation and our freedoms," Mattis said. "Our nation owes them an irredeemable debt, and we give our deepest condolences to their families.'

The Soldiers, who were supporting Operation Freedom's Sentinel, were assigned to 3rd Battalion, 75th Ranger Regiment, Fort Benning, Georgia.

About 50 Rangers and 40 Afghan commandos were inserted by helicopter into the Mohmand Valley about 10:30 p.m. local time April 26, Navy Capt. Jeff Davis, the Pentagon's director of press operations, told reporters Friday. The location is near where the GBU-43/B Massive Ordnance Air Blast bomb was dropped earlier this month, he said.

The two Rangers were mortally wounded at the start of an intense, three-hour firefight, Davis said. There is a possibility the Rangers were struck by friendly fire and U.S. Forces Afghanistan is investigating that possibility.

The operation targeted the leader of ISIS-K, Abdul Hasib, who is believed to have been killed in the raid, the captain told reporters.

"U.S. Special Operations forces killed several senior ISIS-K leaders along with about 35 ISIS operatives, which should significantly degrade ISIS-K operations and help to destroy the ISIS-K affiliate that's there," he said.

Those at the scene report closequarters fighting and enemy fire coming at them from 360 degrees, Davis said, adding that U.S. strikes from the ground and the air were used in self-defense.

"The performance of the Afghan Special Security Forces and our Army Rangers was exemplary," U.S. Forces Afghanistan officials said in a statement.

Operating in the most difficult terrain and under complex circumstances, the forces were able to accomplish their mission while protecting the women and children in the compound, the statement said.

ISIS-K, also known as the Khorasan group, is based in the Afghanistan-Pakistan region and is composed primarily of former members of Tehrik-e Taliban Pakistan and the Afghan Taliban, U.S. Forces Afghanistan officials said.

Secretary of Defense Jim Mattis meets with troops at the Resolute Support Headquarters in Kabul, Afghanistan, April 24.

News Briefs

Change of command

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

CLEP-a-thon

The Fort Rucker Education Center will host its CLEP-a-thon, Round 3, Tuesday-May 11 in Bldg. 4502. Active-duty military will be able to take all the CLEP and DSST tests they can take free, while it will cost family members and civilians \$95. According to education center officials, most colleges accept CLEP as transfer credit. Tuesday and Wednesday, the event will take place from 9 a.m. to 3 p.m. May 11, the event will take place from 9-11 a.m. No appointment is required to take part.

For more information or to pre-register, call 598-2443.

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.

Memorial Day ceremony

Fort Rucker will host its Memorial Day ceremony May 26 at 8:30 a.m. at Veterans Park. In case of inclement weather, the ceremony will take place in the U.S. Army Aviation Museum.

AER closing ceremony

The Army Emergency Relief fundraising campaign closing ceremony is scheduled for May 31 at 2 p.m. in the U.S. Army Aviation Museum.

ID card section closure The Fort Rucker ID Card Section will close from 2:15-4:15 p.m. for training the second Wednesday of every month.

Pharmacy change

The Lyster Army Health Clinic Pharmacy no longer accepts drop-off forms for all refill requests. It is mandatory to phone in all prescription refills. Call 1-877-520-1623 or 334-255-7671.

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 delivery date.

For more information, call 255-1363.

Lost and found

People who have lost or misplaced property while on Fort Rucker can call the Directorate of Public Safety's lost and found point of contact at 255-3239 to inquire if their property has been turned in. To claim their property, people must be able to demonstrate ownership of the property. DPS retains property found or turned in at special events held on the installation, such as Freedom Fest – the most common items turned-in are keys, cell phones and wallets.

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.

Yoga classes

Lyster Army Health Clinic offers free yoga classes Mondays, Wednesdays and Thursdays from 11:45 a.m. to 12:45 p.m.

in the Lyster Activity Center, Rm. J-100, of the clinic. Participants are encouraged to bring their own mat.

Alcoholics Anonymous meets

Alcoholics Anonymous meets Wednesdays from 11:30 a.m. to 12:30 p.m. in Rm. 147 of Bldg. 4502. For more on the group, call 334-237-1973.

Weight control

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

For more information, call 255-7986.

Thrift shop

The Fort Rucker Thrift Shop is open Wednesdays-Fridays from 10 a.m. to 2 p.m. The thrift shop needs people's unwanted items. People can drop off donations at any time in the shed behind the shop (former Armed Forces Bank building) located in front of the theater next door to the bowling alley. Donations are tax deductible.

For more information, call 255-9595.

536 YEARS OF SERVICE

21 Soldiers, 1 civilian retire at quarterly ceremony

By Jim Hughes

Command Information Officer

With a combined 536 years of service, 21 Soldiers and one civilian retired during Fort Rucker's quarterly retirement ceremony Friday at the U.S. Army Aviation Museum.

Col. Richard T. Calchera, deputy assistant commandant, U.S. Army Reserve, hosted the ceremony. He was assisted by Sgt. Maj. Dave Ewing, U.S. Army Aviation Center of Excellence G3 sergeant major.

A short write-up on each retiree follows.

LT. COL. JOHN MCMAHAN

McMahan, assistant dean of the U.S. Army School of Aviation Medicine, entered military service in 1989 as an aerial intelligence specialist. He was commissioned in 1993. He said the highlight of his career was deploying to Operation Iraqi Freedom-1 as a medical evacuation executive officer and pilot-in-command in the 498th Medical Company (Air Ambulance) organized under the Marine Aircraft Group-39, 3rd Marine Air Wing, 1st Marine Division. He and his wife, Stephanie, have three children. They plan to reside in Chatsworth, Georgia.

LT. COL. CHRISTOPHER YUSKAITIS

Yuskaitis, 164th Theater Airfield Operations Group deputy commander, entered military service in 1986 as an infantry Soldier. In 1992, he was rebranched and earned a regular commission into the Aviation Branch. He said the highlight of his career was advising on all aspects of communication to a U.S. Navy four-star admiral NATO commander during the Crimean crisis of 2014. He plans to work in space command and control operations.

CW4 HAROLD COGHLAN

Coghlan, B Company, 1st Battalion, 212th Aviation Regiment flight commander, instructor pilot and examiner, entered military service in 1978 as a warrant officer candidate. He said the highlights of his career were being a special operations pilot, as well as a Spanish instructor pilot in support of the Central and South America Aviator training mission at Fort Rucker while flying 22,580 hours. He and his wife, Patricia, have two children. They plan to reside in Birmingham.

CW4 GREGG GOULDING

Goulding, D Co., 1-14th Avn. Regt. instructor pilot, entered military service in 1991 as a communications operator. In 1999 he was selected for warrant officer flight training. He said the highlight of his career was serving as a standardization instructor pilot in support of Operation Enduring Freedom in Afghanistan. He and his wife, Michelle, have three children. They plan to reside in Enterprise.

CW4 RYAN STARK

Stark, A Co., 1-145th Avn. Regt. senior academic instructor, entered military service in 1991 as a combat engineer. He was selected for warrant officer flight training 1999. He said the highlight of his career was being a senior instructor with the Aviation warrant officer advanced course helping guide future senior warrant officer leaders. He and his wife, Tricia, have four children. They plan to reside in Huntsville.

CW3 JAMES CARROLL

Carroll, A Co., 1-145th Avn. Regt. unmanned aircraft instructor, air cavalry leaders course, entered military service in 1993 as an infantryman. In 1997, he became an AH-64 Apache repairer and, in 2007, he became an unmanned operations technician warrant officer. He said the highlight of his career was being an instructor for the air cavalry leaders course at Fort Rucker. He and his wife, Susan, have five children and three grandchildren. They plan to reside in Troy.

CW3 BRAD POSEY

Posey, B Co., 1-13th Avn. Regt. standardization instructor pilot, entered military service in 1994 as a scout helicopter mechanic. He was selected for warrant officer flight training in 2006. He said the highlight of his career was being able to meet and marry his wife, Casey. They have two children and plan to reside in Enterprise.

CW3 ROBERT FOOR II

Foor, A Co., 1-223rd Avn. Regt. platoon leader and CH-47F instructor pilot, entered military service in 1995 as a field artillery mechanic. He was selected for warrant officer flight training in 2007. He said the highlight of his career was being a pilot in command and instructor pilot in both the OH-58D Kiowa Warrior and CH-47F Chinook. He and his wife, Cheri, have to children. They plan to reside in Enterprise.

CW3 ROBERT NESS

Ness, F Co., 1-212th Avn. Regt. chief of standardization, entered military service in 1995 as a medical laboratory technician. He was selected for warrant officer flight training in 2002. He said the highlight of his career was the unwavering support of his wife, Sarah, and their two children. They plan to reside in the Fort Rucker area.

CW3 MICHAEL MERRELL

Merrell, E Co., 1-212th Avn. Regt. instructor pilot, entered military service in 1997 as a field artillery cannon crewmember. He was selected for warrant officer flight training in 2006. He said the highlight of his career was being an instructor pilot in support of USAACE. He and his wife, Kari, have five children and two grandchildren. They plan to reside in Wichita Falls, Texas.

CW3 CHADD OSWALT

Oswalt, 1-212th Avn. Regt. UH-72A Lakota standardization instructor pilot, entered military service in 1997 as a motor transport operator. He was selected for war-



Fort Rucker's latest retirees at the quarterly retirement ceremony at the U.S. Army Aviation Museum Friday. Back: CW2 Lennon Chandler, CW4 Harold Coghlan, CW3 Joshua Aronack, Sgt. 1st Class Kevin Armstrong and CW3 Robert Foor. Front: CW3 Brad Posey, Jeffrey Babine, CW3 Robert Ness, CW4 Ryan Stark, Sgt. 1st Class James Mason and Sgt. 1st Class Santiago Ramirez.



Back: Master Sgt. Todd Yule, 1st Sgt. Kenneth Greene, CW3 James Carroll, CW4 Gregg Goulding, Sgt. 1st Class Johnny Holley and CW3 Michael Merrell. Front: 1st Sgt. Dannie Williams, CW2 Michael Davis, Lt. Col. Christopher Yuskaitis and CW3 Chadd Oswalt.

rant officer flight training in 2005. He said the highlight of his career was being selected by the USAACE commanding general in 2014 to serve on the initial five-man team responsible for transitioning Fort Rucker's more than 400 instructor pilot force from the TH-67A to the UH-72A. He and his wife, Sarah, have two children. They plan to reside in Wicksburg.

CW3 JOSHUA ARONACK

Aronack, 1-212th Avn. Regt. instructor pilot for the UH-60A/L Black Hawk, entered military service in 1996 as a chemical operations specialist. He was selected for SGT 1ST CLASS SANTIAGO RAMIREZ officer flight training in 2006. He said the highlight of Ramirez, A Troop, 1-212th Avn. Regt. first sergeant, his career was being a pilot in command and instructor pilot in the UH-60A/L. He and his wife, Sarah, have two children. They plan to reside wherever opportunities take them.

