

INSIDE LOOK

Tours give community, schools glimpse into daily operations

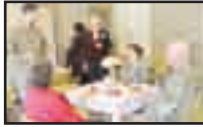
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KEEPING CONNECTED

School eases burden of separation

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BACK BY DEMAND

Outdoor recreation answers call for spring hunt



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ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

FEBRUARY 25, 2016



PHOTO BY NATHAN PFAM

Teens at the Fort Rucker Youth Center participate in an exercise depicting what they think a healthy relationship looks like during a teen dating violence awareness and prevention workshop Friday.

RESPECT

Workshop educates teens on healthy relationships

By Nathan Pfau
Army Flier Staff Writer

As teenagers get older, dating becomes a part of life, but Fort Rucker wants to make sure that teens on post know how to make the right decisions when it comes to dating.

February is Teen Dating Violence Awareness Month, and the Fort Rucker Army Family Advocacy Program sought to educate teens on building healthy relationships with a teen dating violence awareness and prevention workshop at

the youth center Friday, said Karen Abad, AFAP victim advocate.

“We want to get involved with the teens here at the center to help promote healthy relationships, not only among the teenagers, but with their families, as well,” she said. “The goal is to improve life management, enhance self esteem, and improve communication skills and marital relationships.”

Throughout the workshop, Abad and fellow victim advocate, Katie Duncan,

SEE RESPECT, PAGE A4

Class teaches lesser-known car seat safety tips

By Nathan Pfau
Army Flier Staff Writer

Oftentimes common tasks can seem simple enough that taking a class on the subject might seem redundant, but for parents there can never be enough information when it comes to child safety.

That’s why the Fort Rucker New Parents Program held the Car Seat Safety Class at The Commons Feb. 18 – to teach parents, seasoned and new, that there’s more to car seats than simply buckling them in.

“This class teaches parents that don’t know everything there is to know,” said Vicky Harmon, nurse specialist for the new parent program. “Sometimes parents might put their car seats in thinking that they’ve put them in correctly, but in the class they realize that they’ve been installing the seat incorrectly, or that the seat belt is too loose or the harness might be too loose.”

Throughout the class, parents learned about the different types of car seats for different ages, at what ages and weight children should be forward-facing or rear-facing, as well as a bit about aftermarket products for car seats, and whether they can be helpful or harmful to the child in the event of an accident.

“All of those things contribute to the safety of the child if there is an accident, so we wanted to make sure that we get some of the public to come and learn what factors are important when it comes to car seat safety,” said Harmon.

When it comes to car seats, Katrina Blaylock, child passenger safety technician and instructor of the class, recommends that people always buy car seats new and avoid buying used seats.

“A lot of times, parents won’t know if the car seat they’re buying used has been in an accident or not, and if you don’t know a seat’s complete history, you shouldn’t buy it,” she said.

Blaylock said that some manufacturers have guidelines on whether a seat is still safe after an accident, but many recommend replacing the seat entirely in the event of an accident just to be safe.

“Sometimes the damage can be inside the car seat where it’s not visible without taking the seat apart completely and destroying it to find out, so if you’re in doubt, call the manufacturer and ask whether the seat should be replaced,” said the safety technician, adding that car seat replacement is covered by insurance.

One of the big discussion topics during the class is when people should go from a rear-facing car seat to one that is for-

SEE SAFETY, PAGE A5



PHOTO BY NATHAN PFAM

Katrina Blaylock, child passenger safety technician, gives a course on car seat safety at The Commons Feb. 18.



PHOTO BY JIM HUGHES

Retired Sgt. 1st Class Dan Stamaris, quality assurance specialist with the Aviation Center Logistics Command and POW during Desert Storm, exits the UH-60 Black Hawk he took his final flight in, arranged for him last year by F Company, 1st Battalion, 212th Aviation.

THE POWER OF FAITH AND HOPE

Former POW shares story to help today’s Soldiers

By Kari Hawkins
U.S. Army Aviation and Missile Life Cycle Management Command Public Affairs

Twenty-five years ago, retired Sgt. 1st Class Dan Stamaris became a prisoner of war.

In the desert of Iraq in February 1991, it took only five seconds for Stamaris, the crew chief and gunner of a Black Hawk helicopter, to become a Soldier captured by the enemy. In those seconds, he went from shooting down the enemy to being one of only three survivors of a wartime helicopter crash.

During the next eight days, the badly injured Stamaris was left for dead twice, threatened with mutilation and death, and paraded through villages as a war trophy.

In that time, Stamaris became more than a POW. He also became a survivor, a war hero and a man who knows what it’s like to have his faith tested to its very limits. For Stamaris, Operation Desert Storm became a defining point in his life.

“It’s important that this history be remembered,” said Stamaris, an Aviation and Missile Command employee who volunteers to share his story with service members who attend the Survival, Evasion, Resistance and Escape program at Fort Rucker.

“If anyone remembers anything from my story, I hope they remember the power of faith and hope. They are the key elements to being able to survive something like this. I was in survival mode because I didn’t want to die. But because of my faith, I was able to lean on God to get through what they did to me.”

Stamaris, a highly decorated veteran, retired from

the Army three years after returning from Iraq. In 1997, he began working at Fort Rucker as a maintenance contractor. In 2001, he became a Department of the Army civilian working at Fort Rucker as a quality assurance specialist for AMCOM’s Aviation Logistics Center, Aviation Center Logistics Command.

But it was in 1990-91 that Stamaris’ life changed forever through three significant events: a deployment to Operation Desert Shield, during which he learned new tricks to keep helicopters flying in the “talcum powder” sand of Southwest Asia; a continued deployment in Operation Desert Storm where he flew countless combat missions; and the actions of Feb. 27, 1991, when, near dusk, he was part of a UH-60 Black Hawk crew that went on a search-and-rescue mission for a downed F-16 fighter pilot near Basra. The crew was part of the Flying Tigers 2-229th Attack Helicopter Battalion from Fort Rucker, stationed at the King Fahad International Airport in Saudi Arabia.

“We were the closest Americans and someone needed our help, so we went,” Stamaris said of the attempted rescue of downed F-16 pilot Bill Andrews.

“We were looking for the guy and came upon heavy enemy fire from all directions. We were firing back. But then we got hit and it blew off our whole tail section. It was five seconds from the time we got hit to the time we hit the ground at about 150 miles per hour.”

In those seconds, Stamaris heard the pilot call

SEE HOPE, PAGE A5

PERSPECTIVE

FIGHTING FIRE WITH FIRE

Prescribed burns reduce combustible fuel sources in woodlands

By Fort Rucker Directorate of Public Works
Natural Resources Branch Staff

Using prescription fire in Fort Rucker's forestlands is the most economical and beneficial tool in the land manager's tool box.

Managed fire or prescribed fire is normally applied to the upland pine forests during the cool season months as a means of reducing years of accumulated combustible fuel. If this buildup of combustible fuel were to become ignited during a period of drought or high wind, the resulting damage to the standing forest could be very high.

However, through planning a managed fire, these fuels can be removed or reduced without any damage at all to the standing forest. In fact, the benefits obtained from a prescribed cool season burn on the upland pine ridges are numerous.

In addition to removing the threat of wildfire, the prescription fire stimulates an entirely new ecosystem of plants, legumes and native grasses to rapidly emerge, which provides tremendous benefits to all wildlife species.

The DPW Natural Resources staff normally begins using cool season prescribed burns on installation lands during December and continues the burning program until May. During this time, each



ARMY PHOTOS

The Fort Director of Public Works Natural Resources Staff prepares to burn last year.

burn action is precisely planned to reduce the impacts of smoke to all residents and installation neighbors.

The prescribed burning program also

opens the understory of the existing forests, which benefits Soldiers who require continuous accessibility. Invasive plant species, such as as Privet and Yaupon, are



A prescribed fire under controlled conditions reduces the wildland fire hazard.

common in our area and these invasive plants can contaminate a beautiful forest in a very short period of time; however, the routine use of prescription burning every three to four years keeps the post's training lands open and accessible for training operations and hunters.