CW2 LENNON CHANDLER

Chandler, D Co., 1-13th Avn. Regt. chief of standardization, entered military service in 1994 as a reconnaissance Marine and became an infantry Soldier in 1997. He was selected for flight school in 2010. He said the highlight of his career was directly affecting the battlefield in the fight against terrorism – supporting the African and Middle Eastern areas of operation. He and his wife, Nancy, have two children. They plan to reside in Enterprise.

CW2 MICHAEL DAVIS

Davis, Fort Rucker Criminal Investigation Command Drug Suppression Team chief, entered military service in 1997 as a military police officer. He was selected for Army Criminal Investigation School in 2007. He said the highlight of his career was being assigned to the Chairman of the Joint Chiefs of Staff Security Team in support of missions in the U.S. and overseas. He and his wife, Jamie Marie, have three children. They plan to reside in New Brockton.

1ST SGT. KENNETH GREENE

Greene, 365th Combat Support Sustainment Battalion in Jackson, Mississippi, operations NCO in charge, entered military service in 1982 as an automated logistics specialist. He said the highlights of his career were marrying his wife, Caludine, and having three children. They plan to reside in Columbia, South Carolina.

MASTER SGT. TODD YULE

Yule, 7th Special Forces Group engineer NCOIC at Eglin Air Force Base, Florida, entered military service in 1990 as an infantryman. In 1996, he transitioned to become a special forces engineer. He has two children. He and his wife, Wendy, plan to reside in Florida.

1ST SGT. DANNIE WILLIAMS

Williams, Warrant Officer Career College Headquarters, Headquarters Company first sergeant, entered military service in 1993 as an infantryman. He said the highlights of his career were marrying his wife, Missy, and having three children. They plan to reside in Middleburg, Florida.

SGT. 1ST CLASS JAMES MASON

Mason, 1-13th Avn. Regt. S1 NCOIC, entered military service in 1991. He said the highlights of his career were marrying his wife, Jodie, having seven children and being able to serve in the Army with his daughter. They plan to reside in Enterprise.

SGT. 1ST CLASS KEVIN ARMSTRONG

Armstrong, Knox operations and airfield NCOIC, entered military service in 1997 as a Black Hawk tactical repairer. He said the highlight of his career was managing the maintenance program on the fleet of UH-60s while being an integral part of the only air ambulance company in the Republic of Korea. He and his wife, Gina, plan to reside in Daphne.

entered military service in 1996 as a Black Hawk repairer. He said the highlights of his career were molding the Aviation Branch through mentorship of initial entry officers and enlisted Soldiers and constantly having the support of his family to do what he loved to do. He and his wife, Sylvia, plan to reside in Texas.

SGT 1ST CLASS JOHNNY HOLLEY

Holley, Aviation life support equipment supervisor for the 2nd Combat Aviation Brigade at K-16 Air Base, Republic of Korea, entered military service in 1988 as an M60 armor crewman in the Alabama Army National Guard. He entered active-duty in 1997 as an aircraft structural repairer. He said the highlight of his career was marrying his wife, Angelica, and having two children. They plan to reside in Hartford.

JEFFREY BABINE

Babine, visual information specialist with the training division, device branch, entered civilian service in 1984 at Fort Rucker as a technical equipment illustrator. He said the highlights of his career were all of the people who took him under their wing to counsel and guide him in all areas, as well as the friendships he developed over the years. He and his wife, Elizabeth, plan to reside in Ozark.



- Have a family disaster plan and supply kit.
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- Purchase and use a NOAA weather radio with a tone alert feature. This will alert you to warnings issued by your local National Weather Service office.



Aviation

Continued from Page A1

option for combatant commanders to selfdeploy with the speed and range necessary to do that.

Gayler said Aviation must have the capability to protect airframes and the Soldiers they carry, and the ability to carry more stowed kills onboard our airframes, with an emphasis on operating in contested environments.

"That's the kind of operationalizing of a requirement. That's what we've got to provide our Soldiers in the future. And we will stay focused on that like a laser beam," he said.

Gayler said the Army has a shortage of pilots. He emphasized keeping quality aviators in the Army, and building back capacity in all formations, including at Fort Rucker. To train more aviators requires putting resources into Fort Rucker.

"Our nation's security depends on it," Gayler said.

Gayler thanked his 'teammates on board', the USAACE Command Sergeant Major, Command Sgt. Maj. Gregory M. Chambers and Chief Warrant Officer of the Branch CW5 Joseph B. Roland for being there. The leaders hosted separate breakout sessions during the event that provided panels of experts to speak about issues impacting enlisted Soldiers and warrant officer Aviators.

Gayler also took a moment to publicly thank, on behalf of the Aviation branch, a member of Army Aviation's legacy of service who was in the audience, Lt. Gen. Kevin W. Mangum, as he transitions out of the service. Mangum served as Training and Doctrine Command's deputy commanding general, and was a former Army Aviation branch chief.

"I would like to say thanks for three plus decades of incredible soldiering, leadership, mentorship and friendship to every single one of us."

Camaraderie

Continued from Page A1

the established standards."

Of the Soldiers who competed, 74 earned badges, which were awarded during a ceremony at the U.S. Army Aviation Museum April 25. With 35 gold recipients, 26 silver and 13 bronze, earning a badge for most competitors was no easy task.

"The hardest part for me was absolutely the swim," said 2nd Lt. Morgan Cochran, D Company, 1-145th Avn. Regt. "I'm pretty good at swimming, but swimming 200 meters in uniform proved more difficult than I expected."

"This competition was pretty [physically demanding] – it was about how much effort you put into it, but if you put maximum effort into it, it's extremely physically demanding," added Sgt. 1st Class Ashton Ace, A Co., 1-223rd Avn. Regt. "The flex-arm hang was tough. To get the gold you have to sit there and flex for over a minute, so that was really challenging – I actually had to train for that."

Both Cochran and Ace earned gold, but the competition was less about the result, and more about trying new experiences and building relationships.

"During primary, my stick buddy was a German lieutenant, so I think the relationship between the German armed forces and the American armed forces is really important, so by participating in this event it shows my support for that," said Cochran. "One of the greatest things was meeting people from all over Fort Rucker from different units ... and building that camaraderie throughout the competition."

"I saw the opportunity and it was something I've never done before, and since I had the time to do it and I wanted to try it," added Ace. "I've never taken part in competitions like this, and overall it was fun and just a great experience."

That level of camaraderie and teamwork in an individual competition is something McHugh said he was proud to see, not just in this competition, but in competitions over the years

"I have observed you all compete last week and the previous groups last year, the end result has always been worthy of note that during an individual competition you all come together and establish a sense of teamwork and camaraderie," he said. "Be proud of what you achieved, and I ask that you remember the origin of the badge and the heritage of its design, which is the strength of our two armies."

Allies

Continued from Page A1

excellent and unique reputation surrounding ANZAC survives even today in our armed forces."

The ceremony started with the traditional gunfire breakfast at 5 a.m., which symbolized the historic last meal that troops enjoyed before going into battle, and continued as people gathered around the 135th Assault Helicopter Company Memorial, a reminder of the partnership between the U.S. and Australia.

"A great example of this alliance is celebrated in this park and was illustrated in Vietnam in 1966," said Mellor, referring to the monument, which houses the names of five Australian soldiers who are memorialized alongside fallen American Soldiers.

"This unit would be involved in some of the most significant operations throughout the Vietnam Conflict: over five separate bases, accumulating over 121,000 flight hours, operating 147 aircraft. However, as you can see, this came at a price," he said. "There are 36 names of Soldiers and Sailors from both countries etched side by side on the memorial we stand in front of, [as a reminder] of the unrelenting bond that was shared then and is honored today."

Wreaths and flowers were laid at the memorial by representatives of each of the branches, including Maj. Gen. William K. Gayler, U.S. Army Aviation Center of Ex-

cellence and Fort Rucker commanding general, who represented the U.S. Army.

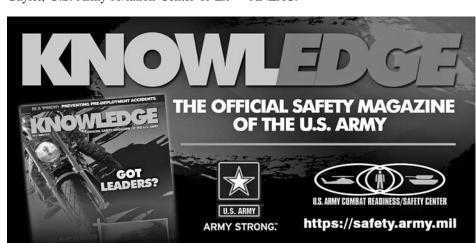
That representation is important to many, like Jeff Clements, Army veteran, who said it's important that we recognize the accomplishments that the two countries achieve as

"These people fought alongside us and sacrificed just as much as we did, so we owe it to them to honor them and make sure that what they fought for doesn't go forgotten," he said. "I feel like it's my privilege to be able to come out and honor those who fought in service of this country, regardless of where they're from.

"There are a lot [who] don't know about conflicts and wars that our country has been involved in, or with who we fought alongside, like the collaboration with Australia, and it's something that is important to recognize," he continued. "I'm forever grateful to those of all nations who have sacrificed. I'll never forget what they've given."

That level of collaboration and teamwork is what allows Fort Rucker to celebrate an Australian national holiday, which Mellor said must be acknowledged.

"Today is Australia's day – a day to share and remember with affection the courage of people and the value of friendship, to honor the dead and to acknowledge those who suffer still from the effects of war," he said. "We do not celebrate victory or glorify war – we celebrate the human spirit, the spirit of ANZAC."



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MAY 4, 2017



A Ranger jumps out of a UH-60 Black Hawk during the Best Ranger Competition 2017 at Fort Benning, Ga., April 9. The 34th annual David E. Grange Jr. Best Ranger Competition 2017 was a three-day event consisting of challenges to test competitor's physical, mental, and technical capabilities.

SUMMER SHI

Aviators work with Latvian joint terminal attack controllers

By Sgt. Shiloh Capers For Army News Service

ADAZI MILITARY BASE, Latvia -Pilots from the 1st Attack Reconnaissance Battalion, 501st Aviation Regiment, 1st Armored Division, Fort Bliss, Texas, conducted a brief on an AH-64D Apache for of NATO joint terminal attack controllers from Latvia, a U.S. Army fires team and U.S. JTACs on Adazi Military Base April 24.

"We brought everyone together to understand the capabilities of our Aviation platform that we're working with and how to use them on the battlefield," said U.S. Air Force Staff Sgt. Dustin Stelljes, battalion air liaison officer who acts as lead JTAC for the 1st Battalion, 68th Armored Regiment, 3rd Armored Brigade Combat Team, 4th Infantry Division out of Fort Carson, Colorado.

Stelljes is stationed with the 13th Air pany in 1-68th Armored Regt. has a



Soldiers from C Co., 1-501st Avn. Regt. out of Fort Bliss, Texas, attached to Task Force Falcon, land an AH-64D Apache at Adazi Military Base, Latvia, during Operation Summer Shield as a part of Operation Atlantic Resolve April 24.

Support Operations Squadron at Fort Carson, but falls under Headquarters and Headquarters Company for 1-68th Armored Regt. for missions. Each com-

JTAC team that reports to Stelljes, who directs them on how to operate with the ground commander.

Deployed, 1-68th Armored Regt. operates under Operation Atlantic Resolve, which demonstrates the U.S. commitment to NATO by rotating U.S.-based units through the European theater during multiple exercises with NATO Al-

The brief included the physical capabilities of the AH-64D, what went into planning for a mission and which terrain the Apache was best suited for. The accuracy and speed of the missiles were described, as well as their penetrative capabilities. Refuel time was discussed, as well as the satellite communication on the Apache.

"I think we opened their eyes to understand that this is a very capable asset and it can be used effectively in coordinated attacks, joint air attack teams and the multiple ways we can employ them on the battlefield," Stelljes said.

In the eyes of 1st Lt. Vincent Franchino, a pilot and platoon leader for 1-501st Avn. Regt., the brief provided more than information.

"The brief helped NATO Allies, specifically JTACs, the ones who control us on the battlefield, in certain

SEE SHIELD, PAGE B4

Inside JTF-Bravo's overwater search-and-rescue capability

By Master Sgt. Kerri Spero Joint Task Force-Bravo Public Affairs

SOTO CANO AIR BASE. Honduras — When a true disaster strikes in the waters of Central America – a sinking boat or a person lost at sea – there is a small crew who stands ready for emergencies in order to save lives.

Joint Task Force-Bravo's 1st Battalion, 228th Aviation Regiment spent the last year developing a robust overwater search-and-rescue program that brings a crucial, life-saving capability to JTF-Bravo, according to Sgt. 1st Class William Shewbridge, 1-228th Avn. Regt. air ambulance NCO.

Prior to the launch of this program, the 1-228th Avn. Regt. capabilities for overwater search-and-rescue were considered rudimentary, he said, adding that it's proven safer and more efficient to have crews trained correctly when performing an overwater rescue or recovery.

"We borrowed doctrine from the U.S. Coast Guard and Navy, and made it a genuine program here at JTF-Bravo," said Shewbridge. "We purchased the correct equipment, uniforms, wrote a [Standard Operating Procedure] and developed a training program."

According to the 1-228th Avn. Regt. training program developers, this immersive training is essential because designated rescue swimmers have to be able to think and perform challenging tasks while submerged, holding their breath and getting tossed around by high waves. No classroom presentation can prepare them for that.

Additionally, unit Aviators now have proficiency in the same overwater search patterns the U.S Coast Guard uses, making the program more efficient and functional, Shewbridge

In February, 1-228th Avn. Regt. Aviators and designated rescue swimmers performed the final phase of the

training program by participating in an all-encompassing SAR exercise in Roatán, validating their advanced swimming and overwater search-pattern skills they spent months training

Though this training mission was successful, no one could have predicted what happened just 36-hours after the conclusion of the exercise, Shewbridge said.

Late at night Feb. 28, JTF-Bravo leadership was notified of a possible SAR mission after 28-year-old Rickilee Mercer from Spring, Texas, went missing after a reported jet-ski accident off the coast of San Pedro, Belize. The U.S. Embassy in Belize notified the U.S. Embassy in Honduras to request the aid of JTF-Bravo after initial Belizean resources had been exhausted.

The next morning, a CH-47 Chinook and HH-60 Blackhawk helicopter launched from Soto Cano Air Base and began to scour the Belizean coastal area where Mercer was last seen.

"We were hanging onto the hope that she would be found alive - camped out on a nearby island or something, but unfortunately her body was discovered by our crew after an hour and a half of searching," said CW3 Eric Simpson, the pilot-in-command of the SAR mission.

The 1-228th Avn. Regt. crew exercised an important U.S. armed forces mantra - leave no one behind, said Capt. Russell Scott, C Co., 1-228th Avn. Regt. commander. "We were able to find the victim, recover the body and give her family some closure.'

While preparing to head back to

SEE JTF BRAVO, PAGE B4



Pfc. Joseph Thury, a 10th CAB UAS maintainer deployed to Al Asad, Iraq, in support of Combined Joint Task Force-Operation Inherent Resolve, checks over an MQ-1C Gray Eagle prior to

INHERENT RESOLVE

Maintainers keep Gray Eagles in sky for coalition

By Spc. Derrik Tribbey Combined Joint Task Force-Operation Inherent Resolve

AL ASAD, Iraq — The Combined Joint Forces Land Component Command-Operation Inherent Resolve conducts aerial assault missions daily in support of Combined Joint Task Force-OIR.

In order to maintain a high tactical advantage, the maintainers with the 10th Combat Aviation Brigade, 10th Mountain Division, service MQ-1C Gray Eagle unmanned aircraft systems constantly and consistent-

"We keep these birds in the fight," said Spc. Tyler Lewis, a UAS maintainer with the unit. "We make sure we are doing things by the book and are following the steps."

The maintainers work 12-hour shifts to check and recheck the UAS on a constant 24-hour cycle, said Pfc. Joseph Thury, another UAS maintainer.

"In a moment's notice, we have to be ready to work and get them ready to fly," Lewis said.

Joint Task Force-Bravo's 1-228th Avn. Regt. trains to develop a robust overwater search-

and-rescue program.



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ed. Includes vintage decor and furniture such

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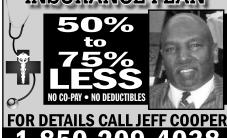
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Continued from Page B1

environments, to really show them what it's like from our perspective during the battle," Franchino said.

Franchino invited U.S. Soldiers and Latvian soldiers into the cockpit for a closer view of the system. He

area weapons system, preparing grids during a 9-line for a call for fire or close air support, which is the direct support of troops on the ground by air assets.

Francino explained how targets visualized to the pilots on the screen and the information provided with

covered areas such as controls, air transmissions, the it. Communication between ground and air is vital. It means which target is engaged based on the unit's pri-

> "That's the most important piece of this entire thing - the communication portion," Franchino said. "We see things differently than they do."

JTF Bravo

Continued from Page B1

Soto Cano, friends of the family approached the crew on the airfield and thanked them.

"The collaborative efforts between the U.S. embassies were integral in the rapid

response to this search and rescue operation," said Col. Brian Hughes, JTF-Bravo commander.

JTF-Bravo has a history of responses to coastal emergencies involving American JTF, our Belizean military partners and the citizens. In 2015, JTF-Bravo worked with Honduran counterparts to find and res-

cue an 18-year-old American citizen who drifted 18 miles off the coast of Roatán in his Kayak. In 2013, the 1-228th Avn. Regt. assisted with a coordinated search and rescue effort that located a stranded vessel and saved the lives of nine people, including two Americans, one Canadian and six

Hondurans.

"You never really see a scenario where a training exercise runs right into a realworld situation on the same training you just validated hours earlier," said CW3 James Baker, SAR training program coor-

Resolve

Continued from Page B1

Prior to each flight, the crew systematically goes through multiple checks to ensure each Gray Eagle is ready to fly.

"It's more in-depth than just servicing a car, because it's an aircraft," said Pfc. Jashua Sisombath, another maintainer. "Instead of just closing up the hood we have to check and make sure there isn't anything that could prevent the aircraft from completing its mission."

Sisombath added they must be ready for anything, from something small, such as servicing a tire, to more in-depth maintenance, like swapping an engine.

Lewis said he likes the challenge of working on new systems, and the services to the unmanned systems are similar to manned vehicles.

"There are a lot more electronics, but it flies like any

other plane," Lewis said. "The most challenging part is the unmanned part of it. There's no one in the cockpit telling you what is wrong."

The maintainers said they receive diagnostic updates from a message control panel they monitor which allows them to record changes and, if needed, troubleshoot any problems from the ground.

Sisombath said most people are in shock by the UAS'

"When someone says UAS, they think about the small quad-copters," Sisombath said. "These have a 50-footwing span and are 15 feet tall."

Lewis added that there are many misconceptions about UAS. For example, some people refer to them as drones.

Lewis said. "(UAS) are commanded from the ground."

When the UAS take off and land, Thury said he knows that a lot of hard work went into getting the systems to launch and return safely.

"I get a sense of pride knowing I helped on each mission," Thury said.

The unit is deployed to provide dedicated and consistent support to the coalition to help the government of Iraq defeat ISIS. CJTF-OIR is the global coalition to defeat ISIS in Iraq and Syria.

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- · Have the courage to ask the question, but stay calm
- Ask the question directly: Are you thinking of killing yourself?

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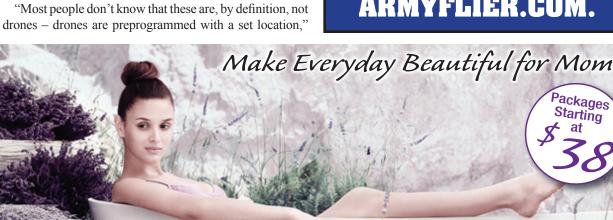
- · Calmly control the situation; do not use force; be safe
- Actively listen to show under-
- standing and produce relief · Remove any means that
- could be used for self-injury

scort your buddy

- · Never leave your buddy alone
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- Call the National Suicide Prevention Lifeline
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Holocaust survivor, his liberator share message Story on Page C3

MAY 4, 2017



People race back to shore after taking to the waters of Lake Tholocco on West Beach last year.

Post home to recreational paradise

By Nathan Pfau Army Flier Staff Writer

Oftentimes, it feels like summer really never ends in the Wiregrass, but, the official summer season is still just around the corner, and Fort Rucker Outdoor Recreation provides numerous reasons to head out to the great outdoors and hit the water.

From cabins to boats to water slides at Lake Tholocco, people will be hard pressed to find themselves without something to do when it comes to outdoor recreation on the installation, said Megan Royer, Lake Tholocco Lodging business manager.

The area around the 640-acre lake boasts 22 cabins, 21 of which are twobedroom cabins and one three-bedroom cabin, all available for rent to active-duty and retired service members, families, and Department of Defense civilians.

People can take advantage of everything the cabins have to offer, including: fullyfurnished accommodations, fully-equipped kitchens, screened-in back porch, 32-inch flat screen TVs, satellite and DVD players, and complimentary wireless high-speed Internet access.

The Singing Pines Cabins are found on the lake's West Beach, where people can enjoy breathtaking sunrises, said Royer, and more cabins that are on the East Beach side, where people can enjoy a view of an Alabama sunset.

The Singing Pines cabins include: two bedrooms with queen beds and one bath; fully-equipped kitchen with refrigerator, stove and microwave; and furnished living space with satellite TV and WiFi. Pet friendly cabins are also available at additional cost.

The East Beach cabins come in twobedroom varieties and one three-bedroom cabin, and include the same amenities as the West Beach cabins, but pets are not allowed on the East Beach cabins.

For more information or rates, call 255-4234.

RV park or rent

In addition to cabin rentals, there is also



The cabins at Lake Tholocco.

a recreational vehicle park that people can take advantage of.