Because of the potential impact of smoke on Aviation training, the natural resources staff coordinates all planned burning actions with air space management, range division, all local civilian communities and all resident training operations.

Planned burns on the installation normally consisting of 100-400 acres in size are common throughout the cool season months. Although smoke may be a temporary concern for some, efforts to minimize the impacts are routine and the benefits of burning installation forestlands are many.

THIS MONTH IN ARMY AVIATION HISTORY

This month we're spotlighting the February 1969 issue of the U.S. Army Aviation Digest. This issue features:

Airmobile style: Rappel and troop ladder

The first combat use of the rappel and troop ladder method occurred near An Khe in 1965. A reconnaissance platoon rappelled into small openings between treetops and seized an area below. They were quickly reinforced by troops who arrived aboard Chinooks with troop ladders.

Non-aeromedical evacuation crew

Aeromedical evacuation is the secondary mission of all Army Aviation – it is your responsibility as an Army Aviator to know where to take casualties and what treatment your crew can or cannot administer.

Instruments in the ROK

The young lieutenant grew increasingly nervous as the controller read back his clearance for the third time. Each time, however, the clearance was read louder and more garbled. This

time the IP punched his mike button and read it back correctly. He then smiled and said, "You'll get used to them pretty soon."

Firefly tactics and the cardinal rules

Armed helicopter pilots should have a thorough knowledge of the rules and should use them when appropriate.

... and more.

Download this issue of the U.S. Army Aviation Digest at <http://go.usa.gov/cpW7x>.



Rotor Wash

“Efforts of volunteers contribute much to programs on Fort Rucker. Why is it important to volunteer for programs?”



Nikki Young,
military spouse

"It's important to help out your community."



Nicholas Solero,
retired

"Without volunteers, a lot of things wouldn't get done."



Sonja Jordan,
military family member

"Volunteering can help build character and make you a more well-rounded person."



Charlie Bowen,
military family member

"It can give you a sense of involvement in your community."



W01 Kerry Julian,
B Co., 1st Bn.,
145th Avn. Regt.

"It gives you a sense of humility. Sometimes you need to do things for others rather than for yourself."

COMMAND

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FORT RUCKER COMMANDING GENERAL

Col. Shannon T. Miller
FORT RUCKER GARRISON COMMANDER

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INSIDE LOOK

Tours give community, schools glimpse into daily operations

Army Flier
Staff Reports

“Tell me and I forget, teach me and I may remember, involve me and I learn,” is an idea by philosopher Xun Kuang, and a thought driving the Fort Rucker’s tour program managed out of the public affairs office.

“Tours of Fort Rucker give community groups a hands-on look at what Soldiers do here on a daily basis,” said Jay Mann, community relations chief. “Visitors on a tour might attend a class on night vision, watch Soldiers escape from a helicopter underwater, talk with a Soldier about what they do, learn about the science behind Army Aviation, or experience firing weapons on a range.

“We have already done five tours in the first two months this year and have another four being scheduled – 2016 is off to a good start,” said Mann.

“We put together tours based on the group, the time we have with them, and the availability of training sites and stops here on post,” he said. “Of course, we never want to interfere with training our Soldiers.”

And the staffs at the stops common to most tours of the post understand the importance of the tour program, including the Night Vision Devices Branch.

“We’re honored to share our mission with tour groups, whether they are community and business



PHOTO BY JAY MANN

Clemmie Wilson, Totalis Consulting Group, Project Manager TADSS, explains how to operate a weapon to Katee Brown during a tour.

leaders, youth leaders, JROTC (cadets), or military veterans,” said CW4 Keith Barker, Night Vision Devices Branch chief. “The branch hosts these tours to increase community knowledge, support and cooperation among the local communities. It’s a blessing to be able to share our capabilities and vision with the tour groups.”

Every tour is different, just like every group that visits post is different, Mann said.

“We have a lot to show people and a limited time to do it, so each

tour is designed to show people what they are most interested in,” he said. “The visitors’ excitement feeds the training site staff and they return the energy. It is really great.”

But community relations tours aren’t just about fun – there is a purpose to the tour stops, Mann said.

“We bring groups onto post to show them what it is like to be a Soldier in today’s Army,” he said. “Because a lot of our Soldiers are in Aviation, we have a lot of Avi-

ation-related training that people can experience. But, underneath it all, a Soldier is still a Soldier, so we show them what that is like, too.”

The stops on the tours are chosen because they give visitors a taste of what goes on at Fort Rucker on a daily basis and also involve them, Mann said.

“I hope that visitors to Fort Rucker learn that Soldiers are trained well and are prepared for their mission, wherever and whatever it may be,” said Vickie Flow-

ers, training support officer on Fort Rucker. “I hope they leave with a better understanding of the Soldiers’ physical and mental preparedness for their tasks.”

“Our visitors are usually enthralled with the top quality, state-of-the-art training that our Soldiers are going through,” said Barker, “We believe that our visitors leave their tour here with a bit more respect for our Soldiers and for Fort Rucker.”

The program continuously evolves – with improving the experience for visitors and the pay-off for the Army being the primary considerations, Mann added.

“We never stop looking for new tour stops to take groups to,” said Mann. “Every time I visit a building on post, I ask the first person I see what they do there. There are a lot of really interesting things happening on Fort Rucker, but unless they work there, most people may not know about them.

“Everybody has a story and what folks are doing here is amazing,” he said. “It is great to facilitate letting them show off their skills. Leading these tour groups, I have learned a lot about how today’s Soldiers are trained, but I always learn something new with each tour group.”

People in organizations that have not been featured as a tour stop or have not had a tour visit lately and are interested in doing so can call community relations at 255-2474.

Army seeking ‘3rd offset strategy’ to dominate enemy

By David Vergun
Army News Service

WASHINGTON — “Our adversaries have begun to catch us in technology and, in some cases, we believe, may overmatch some of our systems,” said a senior intelligence adviser.

That’s why “we’re particularly interested in the pursuit of the third offset,” said Gary Phillips, senior intelligence adviser for the U.S. Army Training and Doctrine Command’s G-2, Intelligence Support Activity.

He spoke about the outcome of Unified Quest 2016 during a media roundtable Friday. He was joined by Brig. Gen. Lee Quintas, director, Concept Development and Learning Directorate, Army Capabilities Integration Center.

Unified Quest is the Army’s annual future study exercise, designed to explore strategies and challenges and offer solutions to the force of 2025 and beyond.

About offset strategies

The third offset is a Department of Defense strategy begun in 2014, formally called the Defense Innovation Initiative.

The strategy includes targeting scarce modernization dollars at new technologies that could potentially disrupt technologies being used or being developed by adversaries, according to a speech delivered by Deputy Secretary of Defense Bob Work Jan. 28, 2015.

The reason it’s known as the third offset, Work said, is because the first was weaponry developed during the 1950s to offset the So-

viet’s “very, very great conventional strength.”

The second offset also took place during the Cold War in response to Soviet power, but it occurred later, in the 1970s, Work said. That’s when the newly-formed Defense Advanced Research Projects Agency led efforts to build battle networks and precision-guided munitions.

“But just as with the first offset strategy, the second offset strategy is showing its teeth,” Work said. “We’re now starting to see the capabilities and the advantages that it accrues to us is starting to erode, and at an accelerating pace.”

3rd offset ideas

The Future Forces Design I seminar held in November at Fort Leavenworth, Kansas, and the follow-on to that, Future Force Design II, held in Potomac, Maryland, in January, generated a number of ideas regarding what the third offset might look like, and not all of it was technology driven.

Quintas said a lot of the analysis involved looking at how the Army is structured. Specifically, he said how the Army is structured at the division, corps and theater levels, and how effectively those higher echelons support the brigades in joint and expeditionary maneuvers.

Brigades were examined too, he said.

“We looked at our airborne brigades and realized as we did the analysis that they lacked tactical mobility, they lacked reconnaissance capability and lacked mo-

bile protective firepower,” Quintas said. “So, you look at that as a gap and come up with an integrated solution that includes ground mobility for light infantry forces, light reconnaissance vehicular capabilities for the scouts and cavalry squadrons and it includes mobile protective firepower to assist those formations, as well.”