"We have a total of 48 camp sites, 18 of which are long-term sites – the rest are short term that are rented at a maximum of two weeks at a time," said Royer. The short-term sites rent for \$18 per night and the long-term sites can be rented for \$16 a night for two to three months at a time depending on the season.

People can also rent travel trailers - there are six trailers and two cool-camps available for rent that can sleep anywhere from two to six people. They are \$45 a night or \$200 for six nights, and they can go off the installation with no mileage limits.

Camping equipment is also available for

West Beach

One of the largest and most well known attractions on Fort Rucker is Lake Tholocco's West Beach, which is the designated swimming area for the lake. West Beach is fitted with a water trampoline and two water slides.

"We also have nine pavilions available for rent, two of which are indoor and air conditioned, and they are open to the public," added Melissa Kelley, ODR lead recreation assistant. The rental rates range from \$25-\$85 per day with weekly rates available, as well, and there are also canopies available for rent ranging from 10'x10' to 20'x30', along with folding chairs, tables and basically anything people need for outdoor parties.

To go along with people's camping or



Then W01 Stuart Kelly, B Co., 1-145th Avn. Regt., buries his son, Stuart Jr., in the sand with the help of his daughter, Scotland, at West Beach on Lake Tholocco during last year's Lake Fest event.

cabin experience, outdoor recreation also has what they need to take to the water.

"We have boat rentals available ranging from Jon boats, pontoon boats and ski boats, and we also have canoes, kayaks, paddleboats and new jet skis that are available on a first-come, first-served basis," said Kelley.

To be eligible for the boat rentals, people must be a DOD civilian, active-duty military or a retired service member. Boat

rental prices depend on the amount of time people would like the boat for.

Boaters are not required to have the Alabama vessel requirements to rent boats, said Kelley, but they do need to complete the Fort Rucker Boater Safety Course, which consists of 25 questions and is an open book exam that people can take free of charge. The course must be taken on site at the outdoor recreation service center.

For more information, call 255-4305.



PHOTOS BY NATHAN PFAU

TOP: Families take part in the Stroller Parade at Fort Rucker Primary School to bring awareness to child abuse prevention as students of FRPS cheer them on April 26. TOP RIGHT: Peter Droge and Matthew Jensen, military family members, sit in their strollers as they prepare to take part in the Stroller Parade. BOTTOM RIGHT: Lauren Jansen, military family member, sits in her wagon as her sister, Nora, and friend Ryan Gabbert, military family member, wait to take part in the Stroller Parade.





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

Get R.E.A.L.

Army Community Service Army Family Team Building will host its Get R.E.A.L. Rucker Experience Army Learning – workshop Monday from 8:30 a.m. to 2:30 p.m. at the Divots Conference Room at Silver Wings Golf Course. Free lunch and childcare will be provided. Registration deadline is today. Topics will include acronyms, Army customs and courtesies, military rank, community resources and more.

For registration and childcare information, call 255-1429.

StoryWalk

As part of the Army Strong Balance, Activity, Nutrition, Determination and Strength program, the Center Library, in conjunction with the fitness center, will host a StoryWalk Saturday from 9-11 a.m. along the Beaver Lake trail. StoryWalk is an innovative and delightful way for children and adults to enjoy reading and the outdoors at the same time, according to library officials. Laminated pages from a children's book are attached to wooden stakes that are installed along an outdoor path. As participants stroll down the trail, they're directed to the next page in the story. The event will be open to authorized patrons and be Exceptional Family Member Program friendly.

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

Mother's Day Craft

The Center Library will host a Mother's Day craft session Tuesday from 3:30-4:30 p.m. for children ages 3-11. Light refreshments will be served. Space will be limited to the first 40 children to register. The event will be open to authorized patrons and be Exceptional Family Member Program friendly.

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

Army Family Team Building app

People can complete Army Family Team Building training through AFTB's app. Visit http://www.ftruckermwr.com/ acs/army-family-team-building/ to find the direct link to the app. Once complete, people can contact Fort Rucker AFTB to receive their certificate. Search for AFTB in the app store for Apple devices. For more information, call 255-9637.

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700. in the Army Community Service multipurpose room, with the next session May 11. People who attend will meet in Rm. 350 at 8:45 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about 11:30 a.m. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.

For more information, call 255-2594.

Girls Night Out

The Landing will host Girls Night Out May 12 from 6-9 p.m. for an evening full of fashion, fun, and prizes, according to organizers. The event will feature a DJ providing entertainment and representatives from numerous organizations from throughout the community that cater to women. Prize drawings will be held throughout the evening, with a grand prize drawing at 9 p.m. People must be present to win prizes. The event is open to the public for women ages 18 and older. Tickets are on sale for \$10 and are available at MWR Central, The Landing Zone, The Landing Catering Office, or the Coffee Zone at its Lyster and The Landing Zone locations. For more information, call 255-0769. Pictured is a scene from the Girls Night Out in January.

Resilience workshop

Army Community Service will host resilience training May 12 from 9-11:30 a.m. in Bldg. 5700, Rm. 350. People need to register by May 11. The workshop is designed to provide family members and civilians with the tools they need to better cope with and overcome adversity and challenges, as well as perform better in stressful situations. The goal is for students to thrive when facing life challenges, not just bounce back, according to ACS officials. This month will emphasize



Day at the Lake

Fort Rucker Outdoor Recreation will host its Day at the Lake May 20 from 11 a.m. to 4 p.m. at Lake Tholocco. Activities will include free swimming, inflatables, and use of the canoes, kayaks and paddle boats. The Center Library will be on site with a build-your-own paper boat activity. Hot dogs, bratwurst, chips and other snack items will be available for purchase. The event will be open to the public. Credit and debit cards will be accepted at the West Beach swimming area. The West Beach swimming area will officially open for the summer season May 26. The swimming area will be open Fridays, Saturdays and Sundays through Labor Day from 11 a.m. to 4 p.m., including during the Memorial Day and Labor Day holidays. Patrons will need to purchase swimming wrist bands from the West Beach swimming area. Daily passes will cost: free for ages 2 and under, \$1.50 for ages 3-12, \$2.25 for ages 13-17, and \$3 for ages 18 and over. Pets and glass containers are prohibited on the beach area. For more information, call 255-4305. Pictured is a photo from last year's Lake Fest.

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Six Flags day trip

MWR Central will host a day trip to Six Flags in Atlanta, Georgia, May 13. The cost for the trip will be \$80 per person, and will include admission ticket to the park and transportation. For more information or to register, call 255-2997 or 255-9517.

Trivia Tuesday

Mother Rucker's hosts its free Trivia Tuesday Tuesdays from 6:30-8:30 p.m. People are welcome to put teams together or play solo. Teams can be up to eight players and winners will be announced after each round. A \$20 Mother Rucker's gift card is given out each round to the winning team. The team with the overall highest score at the end of the evening receives a \$25 gift card. Participants will have the chance to win door prizes throughout the evening. Trivia Tuesday is open to the public for those ages 18 and older.

For more information, call 503-0396.

Youth center dinner, movie

The Fort Rucker Youth Center will take a field trip to Dothan for dinner and a movie May 13. The trip will leave for Dothan at 3 p.m. be back at 9:30 p.m. Youth are responsible for the cost of dinner and the movie. Youth must be a child and youth services member to participate – ages 11-18, grades six-12.

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

Mother's Day brunch

The Landing will host its Mother's Day brunch May 14. The brunch will include: omelet bar, meat carving station, dessert bar and more. Each Mother will receive a free flower. Reservations are not required, but are highly encouraged. The brunch will be open to the public.

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

Blended Retirement System seminar

The Army Community Service Financial Readiness Program will present a Blended Retirement System seminar May 17 from 6-7 p.m. in the Soldier Service Center, Bldg. 5700, in Rm. 282. The seminar will be a discussion of 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 ACS accredited financial counselors. Pre-registration is required by May 16. Free childcare is available with registration.

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

Right Arm Night

The Landing Zone will host Fort Rucker Right Arm Night May 18 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.

Adults ages 13+:

Ages 2 & under:

Military Family Special

Two adults and up to

two children): **\$50.00**

Ages 6-12:

Ages 3-5:

For more information, call 255-0768.

Military spouse appreciation

In honor of Military Spouse Appreciation Month, Army Community Service is partnering with the Fort Rucker Religious Services Office to conduct Gary Chapman's 5 Love Languages workshop at the Wings Chapel May 19 from 5:30-8 p.m. Dinner will be provided by the chapel. The workshop helps couples determine what their spouse's love language is and how to show their appreciation for their support in the language they appreciate. Helps them

strengthen their relationships and get to know each other better, according to organizers. For free childcare, people can register with parent central services by calling 255-2958. Pre-registration for childcare is required.

For more information, call 255-3161.

Luau Skate Night

Reservations are not required but

highly encouraged. Open to the Public

The Landing, (334)255-0769

The Fort Rucker School Age Center will host its Luau Skate Night May 19. Youth are encouraged to wear their best tropical vacation attire and take part in the best outfit contest. Safety skate will cost \$2 and will be from 6:15-7:15 p.m. Regular skate will cost \$5 and be from 7:30- 9:30 p.m. Payment is accepted in cash only. Participants must be registered with child and youth services.

For more information, call 255-9108.

FORT RUCKER MOVIE SCHEDULE FOR MAY 4-7

Thursday, May 4

Kong: Skull Island (*PG-13*)7 *p.m.*

Friday, May 5

Guardians of the Galaxy: Vol. 2 (PG-13)4 & 7 p.m.

Saturday, May 6

Guardians of the Galaxy: Vol. 2 (PG-13)4 & 7 p.m.

Sunday, May 7

Guardians of the Galaxy: Vol. 2 (PG-13)1 & 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.

NEVER FORGET

Holocaust survivor, his liberator share message with service members

By Don Wagner Army News Service

FORT GEORGE G. MEADE, Md. -Ernest Gross, 19, was in a long line of other prisoners awaiting certain death in the Dachau gas chambers and crematorium that lay ahead. He did not care. All but two brothers and a sister from his family of nine had been exterminated earlier by the Nazis.

Gross was starving to death. He weighed only 85 pounds and was emaciated after a year of sickness and abuse. As he looked up, he noticed that the sky was completely black. The sun had been blotted out by the dark smoke from the chimneys of the crematorium ovens where dead bodies were being burned. Death would come soon. Death would be a relief.

As Gross proceeded slowly toward the gas chambers, all of a sudden and for no apparent reason, the Nazi SS guards threw down their weapons and started to flee. U.S. Soldiers were arriving.

Don Greenbaum, 18, an American Jewish Soldier, was one of the liberators. He was a member of the 283rd Field Artillery Battalion, attached to the 45th Infantry Division, part of Gen. George Patton's Third Army.

Today Gross, 88, and Geenbaum, 93, spend their time visiting schools and other groups to tell younger generations of the holocaust and ensure that no one ever forgets.

Gross and Greenbaum spoke April 24 to a packed room of Soldiers and Airmen at Joint Base McGuire-Dix-Lakehurst, New Jersey. In "A Day of Remembrance" ceremony, the men shared their stories of survival and liberation at Dachau.

CALL TO ACTION

About 20 years ago, Greenbum said, he watched a television program in which a guest claimed that the holocaust had never happened. That's what prompted him to team up with Gross to get their message out. Today, they both still feel a sense of urgency to share their stories.

"In 10 years there will be no survivors living to tell the story about the holocaust," Greenbaum said.

Memories of the sight and stench of murdered, mutilated and decaying bodies stored in a dozen railway box cars still sicken and haunt Greenbaum to this day, he said. He was among the first liberators on scene at Dachau. The 45th In- himself to be charitable again. He now fantry Division had arrived just in time to save Gross and about 30,000 other prisoners of war.

GREENBAUM

After graduating from high school, Greenbaum was sworn into the U. S. Army. Along with his unit, he marched through Germany and eventually to Dachau.

"I thought we were being sent to capture a German supply depot," Green-

When U.S. Soldiers liberated Dachau, Gross said, he was on the brink of starying to death.

He was only 15 when he and his family were taken from their home, deported to a ghetto in Hungary and eventually packed on a standing-room-only boxcar to Auschwitz in 1942. Later, then-16year-old Gross was loaded into another boxcar headed to Dachau.

After U.S. Soldiers freed him, Gross was sent to a sanatorium to recuperate. Eventually, due to his age and status as an orphan, he was able to immigrate to the United States in 1947. He later moved to Philadelphia to live near his



Holocaust survivors rejoice as the Army's 45th Infantry Division liberates about 30,000 prisoners at Dachau, Germany, in April 1945.

father's three sisters and found work in a delicatessen.

After the war, he had three sons and eventually owned three delicatessens as well as a cafeteria and a grocery store.

After the war, Greenbaum returned home to Philadelphia and married, as well. He worked in industrial sales throughout his life. He works three days a week still.

HEALING

In 2005, Gross was reading the newspaper and came upon an article about Greenbaum's experience during World War II. Gross contacted Greenbaum. They met in a Philadelphia diner over what Greenbaum described as an "emotional lunch" for both. They have been friends ever since.

Gross said that in order to survive in a concentration camp, he had to learn to be selfish and not share anything, especially his small rations of food. He told the story about a time when his father tried to persuade him to trade his larger slice of bread for a smaller one. Both father and son argued that each needed the larger slice more.

Asked how he managed to recover from all the tragedy he experienced, Gross offered several answers. Over the years, Gross said, he learned to "retrain his brain and not be selfish." He taught looks for opportunities to help others in need whenever he can.

"I try to make 10 people laugh every day," Gross said. "There is no time to be lonely and depressed. I just get up every morning and move forward."

Gross advised the people his audience never to spend time being angry.

"When you are angry, your mind does not function right," he said. "Always laugh and be happy. When you're happy, your mind works right. So I strive to be happy at all times to keep my mind right."

He makes it a point always to find someone who is alone and say hi to that

Greenbaum believes that a holocaust could one day happen again. He sees parallels between the Nazis of World War II and ISIS today.

"When it was learned the Nazi's were killing Jews, no one seemed to care much, and nothing was done," Greenbaum said.

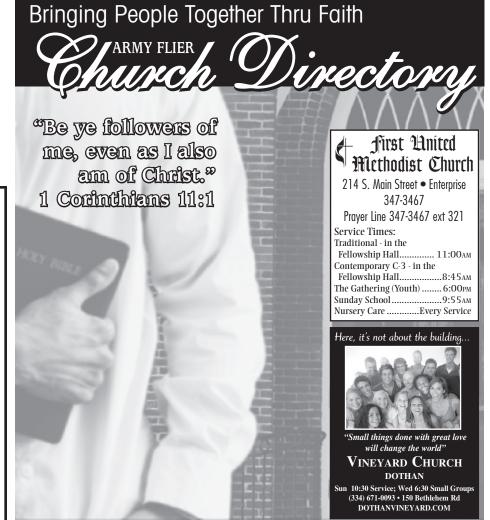
"Today, everyone knows that ISIS is killing Christians, but little is being done," he added. "That was how the first holocaust started and flourished."



Holocaust survivor Ernest Gross and former Sgt. Don Geenbaum spend their time visiting schools and other groups to tell younger generations of the holocaust and to ensure that no one ever forgets.



Soldiers of the 45th Infantry Division liberate prisoners at Dachau, Germany, and hand out food in April 1945.



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Public invited to Blue Angels practice



Naval Aviation Museum

Press Release

People can observe the Blue Angels, the U.S. Navy Flight Demonstration Squadron, practice most Tuesdays and Wednesdays until 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 handicapped visitors.

Open bleacher seating is available for 1,000 people. Chair service is provided at each prac-

tice session – a limited quantity of 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/.

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

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

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

ENTERPRISE

MAY 6 — Club Yesepoch, Inc., will host its annual senior citizens appreciation luncheon buffet May 6 from noon to 2 p.m. The theme will be Mardi Gras and festivities include

food, entertainment by Alonzo Russell and door prizes. The event is free of charge and will be held at the Club Yesepoch club house located at 617 Donald Street. Senior citizens in need of transportation should call 334-790-2339. For more information, call 334-393-7361 or 334-406-9895.

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 Town Hall, 1385 Hinton Waters Ave.

For more information, call 983-3511.

NEW BROCKTON

MAY 4 — Disabled American Veterans Chapter 99 will meet at 6 p.m. 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 — 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.

ONGOING – The Friends of Ozark holds a monthly meeting on the second Tuesday of every month at 6 p.m. at the Ozark-Dale County Library. For more information, call 477-6221 or email wcholmes53@hotmail.com.

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

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.

ONGOING — The Marine Corps League, Wiregrass Det. 752, welcomes all Marines, Navy corpsmen and chaplains, and their families, to its monthly meetings. Meetings are held the first Thursday of each month at 7 p.m. Attendees are welcome to arrive early for food and camaraderie. The next meeting will be at the Golden Corral in Dothan.

For more information, call 718-4168 or 805-7335.

Beyond Briefs

OCS reunion

The Army Officer Candidate School 75th Anniversary Celebration and Reunion is scheduled for May 7-11 in Columbus and Fort Benning, Georgia. The celebration represents all Army officers commissioned through any OCS, regardless of previous locations or branch affiliation, according to organizers. There will also be an OCS memorial dedication within the current OCS battalion area. The reunion will be conducted at the Columbus Marriott Hotel, 800 Front Avenue and on Fort Benning.

For more information, call 813-917-4309 or visit https://www.ocsalumni.org/events/cart.php?id=1.

Yatta Abba Day

Abbeville will host its Yatta Abba Day May 6 from 9 a.m. to 3 p.m. Yatta Abba is the Creek Indian expression for "Grove of Dogwoods," according to city officials. Each year, the community celebrates the beginning of spring and the blooming of the dogwoods with a local festival featuring entertainment, garden items, art, crafts, children's activities and food vendors. Antique cars, including John Wayne's custommade station wagon, will also be on hand.

The event is held annually on the first Saturday in May.

Garden in the Park

Opelika will host its Garden in the Park May 6 from 8 a.m. to 3 p.m. at Opelika Municipal Park. Garden in the Park is Opelika's annual art show featuring handmade and natural items. Items for sale include paintings, children clothes, paintings, yard art and jewelry. A variety of local groups will be performing on the stage throughout day, and there will also be children activities and food vendors. Tree seedlings will also be given away during Garden in the Park. There is no admission fee. All the fun happens at the Opelika Municipal Park!

For more information, visit http://www.keepopelikabeautiful.com/programsevents.

Carver festival

Tuskegee will host its George Washington Carver Commemorative Festival May 6 from 10 a.m. to 6 p.m. at its Downtown on the Square. The annual community cosponsored event commemorates the life and work of Dr. George Washington Carver with music, arts, crafts and other multigenerational activities, according to organizers.

For more information, call 334-727-7798,

or visit http://www.carverfestival.org/.

Harriott II: Mother's Day Brunch Cruise

Montgomery Parks and Recreation'se Harriott II riverboat will host a Mother's Day cruise May 14 from 12:15-2:45 p.m. The cost is \$46 for adults, and includes the cruise, live entertainment and brunch.

For more information or to purchase tickets, call 334-625-2100 or visit http://www.funinmontgomery.com/parks-items/harriott-ii-riverboat.

Jacksonian Guard Colors Ceremony

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

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

River Jam Music Festival

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.

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/.

Marshall Center seminar digs into a 'frozen conflict'

By Christine June

George C. Marshall European Center for Security Studies

GARMISCH-PARTENKIRCHEN, Germany — Dr. Natalia Albu, associate professor at the Military Academy of the Republic of Moldova, was still in high school in 1992 when war broke out in her country and, more than 25 years later, it remains a "frozen conflict."

Tackling this conflict between the Republic of Moldova and "Transnistria," an unrecognized state along its eastern border with Ukraine, were 47 government and military professionals from 25 countries attending the Seminar on Regional Security at the George C. Marshall European Center for Security Studies.

THE CONFLICT

Transnistria broke away from the former Moldavian Soviet Socialist Republic of the Soviet Union in 1990. Fighting broke out between the two sides in the spring of 1992 with the breakup of the Soviet Union. In July 1992, the Transnistrian authorities and the central government in the Republic of Moldova agreed on a ceasefire.

Although there has been economic cooperation and free movement between the two, the conflict remains to this day and is a major obstacle for the Republic of Moldova's membership into the European Union.

"The SRS course is a key component of what the Marshall Center does and that is analyzing conflicts and developing tools to mitigate or mange conflicts," said retired German Brig. Gen. (Johann Berger, the Marshall Center German deputy director, speaking at the SRS graduation April 27.

To practice what they learned, participants delved into the complex nature of negotiations during the "Normalization of Relations between Moldova and Transnistria" capstone exercise in their final week of the three-week long SRS, which started April 4.

"We decided to look into this conflict that has nearly been forgotten," said German Luftwaffe Col. Jörg Kunze, course director of the Seminar on Regional Security. "Maybe, we can help our participants take home some creative ideas on how to tackle this conflict and conflicts in their neighborhoods in the future."

"As a citizen of the Republic of Moldova, I realize and sense very deeply that this conflict is a principal threat to our national security," said Albu, who was a member of three working groups to develop a national security strategy for the Republic of Moldova.

5 + 2 FORMAT

Known as the 5 + 2 format, participants portrayed five sides of this conflict: Republic of Moldova; Transnistria; Ukraine; Russia Federation; and, the Organization for Security and Cooperation in Europe. Marshall Center faculty represented the outside actors or observers: European Union and the United States.

The 5 + 2 format has been followed in the negotiations by the OSCE to find, comprehensive, durable settlement of the Transnistrian conflict, said Kunze.