Quintas said the UQ participants were especially impressed by the speed at which events can occur at any time in the world.

The Army is largely U.S.-based, with a relatively small forward presence, he said. The rapid rate in which situations develop can impact the time it takes getting to any particular place in the world.

“We’ve got to be able to deploy on short notice to austere locations and operate on moment’s notice,” Quintas said. “We’ve got to be agile in terms of transitioning across the range of military operations. We’ve got to have endurance to sustain those efforts for ample duration. And, we’ve got to have adaptable formations that possess capabilities to operate across the range of military operations.”

Regarding adversaries, Quintas noted: “They’ve studied us and they know there will be a certain amount of time it will take us to project power forward.” As a result, UQ focused on determining what “capabilities and authorities” forward assets may need to make a more rapid transition from buildup to operations.

The other thing that impressed UQ participants was the “trans-regional aspect to our world,” meaning how events in one part



PHOTO ILLUSTRATION BY PEGGY FRIERSON

of the world can impact others, including the homeland.

For instance, the linkage between the Islamic State and recent attacks in Paris. And, the spread of al-Qaeda to other areas.

Another insight gained at UQ is the extreme complexity of operations in various theaters, Quintas said.

For instance, in the European theater, Soldiers must become familiar with a variety of NATO country standards and procedures. Other theaters have their own, he said. The regionally aligned force structure “is an opportunity for us to build greater understanding of those environments and more effectively operate with inter-organizational and multinational partners.”

Enemy’s offset strategy

The U.S. isn’t the only nation or group pursuing an offset. Potential adversaries are, as well, Phillips said.

The growing cyber and electronic warfare capability of potential adversaries threaten to take down sophisticated U.S. defense systems, he said.

Overmatch by the enemy isn’t necessarily a new super technology, Phillips said. “It’s the way it’s integrated into the force and the way it’s used.”

A “mashup” of technology is an example of this, he said, meaning using new technology to make an old system more lethal.

An example of that mashup, he said, would be using an iPad to site mortar fire from a legacy 82mm Russian mortar.

Phillips admitted that the outcomes of UQ can only inform the Army to a certain extent “because the future is unknowable. But, you can see a silhouette and likely possibilities in understanding causes of war and turning points or shifts in the character of war.”

News Briefs

Spouse club scholarships

The Fort Rucker Community Spouses’ Club is accepting applications for scholarships now through Tuesday. The FRCSA Scholarship Program applications for the 2015-2016 academic school year are available online at <http://FORTRUCKERSA.com/scholarship.htm>. Last year, the FRCSA awarded \$17,500 to recipients in the Wiregrass community.

Children and spouses of all military ranks (active duty, National Guard, Reserve, retired or deceased), members of the FRCSA, and dependents of Department of Defense civilians are eligible for the scholarships. Applicants must high school seniors graduating by summer of 2016, or pursuing an undergraduate or graduate degree. Scholarships are also available for students who plan to attend an accredited trade school.

Application information may be obtained through the guidance counselors of the local high schools within

the following counties: Coffee, Geneva, Dale, Houston, Pike, Crenshaw, Barbour, Henry and Covington; the Fort Rucker Thrift Shop; the education center; the Center Library; and Army Community Service. A digital version is located online at <http://www.FORTRUCKERSA.com/scholarship.htm>.

Completed applications must be mailed to the FRCSA, postmarked by Tuesday – no extensions will be given. For more information, contact the FRCSA scholarship chair at scholarshipsfrsa@gmail.com with “Scholarships” in the subject line.

Clinic appointment line number change

Lyster Army Health Clinic is taking proactive steps to make sure beneficiaries are able to continue making their healthcare appointments in a quick and timely fashion. Recently, some beneficiaries have encountered busy signals or dropped calls when calling the local

LAHC phone number. For this reason, beneficiaries will now be directed to call 1-800-261-7193 to cancel or make new appointments.

Now, when beneficiaries call the 255-7000 phone line, they will receive an automated message, providing them with directions to call the 1-800 number. To schedule or cancel an appointment at LAHC, call toll free 1-800-261-7193. The appointment line call center is open from 7 a.m. to 4 p.m. Mondays through Fridays, and is closed on holidays and days of no significant activity.

AAAA membership meeting

The Army Aviation Association of America Aviation Center Chapter will host its general membership meeting today at 5 p.m. at The Landing. The meeting will feature a guest speaker, and free food and beverages.

For more information, call 389-1637.

STEP provides NCOs roadmap to promotion

By David Vergun
Army News Service

WASHINGTON — “The message is that STEP is important and if you want to get promoted, you’ve got to get to school,” said the command sergeant major of U.S. Army Training and Doctrine Command at a media roundtable Feb. 17.

STEP stands for “select, train, educate, promote,” and Jan. 1, it became the roadmap that NCOs must follow if they want to be promoted, said Command Sgt. Maj. David S. Davenport Sr.

STEP requirements for promotion are as follows.

- To make sergeant, Soldiers must complete the Basic Leader Course, formally known as the Warrior Leader Course.
- To make staff sergeant, sergeants must complete the Advanced Leader Course.
- To make sergeant first class, staff sergeants must complete the Senior Leader Course.
- To make master sergeant or first sergeant, sergeants first class must complete the Master Leader Course.
- To make sergeant major, master sergeants or first sergeants must complete the Sergeant Major Course.
- Sergeants major and command sergeants major who are selected to work for general officers must additionally complete the Executive Leader Course.

Importance of step

The STEP program “will help our noncommissioned officers become even more professional

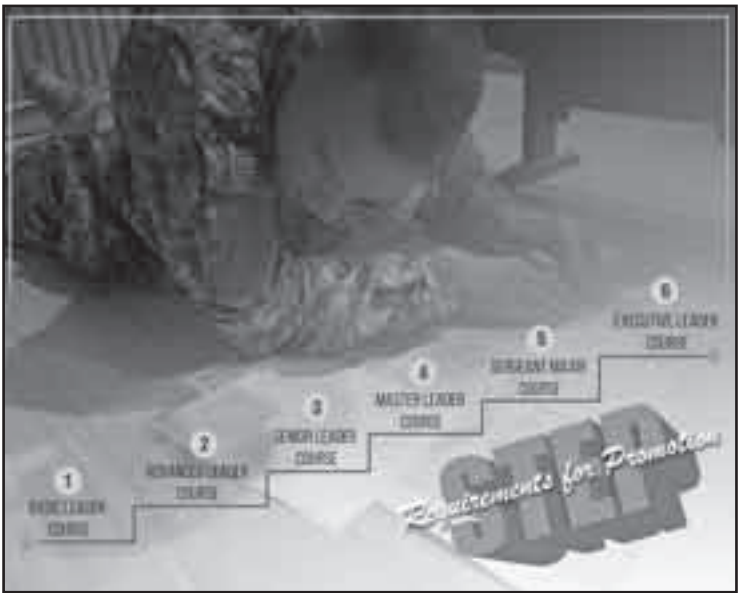


PHOTO ILLUSTRATION BY PEGGY FRIERSON

so they can operate as adaptable leaders in the chaotic and complex world as described in the Army Operating Concept,” Davenport said.

The other important aspect of STEP is that it will provide a talent management tool “to retain and promote the best of the best,” he said.

STEP will ensure that “a Soldier’s stripes will not just be an indicator of rank or pay – it will be an indicator that each NCO has been appropriately trained as a leader,” he added.

Making the grade

It’s not enough that NCOs just show up for school, Davenport said. They must also display competency in the classroom.

To grade that, Department of the Army Form 1059, “Academic Evaluation Report,” has been “retooled,” he said. “We want to start talking about grade point aver-

ages, how students did on their writing assignments,” and so on. Also, there’s room on the form for instructors to write about the student’s “competency attributes while they were in the course.”

The NCOs are not the only ones who must make the grade. So too does the schoolhouse, he said.

“We’re making sure (NCOs) have a first-class experience in the classroom,” he said. “Once we have them in the school house, we have to ensure the (program of instruction) is relevant and that it has some rigor behind it and is taught by first-class instructors.”