"I was very amazed that I was going to portray Ukraine in the peace negotiation exercise because I felt I would better represent Moldova. I am Moldavian – I know a lot about this conflict," said Albu. "It dawned on me later how useful it is to play a different side in these negotiations. You have a better idea of the other party's viewpoint."

That's the idea beyond it, said Kunze, who added that the other Moldovans, as well as the Ukrainian participants, were placed in other delegations to develop a better understanding of the "other side."

AFRICAN PARTICIPANTS

Learning from another's point of view was one of the reasons why this class had five participants from African nations for the first time in the five-year history of SRS, said Kunze.

"We studied migration cases in our second week, which not only effects Europe, but also the entire world," Kunze said. "I think having them (African participants) address certain topics and learn about how we (Europe) approach conflict management is important for cooperation to mitigate or manage future conflicts around the world."

"That's why the German government told us to also include African participants in this course," said Kunze, citing the Memorandum of Agreement for the Marshall Center between the U.S. Department of Defense and the Federal Republic of Germany's Ministry of Defense.

Signed in October 2016, the MOA signals the increased participation and direction of the FMOD to the Marshall Center, a German-American Partnership since 1993.



РНОТО ВУ К

Ambassador Douglas Griffiths, associate director for International Liaison at the George C. Marshall European Center for Security Studies, moderates the 'Normalization of Relations between Moldova and Transnistria' capstone exercise during the Seminar on Regional Security April 27 at the center in Garmisch, Germany.

Malian army Capt. Cheickne Konate, instructor at the Army Headquarters in Mali, said that the SRS and the capstone exercise will help him in his job when he gets back home.

"My country is facing this kind of conflict situation," he said. "What I have learned here is how to analyze conflict, and what kind of resolution tools I can use for my country. I will be able to teach my students about conflict management and hopefully, reduce their danger and danger to the population."

LEARNING FROM EACH SIDE

Before they began the exercise, participants heard from subject matter experts from the five sides of the negotiations. Ambassador Wolf Heim, special representative of the OSCE for the Transnistrian Settlement Process, gave the OSCE perspective. U.S. Ambassador to Moldova James Pettit gave the perspective of the United States. Andrei Popov, a Moldovan career diplomat, gave the unofficial Russian perspective. Vladimer Yastrebchak, former head of delegation from Transnistria, represented the Transnistrian perspective. The three Ukraine participants in SRS provided the Ukrainian perspective to their class-

Gheorghe Balan, deputy prime minister for reintegration in the Republic of Moldova, who is currently responsible for the Transnistria settlement, presented the Moldovan perspective.

"Participating in this kind of course or exercise helps you to put yourself on the other side of the conflict resolution process," said Balan, who is a Marshall Center alumni. "This helps you to better understand your needs and targets, and what you would like to achieve in the settlement process."

Balan attended SRS in 2015. "Having participated in the exercise on the Ukrainian crises when I was in SRS has helped me to better understand the approaches of the other players, including the Transnistrian side, as I'm negotiating the Transnistria settlement," he said.

The intent of SRS is to provide participants with the knowledge and tools needed to address current and evolving international and regional security challenges, said Kunze.

"We hope the participants leave with those capabilities and are able to effectively manage conflicts in their countries and neighborhoods," Kunze said, "but we also want them to build and strengthen personal networks within the realm of international crisis management and maintain those networks after they return home."

An everall agreement sould

An overall agreement could not be reached by the negotiation teams during the capstone exercise.

"They came a long way and were able to agree on some issues, but if you can't agree on all, then you can't sign the overall agreement," Kunze said.

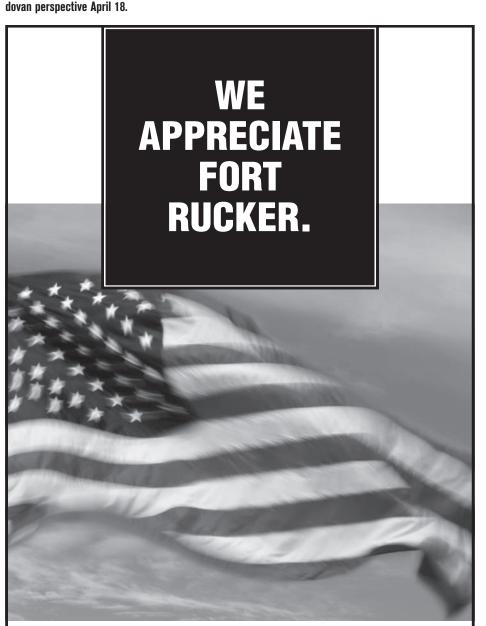
Kunze added that he is not disappointed with the results.

"It shows the complexity of this conflict. It hasn't been resolved in more than 25 years," he said. "The aim was not to sign a 'Garmisch Peace Accord,' but to go through the process and practice what they learned about conflict management and resolution during the past three weeks.

"They made good progress and learned a lot during the negotiations," said Kunze. "They have new skills and knowledge that they will bring back home to their countries."



Gheorghe Balan, deputy prime minister for reintegration in the Republic of Moldova, presents the Moldova paragraphics April 19



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We extend our appreciation to the soldiers and military families for their personal sacrifices.





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RELIGIOUS SERVICES

WORSHIP SERVICES

Except as noted, all services are on Sunday.

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

Main Post Chapel, Bldg. 8940

8:30 a.m. Catholic Confessions 9 a.m. Catholic Mass 11 a.m. Collective Protestant 12:05 p.m. Catholic Mass (Tuesday-Friday) 4 p.m. Catholic Confessions (Saturday) 5 p.m. Catholic Mass (Saturday)

Wings Chapel, Bldg. 6036

9:30 a.m. Protestant Sunday School 10:45 a.m. Latter-Day Saints 10:45 a.m. Wings Crossroads (Contemporary Worship Protestant Service)

11 p.m. Eckankar Study (4th Sunday)

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

BIBLE STUDIES

TUESDAYS

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

Protestant Women of the Chapel

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

WEDNESDAYS Spiritual Life Center, 9 a.m.

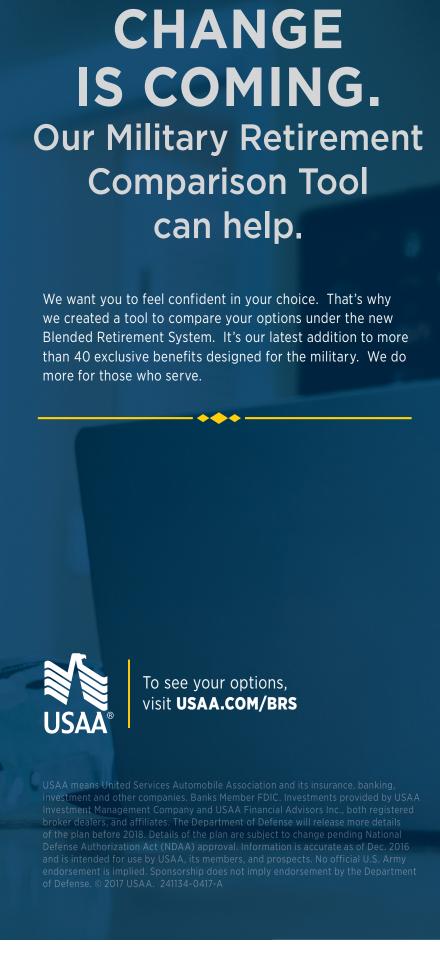














Story on Page D3

MAY 4, 2017

STRONG B.A.N.D.S.

Campaign events promote overall health, fitness

By Jeremy Henderson Army Flier Staff Writer

Fort Rucker joins many other Army installations to promote the importance of a well-balanced lifestyle during the annual Strong B.A.N.D.S. campaign.

Strong B.A.N.D.S. - Balance, Activity, Nutrition, Determination and Strength – promotes garrison fitness and wellness programs available to Soldiers, families, retirees and civilians, said Lynn Avila, Fort Rucker Directorate of Family, and Morale, Welfare and Recreation Sports, Fitness and Aquatics Branch fitness programs coordinator.

"Balance is a key component to overall physical fitness - balance in nutrition, sleep or rest and physical activity," she said.

Fort Rucker's physical ftness centers and Center Library will kick off the campaign with a cohosted Story Walk Saturday from 9-11 a.m. beginning at the Beaver Lake Trail head.

"The walk will take place along the 1-mile loop of the Beaver Lake Trail," Cameron Hill, Center Library youth librarian, said. "Participants will see pages of a picture book – in this case, "The Little Old Lady Who Was Not Afraid of Anything" – posted along the trail. They can take a stroll and find out what happens next in the story as they go.

"Last year we had over 100 participants and we are hoping to get a lot more this year," she added. "Strollers and dogs are welcome, too."

Other Strong B.A.N.D.S. events are listed below.

Mother's Day free classes: all fitness classes at Fortenberry-Colton PFC will be free May 12. Tickets for a grand prize drawing will also be available at the front desk. For more information, call 255-3794.

- · Day at the Lake: outdoor recreation will open for a free day of swimming May 20 from 11 a.m. to 4 p.m. at Lake Tholocco's West Beach. Canoes, kayaks, paddle boats and inflatables will be free for all who attend. Food items will be available for purchase. Center Library staff will be on site with a build-your-own paper boat activity. The event is open to the public. For more information, call 255-4305.
- · Spin Challenge: Fortenberry-Colton PFC will host a twohour spin challenge beginning at 5:30 p.m. May 23. Cost is \$3.50 per person and the event is open to all authorized patrons. Refreshments will be available. All participants will be entered into the Strong B.A.N.D.S. drawing for the opportunity to win a prize. For more information, call 255-3794.

Prize drawing tickets will be available at each Strong B.A.N.D.S. event. Patrons are encouraged to participate in all the events to receive the maximum number of entries for the grand prize drawing.

The U.S. Army MWR website offers a series of fitness tips to help promote strength in all areas. Tips include a dynamic warm-up card, how to run hills more effectively, how to be more active • Military Spouses Day and if your job requires long seated



Courtney Vigil, military spouse, does crossover stretching during an exercise class in this file photo. People participating in Strong B.A.N.D.S. events in May are eligible for prizes.

periods, effective sleep habits and a strength training workout.

"A dynamic warm up helps reduce the likelihood of injury during a workout," Avila said. "Think of your muscles as a rubber band. After a period of inactivity, the muscles become tight. Dynamic warm-up movements help to warm up and loosen those muscles, reducing the chance of an injury.

"Effective sleep habits are another invaluable tool to improving overall health and fitness," she added. "It's best to view sleep as another part of nutrition - it is fuel. A well-balanced diet, adequate hydration and the proper amount of sleep are all key components to remaining healthy and strong."

Avila added that sleep, along with activity and nutrition, comprise the Army's Performance

"It is important to remain consistent with your sleep habits," she said. "Pick a time for bed that you can consistently maintain and target your waking period to target seven to eight hours of sleep."