Pilot studies

To ensure the new Master Leader Course is up to par, Davenport said the Army has conducted two pilot studies and is in the process of starting a third, he said.

The first two pilots were with the Army National Guard and Army Reserve, and the third will

start next month with the Regular Army, he said. Once the third is complete, the MLC becomes a program of record beginning Oct. 1.

Regarding the pilots thus far, “we’ve gotten great feedback,” he said. “The Soldiers liked the rigor behind it.”

Students actually need to prepare for the class even before they arrive, he said. Soldiers who prepared said they had an edge.

Soldiers also reported liking the “reflective time” that was provided, he said. While Soldiers are given a lot of material to absorb, and that they will be later tested on, they were also given “time to absorb the material. And then we come together to process it and see how well they retained the information.”

One of the biggest misconceptions regarding MLC is that it’s like the old First Sergeant Course taught at Fort Bliss, Texas, years ago, he said.

“It’s much more than that,” he said. “We’re helping them transition from that tactical level to the operational level and we’re actually exposing them to some strategic-level thought and experiences. For instance, mission command; what does that really mean and how does it differ from the old command and control?”

STEP attendance record

As of last fall, about 14,000 NCOs were “in the black-log,” meaning they were promoted to various grades in the NCO Corps, but had not received their formal PME,” Davenport said.

Since that time, the numbers

have improved, with several thousand getting their professional military education and, over time, the backlog should dwindle, he said.

Units need to ensure their Soldiers are slated and ready to go to school, and Soldiers need to ensure their requirements are met, such as physical fitness and so on, so they get in on time, he said.

Clearing up a misconception

During his town halls, Davenport said that a popular misconception regarding STEP is that TRADOC “doesn’t have enough capacity to get them in school. We do have the capacity.”

STEP “is the No. 1 thing that comes up in the town halls and I think it was one of the most popular blog entries when we first announced it” last year, he noted, adding that it’s the “most emotional” topic he’s encountered thus far with NCOs.

PME name change

Lastly, Davenport said that the Army announced that the NCO Education System would be renamed the NCO Professional Development System.

NCOPDS reflects a new “organizational framework to develop the next generation of competent and committed NCOs,” Davenport said. “The reason we did that was so the force can understand that it’s more than just the education – it’s the experiences you get doing various jobs, it’s about stepping outside of your comfort zone, taking on a broadening assignment – ranging from drill sergeant to recruiter to working with industry – so it’s changing the entire system.”

BRINGING IT BACK: Soldier job books get digital makeover

By Jay Koester
NCO Journal

FORT BLISS, Texas — While talking to an experienced NCO, you may hear tales of the old job book.

Command Sgt. Maj. Richard Johnson remembers. Johnson, command sergeant major at the Combined Arms Center-Training at Fort Leavenworth, Kansas, may be an old Soldier, but he’s not ready to fade away. He wants to make sure the job book doesn’t fade away, either.

“When I was a young – well, I never was a young Soldier because I enlisted late in life – but when I was a junior enlisted Soldier, we were issued a little job book that was about the size of a three-by-five card that was probably seven or eight pages,” Johnson said. “You carried it around in your uniform pocket and as you successful-

ly performed a task, your sergeant would sign off in the job book. The goal was to complete all the tasks and that was your certification that you were qualified.”

Officials at the Combined Arms Center-Training are in the process of creating a digital job book to replace the old 3x5 cards, with some modern upgrades.

“The digital capability allows us to follow a Soldier throughout the lifecycle of a Soldier, throughout their career,” Johnson said. “The analog book, it would get lost, it would get damaged, if you moved from one unit to another, you sometimes had to start over. The capabilities with the digital job book allow Soldiers to track and show proficiency throughout their time in the service.”

Sgt. Maj. Johnny S. Williams, chief instructor of the Department of Training and Doctrine at the U.S. Army Sergeants Major Acad-

emy at Fort Bliss, has fond memories of troubleshooting with other Soldiers over their job book tasks.

“Another Soldier might know more about a common task (in the job book) than you,” Williams said. “This is what I got out of it.

“I think the job book is a good tool for the lower enlisted Soldiers,” he said. “When you become a senior or junior NCO, you’re dealing with tasks at a different level. From private to staff sergeant, it’s a good thing.”

Johnson said the digital job book should give Soldiers some awareness of where they stand in relationship to their peers, sparking competition and inspiring Soldiers to work harder to be proficient at required tasks.

“It will help enable Select, Train, Educate and Promote,” Johnson said. “You can use this as a leader to see where your Soldiers are at on a certain skill, to give you quantifi-

able data to recommend them for promotion or not. It will be a great tool for leaders to use that way.

“It also has potential in the future to enable credentialing, licensing and certification for Soldiers,” Johnson said. “If a Soldier is looking to receive a license, credential or certification, the leader can load those tasks into the Soldier’s job book, then track the completion of those tasks. And it also has the ability to track re-occurring tasks. Say you’re a medic and you have to re-certify on a medical task to keep your credential, this would notify the Soldier that they are due to re-certify on the task.”

The digital job book will be released at the end of March. Soldiers will be able to access the job book through the “My Training” display on AKO or the Army Training Network with a Department of Defense Self-Service Logon. The job book will not be behind a CAC firewall

because officials want Soldiers to be able to access it anywhere they have Internet access.

“Right now, you can go into the My Training Portal, click My Training, and there is a job book tab that comes up,” Johnson said. “It shows what is currently up to date in the Digital Training Management System for physical training, weapons qualification, mandatory training, scheduled classes and unit training schedules. So a Soldier can go in right now and click on all that. But what doesn’t show up right now that will when we release it at the end of March is, under mandatory training, it will automatically populate all individual critical task lists by MOS and skill level. So for each Soldier, all the individual critical task lists will be populated in his or her job book, in addition to Army Warrior Tasks and any mandatory training that a Soldier is required to do.”

Respect: Participants discussed relationships, peer pressure

Continued from Page A1

discussed topics such as relationships, respect, peer pressure, and even hit on topics like abuse – physical, emotional or sexual.

Of all the topics discussed, one of the standout themes was respect when it comes to relationships.

“Respect is a big part of relationships and part of that respect is being able to respect boundaries,” said Duncan during the workshop.

In addition to respect, the team focused on having open communication within relationships.

“To be a good partner, you’ve got to listen and learn about them,” said Duncan. “You’ve got to be honest and build that healthy relationship through communication.”

During the workshop, they discussed the seven principles of smart relationships, which include: seeking a good match, paying attention to values, not trying to change the person, not trying to change oneself, expecting good communication, not playing games and expecting respect from one’s partner.

Despite all of the principles, good relationships don’t always happen, and in the event that a relationship becomes unhealthy, Duncan said they should realize it and seek help, if necessary.

“If you’re in a relationship and you’re experiencing any kind of abuse, whether it’s verbal abuse, emotional abuse, physical or even sexual, you need to talk to someone,” she said. “Talk to your parents,

guidance counselors or even the police, if necessary. It’s important to report these things.

“If you’re in a relationship with someone, that doesn’t give them the right to pressure you into anything – you have the right to say ‘no,’” she continued. “If you feel like someone is violating your boundaries, it’s your opportunity to look at that and think if this is emotionally abusive to you. No one should ever coerce or guilt you into doing something you don’t want to do.”

After the discussion portion of the workshop, the teens participated in an exercise where they were split into groups and had to draw out what they thought a healthy relationship looked like.

They were able to collaborate with each other during the process, and upon completion they shared with the rest of the teens what their views of a healthy relationship involved.

Some teens shared images of family gatherings and holidays, and others expressed simply loving one another and taking the time to respect other people.

For Jerome Davis, military family member, the course was eye opening.

“I thought it was an interesting discussion,” he said. “You don’t really get to talk about things like this too much, and I think it’s helpful when you have the chance to have a discussion like this, especially when it can be an uncomfortable subject to talk about sometimes.”

“The main thing, if anything, we want the teens to take away from this is that they need to strive to have a healthy re-

lationship,” said Abad. “There is a lot of stuff that was shared during the session,

but if they take anything away, they need to make sure it’s healthy.”