For more information about Strong B.A.N.D.S., visit https:// www.ArmyMWR.com/Strong-BANDS/.

MILITARY KIDS CONNECT

DOD provides online resources to help children cope, thrive

Military Health Systems Communications Office Staff Report

SILVER SPRING, Md. — There are 1.7 million children of military parents. Every few years, most of them will pack up their belongings, say goodbye to friends and move, sometimes halfway across the

Concern about a deployed parent and worry a parent will return injured can test the mental health of any child. The Military Health System offers resources to help those children cope.

Military Kids Connect is an online community for children ages 6-17 years old, providing access to ageappropriate resources to help with the unique psychological challenges of military life.

"Military kids are resilient, smart, tough and very resourceful," said Kelly Blasko, a psychologist and the program lead for the mobile Web program at the National Center for Telehealth and Technology, headquartered at Joint Base Lewis-Mc-Chord, Washington. It's part of the Defense Health Agency's Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury. "The Military Kids Connect program gives them even more tools to enhance those incredible characteristics."

Along with the website, the program uses Facebook, Twitter and Instagram to provide those children with stress-management tools, teach them about their parents' deployments and even offer videos of other children sharing personal stories. Children are also able to chat with others in safe, moderated online fo-

"These kids can see role models of others just like themselves and how they've coped with the many different stressors," said Blasko. "Most importantly, it's geared for military children."

One of the tools offered is the



Stress Detective, which helps children recognize stress in their own bodies. To cope with those stressors, the site offers several activities for older children to explore on their own, as well as areas where younger children and parents work together, including arts and crafts, recipes from different countries and cultures, and sporting activities.

In addition to resources for children, Military Kids Connect provides parents and caregivers with tools to talk with children about tough topics like physical injuries parents might have suffered, and grief and loss, as well as strategies to deal with separations due to a parent's deployment.

Some of the tips for parents include maintaining routines, talking with their children, and teaching them appropriate ways to express emotions. There is even advice on how to reconnect after a separation.

Teachers can find information on how to help students of military parents, including a basic course on the military culture of military life and advice from other teachers. There are also lesson plans from elementary to high school aged students.

Blasko said their evaluations of Military Kids Connect show some promising results. After launching in 2012, the site had 18,000 visits in just the first week. It still has about 8,000 visits each month, giving children, parents, and teachers more resources in addition to the psychological help offered by the Military Health System.

"I would never be able to see that many patients in that amount of time," said Blasko, adding that anecdotal evidence shows those visits are positive interactions valued by users of the site. "The comprehension of what the stressors are and the appropriate tools to manage them improved. Educators and school counselors say it's an incredibly valuable resource to them."

Blasko emphasized that the site can be accessed from any computer, not just those requiring military identification cards.

"This is intended to create a sense of community, not just in the children of military parents, but for everyone who serves these children to see what great people they are," said Blasko.



Army athletes named to U.S. **2017 Invictus** Games team

By Christopher Fields Warrior Care and Transition

ARLINGTON, Va. — The Department of Defense announced the names of the 90 servicemen and women that will represent the U.S. team at the 2017 Invictus Games in Toronto Sept. 23-30.

Among those 90 athletes are 18 active duty and veteran Army athletes who will represent their country and the Army.

The Invictus Games were founded in 2014 by the United Kingdom's Prince Harry after he attended the 2013 Warrior Games in Colorado Springs, Colorado. The word invictus means unconquered and the games were created as a way to display the unconquerable character and invictus spirit of the world's servicemen and women.

This year marks the third Invictus Games and the event has become an international stage that showcases the resilience of wounded, ill and injured service members from across the world, and their ability to thrive and overcome their challenges.

More than 550 active duty and veteran athletes from 17 allied nations are expected to compete in Toronto in 12 adaptive sports including archery, athletics, indoor rowing, powerlifting, road cycling, sitting volleyball, swimming, wheelchair

SEE INVICTUS, PAGE D3











FOWL TASTING

ACROSS

- 1 Kitchen head 5 Sail holders 10 Belt locale
- 15 Swedish auto 19 Verdi slave 20 Greek market of old
- **21** Act announcer
- 22 Big, wild cat 23 Start of a riddle
- **26** See 129-Across 27 In a way,
- informally 28 Tour crew
- member 29 Awaiting
- **31** Sit-up muscles 33 Below zero:
- Abbr. 34 Cozy retreat **36** Ear-related
- 37 Cheering words
- 40 Riddle, part 2 45 Et — (and
- others, in Latin) 46 Like -
- sunshine 47 Like half the

19

23

45

49

63 64

69

74

79

84

96

103

108

117

122

126

integers "— culpa" 49 Nation south of Kenya

58

- 51 tai
- (cocktail) 53 Feline zodiac sign **55** Titanic call
- 58 Riddle, part 3 63 "The Good
- Wife" airer 65 Bucks and bulls
- 66 Attach **67** Lt.'s underling
- 68 Bandithunting band
- **69** Keys hitting piano keys 113 "The Lorax'
 71 Heckling author
 73 Giggle sound 117 Concealed
- 74 Scoundrel 75 Sharp left or
- right in a ring 76 Carry-(plane totes)
- 77 Shearable male
- 78 Little kitchen raider
- 79 Riddle, part 4 84 Well-suited
- 85 Special time span
- 86 Hurly-burly 87 Masses near
- tonsils 90 Big tippler 92 Ring king Muhammad

20

40

46

85

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118

123

127

65

70

94 Students at Yale

- 95 Small cut 96 End of the riddle
- 103 "No men" palace area
- 104 Longtime delivery co.
- pass
- surface of
- 113 "The Lorax"
- obstacle 118 Riddle's
- answer 122 "Citizen" of
- film **123** Pass on
- 124 Slip away from
- name 126 -Pei (kind
- of dog) **127** ISP
- customers **128** Fix, as a bow
 - 26-Across, skills of the

DOWN

Super Crossword

- 1 Raven calls 2 Old Ritz rival 3 German river to the Fulda
- 102 Like quiche
- 105 Wrestler's
- win 106 Alley-
- 108 Cuts into the
- 110 Juárez wife

- 125 Gillette brand

- 129 With

past

8 Hookyplaying 9 Smoothing machine 10 Existed

4 Daydream

sun, to some

5 — -jongg6 Stress or

7 Big Apple

district

12 I. to Hans 13 Perceiving 14 Memphis loc. 15 Patty flipper

11 Grant with six

Grammys

- 16 Northern lights, e.g. 17 Acela offerer
- 18 In a low way 24 Diner's bill
- 25 Prefix with byte or watt 30 In no peril
- 32 Welsh city and county 34 Pulled off 35 Opposite of
- crosswise, archaically 37 Traitor type 38 Menu phrase 39 Retrospect

35

53

60

72

76

86

92 93

119 120

104

62 Trouble 63 Magna (document of 1215)

sign

German

region

43 Make null

44 With frenzy

50 More wan

51 Fashioned

54 Canon

Merlin

59 Judo-like

60 Anxious

57 Clay target

cardio fad

61 Hypothetical

missing links

52 Rival of iOS

shooter line

supermodel

55 Gliding like a

- 64 Weakly hit fly ball 70 Give a line to 71 Many a Net
- game 72 Grooving on 73 Likes at once
- 75 Rattle 77 Base of a number system 80 Crumbly

cheese 14

44

48

68

106 107

121

41 Ovine zodiac 81 Drizzle, e.g. 82 Barn bundle 42 Coal-rich

- 83 Sachet bit 88 Cutting barb
- 89 KGB figure 90 Actor Rod 91 Resistance measures
- 93 " Misérables' 94 Make heroic 96 Scrambling kitchen tools
- 97 ESPN's 56 Gridiron great Storm
 - 98 Mysteries 99 Shoves
 - 100 Duel blade 101 Evening meal
 - 107 —Kosh B'Gosh (clothing brand)
 - 109 Pale tan 110 "The limit!"
 - 111 Lick soundly 112 German auto
 - **114** Until 115 Quaint letter
 - starter 116 See 120-Down
 - -de-France 120 With 116-Down, a tot travels in it 121 "Well, I'll be!"

18

16 17

26

78 All rights 88 nc. 95 Syndicate, 102 Features

See Page D3 for this week's answers.

124

128

Junior Whin 19

100 101

105

Just Like Cats & Dogs

by Dave T. Phipps

Rodriquez



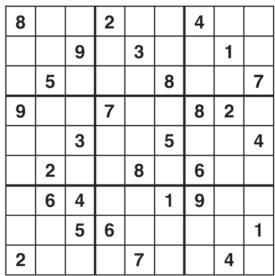
1. LITERATURE: What was the name of the city where Anne Frank and her family hid from Nazis in "The Diary of Anne Frank"? 2. MEASUREMENTS: How many feet are there in a fathom? 3. ADVERTISEMENTS: product could no longer be advertised on U.S. TV after Jan. 1, 1971? 4. GEOLOGY: What is the tectonic boundary between the North American and Pacific plates?

- 5. MEDICAL: What do the initials stand for in the BRAT diet for children with upset stomachs? 6. TELEVISION: What was the
- detective character's main prop on the drama "Kojak"? 7. GENERAL KNOWLEDGE: How
- many siblings does a septuplet have? 8. FOOD & DRINK: What is "beurre 9. MOVIES: What movie's last line
- was, "We'll go on forever, Pa, 'cause we're the people"? 10. MUSIC: Who composed "Music
- for the Royal Fireworks"?

See Page D3 for this week's answers.

Weekly **SUDOKU**

by Linda Thistle



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

DIFFICULTY THIS WEEK: ◆

♦ Moderate ♦ ♦ Challenging ♦ ♦ ♦ HOO BOY!

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See Page D3 for this week's answers.

KID'S CORNER

125

129



saying. You can find it be reading every other letter as you go around it counterclockwise. The trick is finding the right first letter.

Answer: Starting with the "O" in the bottom rail: "Out of the frying pan and into the fire." A TONGUE TWISTER! "One day Esau Wood saw a saw saw wood as no other wood-saw Wood saw would saw wood. In fact, of all the wood saws Wood ever saw saw wood, Wood never saw a wood-saw that C would saw wood as the wood-saw Wood saw saw wood would saw wood and I never saw a wood-saw that would saw as the wood-saw Wood saw would saw until I saw Esau Wood saw wood with the wood-

saw Wood saw saw wood." (How fast can you say that one out loud?) FIND THE SEVEN WORDS PUZZLE! In the word square at the right, we've G F O removed six of the letters to spell out the word "GREETS." Can you replace these letters in the squares so that you have four 3-letter words across and three 4-letter words down? Time limit: 60 seconds.

its: (Across) Fog, ego, era, set. (Down) Fees, ogre, goat.



AIIRDROMES

PYRAMID OF WORD POWER! You have three minutes to unlock the secrets of Word Power! Starting with the given word AIR-DROMES, at the bottom of our pyramid, try dropping one letter at a time as you work your way up, so that the remaining letters at each level spell out a new word.