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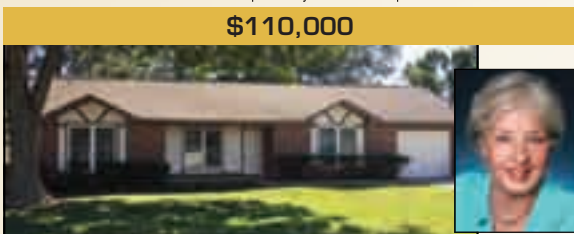


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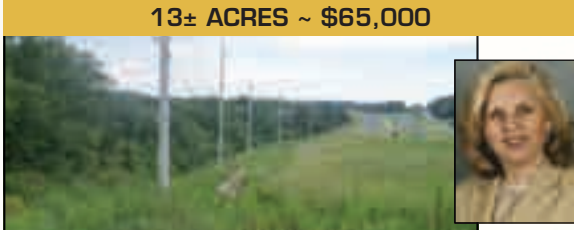
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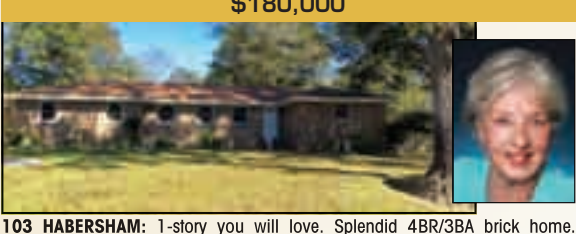


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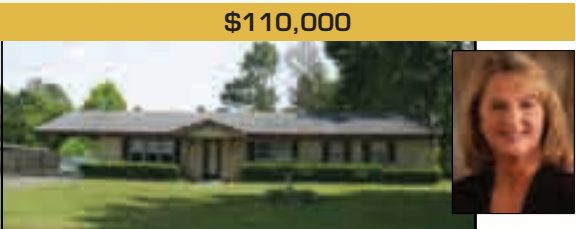
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76 COUNTY ROAD 542: Brick home on large fenced lot. 3BR/2BA home with large country kitchen open to dining area. Convenient to retail & schools. **JACKIE THOMPSON 406-1231**



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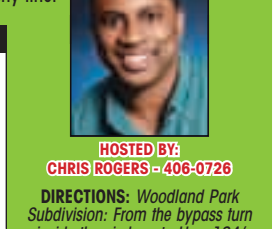
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PHOTOS BY SGT. DANIEL KYLE JOHNSON

A Coast Guard rescue team from Coast Guard Station Barbers Point, Hawaii, extracts Aviators from the 2-6th Cavalry Regiment, 25th Combat Aviation Brigade from the ocean about a mile off the coast of Honolulu Feb 17.

Aviators train with Coast Guard



Aviators with the 25th CAB enter the ocean off the coast of Honolulu, Hawaii, from a Coast Guard rescue boat Feb 17.

By Sgt. Daniel Kyle Johnson
25th Combat Aviation Brigade
Public Affairs

HONOLULU, Hawaii — Soldiers of 2-6th Cavalry, 25th Combat Aviation Brigade and Coast Guardsman of the Coast Guard Station Barbers Point and Coast Guard Boat Station Honolulu, conducted joint over-water rescue training off the coast of Honolulu Feb. 16.

The training was conducted to prepare Army Aviators for interacting with Coast Guard rescue teams in the event of a downed Army aircraft over water. Knowing the Coast Guard’s processes and procedures are paramount to ensuring a swift and safe recovery, said 1st Lt. Eric Bowerman, an S3 planner and Kiowa pilot with

2-6th Cav.

“This training was for us to cross-train with the Coast Guard and for the Aviators to get familiar with their Aviation life support equipment as it would be used in a real-world situation,” Bowerman said.

“For them to train on this is a relatively low-stress environment – it will help them be more prepared should this happen,” said CW2 Kyle Swope, the planner of the exercise.

As Aviation officers, these Soldiers need to be familiar with rescue operations to ensure the Soldiers at their command can be properly trained, Bowerman added.

“To be the leader of pilots and troops, we need to be familiar and comfortable

SEE TRAIN, PAGE B4

ON DEMAND

Army selects 3-D printed UAS concept for future experiment

By David McNally
U.S. Army Research Laboratory
Public Affairs

ABERDEEN PROVING GROUND, Md. — Each year, the Army conducts a series of technology demonstrations known as the Army Expeditionary Warrior Experiments.

The event is the U.S. Army Training and Doctrine Command’s live, force-on-force experiment.

AEWE places technologies under development by industry and Army researchers into the hands of Soldiers for early and credible feedback from the end-user.

In January, the AEWE 2017 team selected a project submitted by the U.S. Army Research Laboratory for inclusion in its next round of experimentation: On-Demand Small Unmanned Aircraft Systems. It is one of 50 technologies slotted to participate in the experiment, with 14 from government researchers and 36 from industry.

Eric Spero, an acting team lead in the ARL Vehicle Technology Directorate, convinced the AEWE selection committee that Soldiers needed to see the On-Demand Small UAS concept in order for his team to assess the progress of their research.

“We saw the trajectories of two beneficial technology areas converging in the future,” Spero said. “The technologies are 3-D printing and small unmanned aircraft systems, sometimes referred to as drones.”

They saw an opportunity to combine the two technologies to support small-unit, decentralized decision-making in complex environments, Spero said.

“Our technology is not about UAS,” he said. “It’s about the capability to design and build on demand. The concept takes advantage of 3-D printing as a future enabler and positions us, as the U.S.

SEE FUTURE, PAGE B4



PHOTO BY CAPT. JAYMON BELL

Army researchers envision a future capability where Soldiers identify mission requirements and receive a customized UAS through 3-D printing and local assembly.



AIR FORCE PHOTO BY STAFF SGT. GREGORY BROOK

Soldiers from the 82nd Combat Aviation Brigade, 82nd Airborne Division, Fort Bragg, N.C., work with Air Force Airmen from the 517th Airlift Squadron, 3rd Airlift Wing, Joint Base Elmendorf-Richardson to load an AH-64 Apache helicopter onboard a C-17 Globemaster III in support of Large Package Week operations at Pope Army Airfield, N.C., Feb. 4. Large Package Week is a lead up to Joint Operational Access Exercise 16-5 that prepares Army and Air Force units for worldwide crisis and contingency operations. As part of the Global Response Force, the 82nd CAB provides a responsive, agile, and operationally significant response force that is flexible in size and composition to accomplish missions anywhere in the world.

Task Force Spearhead gives wings to 173rd Airborne

By Capt. Jaymon Bell and
Spc. Jermaine Brockington
12th Combat Aviation Brigade
Public Affairs

GRAFENWOEHR, Germany — Paratroopers from 4th Battalion, 319th Field Artillery Regiment (Airborne), 173rd Airborne Brigade, conducted over 200 airborne proficiency jumps from two UH-60L Black Hawk helicopters from 3rd Battalion, 227th Aviation Regiment, Task Force Spearhead Feb. 18 at Bunker Drop Zone.

Army Paratroopers maintain airborne proficiency through routine static line parachute operations. Army regulations require airborne soldiers to jump at least once a quarter to remain on jump status and qualify for jump pay.

The UH-60L Black Hawks from 3rd Bn., 227th Avn. Regt., jump also provided an opportunity for 4th Bn., 319th AFAR jumpmasters to certify



PHOTO BY CAPT. JAYMON BELL

A paratrooper from 4th Battalion, 319th Field Artillery Regiment (Airborne), 173rd Airborne Brigade awaits a signal from the jumpmaster to exit a UH-60 Black Hawk above the Grafenwoehr Training Area Bunker Drop Zone, Germany, Feb. 18.

their jumpmasters on the UH-60L. They met their primary training objective, and over 200 paratroopers are now trained and proficient in airborne operations for the first quarter of 2016.

“It’s a rare opportunity to jump from a UH-60 Black Hawk and something I’ve looked forward to,” said Capt. Luke Hudspeth, the commander of B

SEE WINGS, PAGE B4

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Performs work in accordance with technical data pertaining to sheet metal in preparation for assembly.
Performs assigned maintenance tasks in accordance with Federal Aviation Regulations, manufacturer's recommendations, customer's approved
maintenance program, approved or acceptable data.
Performs high quality and airworthy work in accordance with Task Card instructions provided by Project Manager and/or Lead Technician.
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Train: Joint exercise builds trust, knowledge

Continued from Page B1

enough with our equipment to be able to use it in an emergency situation,” he said. “We also need to be familiar with their processes to sustain you in the water and extract you.”

“Rehearsals pay off big dividends,” said Coast Guard Lt. Ron Green, lead instructor pilot. “If you get to practice what may actually happen, you’re that much better prepared if something goes wrong along the way. If the helicopter crashes in the water, you know about what to

expect when the Coast Guard arrives on scene to get you out of the water.”

One of the major differences between an Army extraction from water and a Coast Guard extraction from water is the inclusion of a dedicated rescue swimmer, Bowerman said.

“The biggest lesson learned is to trust the rescue swimmer that is in the water,” he said. “Take all orders from them – they are the experts in getting you from the water into the air.”

This type of realistic training is invaluable for Army

pilots located in the Pacific region. Over-water missions are common occurrences for these pilots, and being prepared for the worst-case scenario helps to bolster their confidence and ability to execute, said Lt. Col. Aaron Martin, 2-6th Cav. commander.

“I think this brings a level of realism to the training. In an actual emergency situation, these are the people who are going to arrive and this is really their whole mission,” Martin said. “It exercises their capability, and it helps us see exactly how they work as opposed to the Army extraction and Army rescue systems.”

Future: Research, innovation could lead to eventual prototype

Continued from Page B1

military, to take advantage of increasingly better manufacturing technologies.”

In a white paper, Spero outlined why the project would be relevant to the experiment’s objectives.

“The technology provides an unmanned teammate in support of manned/unmanned teaming,” he wrote. “Small UAS equipped with sensors, for example, day or night, still or video, can provide preemptive threat detection and identification.”

If small UASs are built on demand, they can be customized to autonomously deliver specific supply classes via air.

“Small UASs can also be used to investigate weapons of mass destruction at a safe stand-off distance, looking beyond gaps, collecting forensic data and breaching complex obstacles, such as those that require hover-flight capability,” Spero wrote.

Before a mission or when an immediate, unforeseen need arises, Soldier input is used to design a mission-specific aerial solution.

Spero said his team’s software generates a computer-aided design model of the vehicle, which is then provided to

digital manufacturing equipment. Rapid manufacturing generates the UAS structure while off-the-shelf parts are gathered from inventory. Machined parts are combined with electronic parts to form the UAS. The laboratory has been collaborating closely with its partners at Georgia Tech’s Aerospace Systems Design Lab on development of software and hardware to demonstrate the capability.

“The solution is envisioned to be available at the battalion level and below, supporting the company, platoon, squad and individual Soldier,” Spero said.

Advantages compared with off-the-shelf UAS and accompanying design process include flexibility, cost and availability.

“Small components are procured and assembled into a vehicle,” Spero said. “The vehicle is relatively easy to repair or replace, or can be disposed of. The level of maintenance is driven by how long you want a particular vehicle solution.”

“When we mention that the on-demand version is flexible, potentially more available, and at a much lower cost – that’s when people get excited,” Spero said.

Spero said the on-demand approach

also avoids chasing obsolescence of electronic components. When newer components become available on the market, or when mission needs change, each can be incorporated into the software with little delay.

“A small inventory of inexpensive, off-the-shelf electronics enables a wide range of UAS capability,” he said.

The project is part of the ARL Science for Maneuver Campaign, which is one of eight campaigns that encompass the laboratory’s core competencies.

“We’re focused on gaining a deeper understanding of advanced mobility technologies that will bring greater capabilities to our Soldiers,” said Dr. Mark Valco, director of the Vehicle Technology Directorate. “This project is a good example of our efforts to explore flexible, low-cost capability enhancements.”

Valco said producing customized designs near the location of need will reduce the burden of inventory overhead.

“The idea is, Soldiers load the mission into the design system and overnight the system creates a UAS that will meet those mission parameters,” Valco said. “That is completely different than the way we do things now. We’re heading in a new direction, not only with the design

of UAS, but in the design philosophy and the systems that fabricate them.”

Flexible design optimization, advances in materials and the speed of 3-D printing, or additive manufacturing, will make this vision of the future a reality, Valco said.

“This is not a solution for today,” he said. “Innovation is the key. We’re demonstrating a capability, but we need to evolve design tools, higher-grade materials and the ability to print faster. Our researchers are continually looking for opportunities to enable these new capabilities.”

The experiment may be more than a year away, but the team needs the time to collaborate with researchers from across the U.S. Army Research, Development and Engineering Command to deliver a working prototype.

All 50 sponsors of the selected technologies will participate in several coordinating working groups during 2016 to complete pre-experimentation planning and administrative requirements. Teams will also provide training to the Soldiers involved in the experiment.

AEWE 2017 will take place at Fort Benning, Georgia, between January and February 2017.

Wings: Black Hawk pilot rotation provides continuous training availability

Continued from Page B1

Company 4th Bn., 319th AFAR. “You can really enjoy the view before you exit the aircraft.”

The UH-60L Black Hawk was also used as the reenlistment platform and the last jump for Sgt. Donald Greathouse, a 13B Howitzer Section Chief, with B Co. Greathouse had yet to jump from a Black Hawk during his eight years as a paratrooper. His reenlistment helped to arrange the request for training.

Two Bundeswehr Soldiers from 2nd Panzergrenadierbattalion 122 also earned their Army Parachutest badge during the jumps.

The Soldiers from 3rd Bn., 227th Avn. Regt., and some 25 Black Hawk helicopters are at Grafenwoehr on a rotational basis as part of the Army’s commitment to the European theater to ensure Army Europe has the right capability to meet training and operational requirements.

This rotation is consistent with the Army’s Regionally Allocated Forces concept, aligning units to support theater

requirements. Regional alignment is also synchronized with the Army’s new operational concept of winning in a complex world.

Since April, U.S. Army Europe has conducted continuous, enhanced multinational training and security cooperation activities with allies and partners in Europe. Currently, Operation Atlantic Resolve’s enhanced land force training and security cooperation activities are taking place in Estonia, Latvia, Lithuania, Poland, Romania and Bulgaria.





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FEBRUARY 25, 2016

KEEPING CONNECTED

School eases burden of separation by interacting with deployed parents

By Nathan Pfau
Army Flier Staff Writer

Deployments are tough on military families, but Fort Rucker Primary School seeks to ease that burden by making families feel at home no matter how far away a loved one may be.

FRPS hosted its Deployment Tea at the Allen Heights Neighborhood Center Friday with the help of Corvias Military Housing and The Landing, said Yvette Esteves-Hurst, FRPS Spanish teacher. Families were treated to lunch and got the chance to meet with faculty, other families of deployed Soldiers, as well as members of the Fort Rucker command group as a way to say ‘thank you’ and help ease the burden of deployment, she said.

“We want the children to know that they’re not the only ones going through this, so they feel like they’re in a special club and they love it,” Esteves-Hurst added.

Esteves-Hurst and Rene Hammond, FRPS guidance counselor, are the two primary volunteers

for the deployment club, and both agree that it’s a necessary effort.

Col. Shannon T. Miller, Fort Rucker garrison commander, Command Sgt. Maj. William D. Lohmeyer, Fort Rucker garrison commander, and Dr. Beverly K. Joiner, Fort Rucker deputy to the garrison commander, were among the Fort Rucker leaders to attend the Deployment Tea, and were there to provide their thanks and appreciation for the families and Soldiers going through deployment.

Staff Sgt. Raul Medina, Mission Installation Contracting Command, who recently served a nine-month deployment, said it was comforting to know that not only was the staff of the school looking after his family, but that senior leadership cared, as well.