The following helpful hints are in ascending order, beginning with AIRDROMES. Airports (given). Military reserves headquarters. 3. What a minister does. 4. A rugged range of mountains.

5. A type of poker bet. An Indian outer garment.
 A form of polite address. 8. To exist: have life.

Answers: 1. Airdromes. 2. Armories. 3. Marries. 4. Sierra. 5. Raise. 6. Sarl. 7. Sir.

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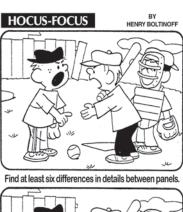
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8 4 5 7 5 6 5 2 8 W O B A Ε E S Υ WV S R 5 7 6 5 8 5 2 6 5 4 Т Т N N 2 3 5 4 3 4 7 5 5 Ε Ε Ν Ν W I 3 6 3 4 6 Ρ N N R G Τ 0 G G G 8 8 4 8 4 2 4 6 Ε Ε С V Т 0 V Ν S 2 3 6 2 3 2 3 2

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.

IOCIETCOERS

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'INCREDIBLE'

Chicago White Sox host Warrior Games athletes at game

By Christopher Fields Warrior Care and Transition

CHICAGO, Ill. - Representatives from Team Army, Team Marine Corps, Team Navy and Team Special Operations Command in town to promote the 2017 Department of Defense Warrior Games finally got a little down time after a day of interviews and shooting videos around Chicago. Loading up a van, the athletes took a trip over to the South Side for a baseball game.

Die-hard White Sox fan, Chicago native and Air Force Master Sgt. Israel Del Toro of Team SO-COM has seen many White Sox games over the years and wanted to share the experience with the other athletes.

"Being here in Chicago ... this is home for me and one of the things I love to do when I'm here is to see a White Sox game," Del Toro said. "We've been working together for a few days promoting Warrior Games and going to a Sox game is a great way to enjoy some downtime and have fun together."

The White Sox personnel made the experience memorable. A team representative led the athletes into the stadium passing the display featuring the Commis-



White Sox Hitting Coach Todd Steverson, Spc. Stephanie Morris, Air Force Master Sgt. Israel Del Toro, White Sox Manager Rick Renteria, Coast Guard veteran Krissy Esget, Navy veteran Ryan Shannon, pitcher David Robertson, Marine Corps Sgt. Maj. Brian Fogarty and pitcher Nate Jones pose for a picture before the White Sox game against the Kansas City Royals at Guaranteed Rate Field in Chicago.

sioner's Trophy and American League Championship Trophy won during their 2005 World Series championship season. Images of other memorable franchise moments were proudly displayed throughout the halls to include

pitcher Mark Buehrle's perfect game on July 23, 2009 and murals by local youth.

The athletes were led through the tunnel behind home plate onto the field to watch the teams take batting practice. White Sox Senior Vice President of Communications, Scott Reifert met with the athletes and discussed his role with the team.

Manager Rick Renteria, pitchers Nate Jones and Dave Robertson also took time away from

pre-game activities to take pictures and chat. Renteria passed out White Sox coins, similar to those given out by military commanders, while Jones and Robertson signed baseballs and took individual pictures.

Fellow Chicago native Navy veteran Petty Officer 1st Class and Team Navy member Ryan Shannon was even tempted to sway his allegiance from his beloved Cubs because of the experience, but not really.

"This has been incredible," Shannon said of the experience. "They treated us really well letting us be on the field and the players taking time to talk to us. They didn't have to do that and we really appreciated it.

"But I'll always be a Cubs fan," he added with a smile.

After the on-field experience, the athletes were led to their seats to watch the game. During the middle of the 5th inning, a cameraman appeared and the athletes were then featured on the jumbotron in centerfield and thanked for their service by the public address announcer, adding to an already memorable experience. The White Sox topped off their hospitality by exploding for 10 runs as they went on to beat the Kansas City Royals 10-5.

Soldier athlete seeks to lead from front, inspire others



Command Sgt. Maj. Oscar Mullinax Jr. winds up to at Fort Bliss, Texas, recently.

By Chuck Yang U.S. Army Medical Activity, Fort Drum, N.Y.

FORT BLISS, Texas — "For me, being a non-commissioned officer means to lead from the front," remarked Command Sgt. Maj. Oscar Mullinax Jr., an Army Trials athlete and the senior enlisted adviser for the 3-85th Mountain Infantry Warrior Transition Unit, Fort Drum, New York.

Wounded in 2007, Mullinax was referred to the Center for Intrepid at San Antonio where patients' recoveries are challenged by state-of-the-art physical therapy and occupational therapy, demanding and challenging sports equipment, and virtual reality systems.

Mullinax is also one of the first patients throw his 3rd discus during the track & field event to be fitted with a device called Intrepid Dynamic Exoskeletal Orthosis – a stream-

lined, energy-storing brace that delivers nearly instantaneous results for patients with lower leg injuries.

Being an athlete and a WTU command sergeant major, Mullinax understands what these athletes are going through, from the painful recovery phase, training process and camaraderie you build along the way. "I know what these Soldiers went through – will go through," Mullinax said. "I understand the whole process and I can use this experience to inspire other Soldiers in transition."

Mullinax shared his unique experience as an athlete. "Here at the Trials, I can be myself (as an athlete), I'm among the Soldiers who went through the same situation, same process – out here, everyone sympathizes and empathizes with each other," he continued. "It's one big support system."

When asked of his expectations at the

Trials, Mullinax simply said, "I'm just going to do my best."

Mullinax, like many, is a first year athlete who is among 80 wounded, ill and injured active-duty Soldiers and Army Veterans from across the country to train and compete in the series of competitive events at the 2017 Army Trials at Fort Bliss.

Army Trials brings wounded, ill and injured Soldiers together to train and compete for a chance to represent Team Army at the 2017 DOD Warrior Games. Those invited will compete in eight sports: archery, cycling, track, field, shooting, sitting volleyball, swimming and wheelchair

Mullinax is competing in discus, shot put, 100 and 200 meter races; and swimming. On Day 4 of the Trials, Mullinax earned gold medals in the 100 and 200

Invictus =

Continued from Page D1

basketball, wheelchair tennis, wheelchair rugby and the latest addition to the sports lineup, golf.

The Army athletes that were selected as primaries to compete for the U.S. Team at the Invictus Games in Toronto are: Col. Daniel Dudek, retired Capt. Kelly Elm-

linger, retired Sgt. Brandi Evans, retired Staff Sgt. Randi Gavell, retired Staff Sgt. Robert Green, retired Sgt. Sean Hook, retired Staff Sgt. Sean Johnson, retired Sgt. Stefan Leroy, retired Staff Sgt. Michael Lukow, retired Staff Sgt. Ryan Major, Sgt. Elizabeth Marks, Spc. Stephanie Morris, retired Spc. Anthony Pone, Maj. James Pradke, retired Sgt. Haywood Range, retired Capt. William

Reynolds, retired Staff Sgt. Issac Rios and retired Sgt.

For the complete list of names of U.S. team members, https://www.defense.gov/News/News-Releases/ News-Release-View/Article/1165383/departmentof-defense-announces-invictus-games-2017-teammembers/.

EORT RUCKER SPORTS

Tactical Throwdown

The Fort Rucker Physical Fitness Center will host its Tactical Throwdown first quarter challenge Monday-May 12. Participation in the challenge is free and open to all Fort Rucker activeduty Soldiers. Official attempts will be conducted during posted dates and times, or by appointment with functional fitness specialists. Official rules for each challenge will be posted after the previous quarter's challenge has been completed. For more information and a complete listing

of challenge rules, call 255-2296.

Free fitness classes

For Military Spouses Day and Mother's Day,

the Fortenberry-Colton Physical Fitness Center will offer free fitness classes May 12. This is a Strong B.A.N.D.S. event, so people who pick up a ticket at the event will be entered into a drawing. People who go to all the Strong B.A.N.D.S. events will be eligible to win a grand prize. People can bring their tickets to the last event, the spin challenge or to Fortenberry-Colton PFC for the drawing. For more information, call 255-

Spin Challenge

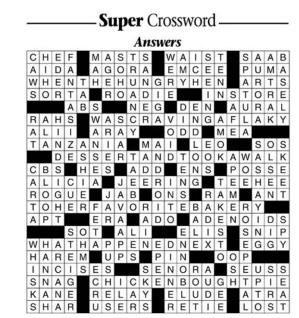
People can challenge themselves at the twohour spin challenge beginning at 5:30 p.m. May 23 at Fortenberry-Colton Physical Fitness Center. The cost is \$3.50 or a card punch. The event is open to all authorized patrons. Refreshments will be available and all participants will be entered into the Strong B.A.N.D.S. drawing for the

opportunity to win a prize. For more information, call 255-3794.

Lifeguard Training Course

The Fort Rucker Physical Fitness Center will host a lifeguard training course May 12 from 4-7 p.m., May 13- 14 from 8 a.m. to 5 p.m. and May 20-21 from 8 a.m. to 5 p.m. The course is open to patrons ages 15 and up, and costs \$125 for military and Department of Defense ID card holders and \$150 for others. A prerequisite test on the first day must be passed to enter the course People may 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 the Directorate of Family, and Morale, Welfare and Recreation. 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 - people must work through La-

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



PUZZLE ANSWERS

Weekly SUDOKU — Answer

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

2 1 8 3 7 9 5 4 6

3. Cigarettes
4. San Andreas fault
5. Bananas, rice, applesauce and Lollipop
 Six siblings. Seven offspring are alled septuplets. 8. Butter that is cooked until it is dark

9. "The Grapes of Wrath" 10. George Frideric Handel

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V	2006 CHEVY AVALANCHE	2016 CHEVY IMPALA	2013 NISSAN ROGUE	2015 NISSAN ALTIMA
	Leather, Local Trade!	Auto, V6!	Clean SUV!	2.5, Low Miles!
	\$14,591	\$14,991	\$15,991	\$15,992
	2016 HYUNDAI SONATA Low Miles! \$16,994	2015 TOYOTA RAV4 Local Trade! \$17,993	2015 CHEVY EQUINOX 2LT Auto, V6, Sunroof! \$18,991	2015 JEEP CHEROKEE LATITUDE 4X4, Auto, 4 Cylinder! \$19,991
	2014 NISSAN ARMADA	2016 BUICK LACROSSE	2015 FORD TRANSIT	2016 DODGE CHARGER R/T
	Auto, V8, Loaded!	Leather!	15 Passenger Van!	Clean Car!
	\$23,991	\$23,991	\$24,991	\$28,991
4	2013 YUKON SLT Loaded! \$28,991	2014 RAM 1500 4X4, Crew Cab! \$28,991	2013 FORD F-150 Crew Cab, 4X4! \$28,995	2013 TOYOTA TUNDRA Crewmax, 4X4! \$35,991



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