“It makes me feel like they’re here looking out for my family while I’m deployed,” he said. “While I was deployed, they would send me emails and let me know what my children were doing in school, so there is definite-



PHOTOS BY NATHAN PFAU

Staff Sgt. Raul Medina, Mission Installation Contracting Command, talks with Col. Shannon T. Miller, Fort Rucker garrison commander, Command Sgt. Maj. William D. Lohmeyer, Fort Rucker garrison command sergeant major, and Dr. Beverly K. Joiner, Fort Rucker deputy to the garrison commander, during a Deployment Tea luncheon at the Allen Heights Neighborhood Center Friday.

ly a lot of appreciation there.”

Part of that care with the family is to make sure the deployed Soldier is connected with his or her child, as well, said Hammond.

“Deployed (Soldiers) receive a newsletter periodically, and this keeps them informed of what we’re doing and what their children are doing throughout the week or month, so parents get to know what’s going on,” she said. “Even though they’re not here, they’re still a part of it.”

And while the deployed Soldiers are being kept informed, the children are being taken care of at school with activities throughout the year.

“We do activities with these children throughout the year, and during these activities and crafts, we talk to the children about deployment and what it means and how it makes them feel,” said Esteves-Hurst. “The children love it because they see that they’re not the only ones going through something like this and they now belong to this club.”

In addition to being treated to



Fort Rucker senior leaders and Fort Rucker Primary School faculty and staff pose with family members of deployed Soldiers after a Deployment Tea luncheon at the Allen Heights Neighborhood Center Friday.

lunch, Medina said nothing can top the feeling of being connected that the program provides.

“It’s very important to feel that connection when you’re deployed,” he said. “I’ve deployed on several other deployments from other installations and I’ve never had anything like this, so having this now is a big difference.

ence.

“I think it made a big impact on me being able to know what my children were doing, and it made the separation a little bit easier,” he continued. “When I came home, the transition was a lot better than on previous deployments, so I think it definitely helped.”

“I think it made a big impact on me being able to know what my children were doing, and it made the separation a little bit easier.”

— STAFF SGT. RAUL MEDINA,
MISSION INSTALLATION CONTRACTING COMMAND

Post honors selfless service, volunteers’ community impact

By Nathan Pfau
Army Flier Staff Writer

Volunteers are part of the fabric of military life and without their efforts, many organizations would suffer and some services may not even be offered.

To recognize the impact volunteers make within the community, Fort Rucker took the time to honor 21 of its most dedicated volunteers during the year’s first Fort Rucker Quarterly Volunteer Recognition Ceremony at the U.S. Army Aviation Museum Feb. 17.

“Today, we are here to honor and recognize the many contributions made by our wonderful volunteers,” said Col. Shannon T. Miller, Fort Rucker garrison commander, during the ceremony. “Without our Fort Rucker volunteers, our installation simply would not be the great installation it is or the home of Army Aviation that it is today.”

“As we think about how our volunteers (impact) what we do here at Fort Rucker, it really reflects a lot of the things we talk about when we talk about the Army profession. We talk about character, commitment and competence – you demonstrate that as volunteers,” added Maj. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general. “Your commitment to this installation and the families that are here makes a real difference. It makes a real difference in the lives of our Soldiers, in the lives of



PHOTO BY NATHAN PFAU

Maj. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, stands with volunteers after the Fort Rucker Quarterly Volunteer Recognition Ceremony at the U.S. Army Aviation Museum Feb. 17.

our families, so I just want to tell you how very proud I am of all of you and I’m very thankful for what you do.”

The following volunteers were recognized at the ceremony, with information on their efforts provided by the unit or agency they support.

Laura Hayle, 1st Aviation Brigade – As a valued volunteer, Hayle devoted countless volunteer service hours supporting the staff, Soldiers, students and families of D Company, 1st Battalion, 13th Aviation Regiment, International Military Student Office. She also has volunteered her time on weekends to assist the field studies pro-

gram manager during FSP trips.

Sarah Sprinkle, 1st Avn. Bde. – She devoted countless hours to supporting the families and Soldiers of B Co., 1st Bn., 145th Avn. Regt. through bi-weekly company family readiness group meeting coordination, multiple fundraising events and hosting the company holiday party, all of which directly contributed to the success of the company FRG program.

Maria Livingston, 1st Avn. Bde. – Livingston has devoted numerous hours to the Protestant Women of the Chapel as the second vice president and continues to be involved in the religious outreach program.

Charleigh Essig, 110th Avn. Bde. – She has dedicated herself to serving the Soldiers and families of A Co., 1st Bn., 11th Avn. Regt. as the company FRG co-leader, as well as to the Fort Rucker Thrift Shop, which gives back to Soldiers and surrounding communities.

Daphny Hayes, 110th Avn. Bde. – Hayes has provided outstanding leadership, mentorship, support and achievement as the FRG co-adviser for the 1st Bn., 14th Avn. Regt.

First Sgt. Alonzo Fielder, 110th Avn. Bde. – Through his outstanding volunteer service as the battalion FRG fund raising leader, he raised over \$3,000 in less than one month to provide an enjoyable holiday party for the 1st Bn., 14th Avn. Regt. Soldiers and families.

Amina Jones, 110th Avn. Bde. – Exhibiting exceptional volunteer support as the A Co., 1st Bn., 14th Avn. Regt. FRG leader,

Jones offered outstanding CARE team support to a local family in great need during a tragic time.

CW3 Michael C. Meehan, 110th Avn. Bde. – As director of his non-profit organization, 3Gun4Vets, Meehan has provided combat veterans with an outlet where veterans can receive rehabilitation and support services.

Jaime Trypuc, 1st Bn., 58th Avn. Regt. – Trypuc, as the treasurer for the 1-58th AOB FRG, has invested her time, talents and energy to ensure the welfare of the battalion’s Soldiers and families.

Sgt. Joshua Garrett, 164th Theater Airfield Operations Group – As a volunteer guide for the Wounded Warrior Hunt, he has dedicated numerous hours towards ensuring the veteran assigned to him received the best possible experience.

Emma Jones, Fort Rucker Chapel – As the head of hospitality for one of the congregations, Jones sets up the kitchen in order to provide weekly fellowship immediately after service, helps serve food during the fellowship time, and cleans up afterwards to ensure newcomers and regular chapel attendees feel welcome.

Glenn Davis, chapel – Davis provided important service to the chapel community, arriving early each week to assist visitors during inclement weather and serving as the initial welcoming greeter for newcomers to the chapel service.

Spc. Nathan Boelk, chapel – As the

VOLUNTEER OPPORTUNITIES

Project: Shamrock Shuffle 5K/10K, Fun Run

Duties: Assist with registration and other event activities March 19. Race starts at 9 a.m. Registration is from 7:30-8:45 a.m. If interested, call 255-2296.

Position: CYSS Soccer Coaches

Duties: Develop in players a positive image of themselves, their teammates, coaches, game officials and opponents, and provide a good role model for players. If interested,

call 255-2254 or 255-2257.

Position: Activities Support

Duties: Support family readiness group activities and events. Provide assistance to key volunteers. If interested, call 255-1429.

Position: Welcome Center Assistant

Duties: Assist welcome center customers with maps, directions, telephone numbers or any other information they request. If interested, call 255-1429.

ON POST

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

Right Arm Night

The Landing Zone will host Right Arm Night today from 4-6 p.m., hosted by the 1st Battalion, 212th Aviation Regiment. Right Arm Night is an Army tradition, promoting a night of camaraderie and esprit de corps as leaders come together and treat those who help them accomplish the mission. Complimentary appetizers will be served while supplies last. Right Arm Night is held every month, and both military and civilians are welcome.

For more information, call 598-8025.

Military Saves Week

As part of Military Saves Week, Army Community Service is helping to spread the savings message by urging the community to participate in Military Saves Week and take the Military Saves pledge. The financial readiness program will host an information table Friday from 11 a.m. to 1:30 p.m. in the atrium of the Soldier Service Center, Bldg. 5700.

For more information, call 255-9631 or 255-2341.

Nutrition workshop series

Army Community Service’s New Parent Support Program will host a free nutrition workshop series presented by Expanded Food and Nutrition Education Program-Alabama Cooperative Extension System in collaboration with the ACS. Patrons are encouraged to attend all five classes in the series – March 3, 17, 24, 31 and April 1 from 1-3 p.m. at The Commons, Bldg. 8950. People need to register by Monday.

For more information, call 255-9647, 255-3359 or 255-9805.

Relocation readiness

Army Community Service will host its relocation readiness workshop Friday where Soldiers and spouses will receive information on benefits, entitlements, advance pay, government travel cards and more. Workshops are held the last Friday of each month.

For more information, such as time and location, or to register, call 255-3161 or 255-3735.

Trip to Biloxi

MWR Central will host an overnight trip to Biloxi, Mississippi, to stay at the IP Resort. The trip will depart Fort Rucker March 5 at 10:30 a.m. and return March 6 at 11 a.m. Pricing for the trip is based on people per room and participants must be 21 or older. The deadline to register is Friday.

For more information, call 255-2997.

AER campaign kickoff

The 2016 Army Emergency Relief Campaign will run Tuesday-May 15. The kick-off ceremony will be Wednesday from 2-3 p.m. at the U.S. Army Aviation Museum. The primary goal of the campaign is to promote awareness of benefits provided through AER. Funds raised from the campaign are used to assist active-duty Soldiers, and National Guard and Army Reserve members, retired Soldiers, as well as eligible family members and survivors. By donating to AER, Soldiers are helping to provide emergency financial assistance to fellow Soldiers.

For more information, call 255-2341.

Dr. Seuss Week

The Center Library will celebrate Dr. Seuss’s birthday with its “Oh, The Places You’ll Go!” beginning Monday with a week of games and activities culminating with a special story time for children of all ages March 4 from 10:15-11 a.m. The activities are open to all authorized patrons and are exceptional family member program friendly.

For more information, call 255-3885.

Get R.E.A.L. class

Army Community Service will host its Rucker Experience Army Learning – Get R.E.A.L. – class at Silver Wings Golf Course Monday from 8:30 a.m. to 2:30 p.m. The class is designed for people who want to learn more about life at Fort Rucker, would like to make new friends and would enjoy an interactive day of learning.

For more information, call 255-9637.

Army Family Team Building app

People can complete Army Family Team Building training through AFTB’s app. Visit <http://www.ftruckermwr.com/acs/>



PHOTO BY NATHAN PFAU

Girls Night Out

The Landing will host Girls Night Out Friday from 6-9 p.m. for an evening full of fashion, fun, and prizes, according to organizers. The event will feature entertainment by a DJ along with 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. 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, and the Coffee Zone locations in Lyster Army Health Clinic and The Landing Zone.

For more information, call 598-2426 or 598-5311.

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 March 3. People who attend will meet in Rm. 350 at 8:40 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about 11 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.

Family member resilience training

Army Community Service will host family member resilience training March 7 from 9-11:30 a.m. at The Commons. The training will give people the tools they need to become more resilient in all the challenges that life may throw at them, according to organizers.

For more information, call 255-3161 or 255-3735.

Teen stress relief workshop

The Army Community Service Family Advocacy Program will host a teen stress relief workshop March 8 from 4-6 p.m. at The Commons. The focus of the event will be health and stress relief for teens, featuring yoga, food and fun, according to ACS officials. There will also be a presentation on healthy eating habits. People need to register for the event by March 7.

For more information or to register, call 255-9636 or 255-9644.

EFMP support group

The Fort Rucker Exceptional Family Member Program invites all active duty families with an exceptional or special-needs family member to attend its EFMP information and support group meeting March 8 from 9-10 a.m. at The Commons, Bldg. 8950. The topic for the meeting is spring break and traveling with a special-needs family member. Tips, tools and resources will be discussed that can assist families.

For more information and to register, call 255-9277.

Small Business Counseling

Army Community Service will host small business counseling March 10 by appointment only to small business owners and prospective owners. Appointments last for about an hour, with the first available at 9 a.m.

For information and to schedule an

DFMWR
Spotlight

Upcoming Family & MWR
Events & Activities

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The Landing Zone
Hosted by 1-212th

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girls'
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rucker.armymwr.com

appointment, call 255-2594.

St. Patrick’s Day Craft

The Center Library will host a St. Patrick’s Day craft activity for children ages 3-11 March 15 from 3:30-4:30 p.m. Light refreshments will be served. Space is limited to the first 65 children to register. The activity is open to authorized patrons and is exceptional family member friendly.

For more information or to register, visit

the library or call 255-3885.

Go Green Skate Night

The Fort Rucker Child, Youth and School Services School Age Center will host its Go Green Skate Night March 18. Youth are encouraged to wear as much green as they can. Attendees must be CYSS-registered members.

For more information, including times and prices, call 255-9108.

FORT RUCKER MOVIE SCHEDULE FOR FEBRUARY 25-28			
Thursday, February 25	Friday, February 26	Saturday, February 27	Sunday, February 28
13 Hours: The Secret Soldiers of Benghazi (R)7 p.m.	Dirty Grandpa (R)7 p.m.	The Boy (PG-13)4 p.m. Dirty Grandpa (R)7 p.m.	Selma (PG-13)1 p.m. Ride Along 2 (PG-13)4 p.m.
TICKETS ARE \$6 FOR ADULTS AND \$5 FOR CHILDREN, 12 AND UNDER. MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME. SCHEDULE SUBJECT TO CHANGE. FOR MORE INFORMATION, CALL 255-2408.			

GENERAL:

Youth must be mentored toward STEM careers now

By C. Todd Lopez
Army News Service

PHILADELPHIA – When's a good time to start mentoring youth for their futures and to get them interested in science, technology, engineering and mathematics?

Right now, said Gen. Dennis L. Via, commander of U.S. Army Materiel Command.

Via was among the 140 senior-level military officers from across the U.S. armed forces, civilian senior executive service professionals and others who took part in a series of STEM-themed mentoring sessions in Philadelphia for high school-aged youth Friday.

The mentoring sessions involved more than 300 youth from Philadelphia, Washington, D.C., Maryland and Virginia, and were part of the military-related Stars and Stripes-sponsored portion of the larger Black Engineer of the Year STEM conference. The BEYA conference is in its 30th year.

Via's AMC is home to one of the largest collections of engineers and scientists in the Army – about 12,000 in all. Those scientists, engineers and mathematics professionals will not always work at AMC, he said, they will eventually retire. So now is the time to get American youth interested in such career fields, he said, to prepare them to take over the roles of those who will eventually depart from his own organization and others like it within the other military services.

The defense of the nation, he said, depends on American youth finding their footing in STEM career fields.

“At AMC, our priority is always being able to ensure that our Soldiers have the best equipment and capabilities to perform their mission,” Via said.

AMC professionals are responsible for the researching and development of future systems Soldiers use: from the uniforms they wear, to the weapons they carry, to the platforms they travel in.

Those scientists, he said, are key in ensuring America maintains the “technological advantage we enjoy currently against any other peer competitor in the world. They are constantly in search of the late-breaking technologies, game-changing technologies, to make sure that our Soldiers always have the best technology, the best systems and capabilities to accomplish their missions.”

So today, he said, is the time to lay the groundwork to bring new blood into AMC, by mentoring youth to let them know what is possible for them, and by encouraging them to become involved in STEM career fields.

“That means elementary school and middle school,” Via said. “We have to reach them at that time and make STEM exciting for them. We need to invest in the teachers we have – we need to invest in educational programs, the laboratories and facilities our children are exposed to. We have to ignite a passion in them to want to pursue a career in STEM.”

Via said he knows such a passion exists in youth, and must be tapped so it is not lost. He said he witnesses it first-hand when youth come to visit AMC facilities he oversees, for instance.

“I see the excitement in their eyes when they visit some of our facilities, and they see technology and robotics and autonomous vehicles, and see the new materials we are utilizing to support the men and women in uniform,” he said. “They want to be a part of that. But we have to reach them early.”

In small rooms at the convention center here, small groups of students were able to sit down at a table next to military leaders – high school students next to four-star generals – and ask whatever questions they wanted about possibilities for their own futures. Leaders weren't talking at students here – they were talking with students.

“We gave them tidbits for success, things we think they should know at this point in time,” Via said. “We talked about the opportunities available. We talked about how important it is to prepare – they are in



PHOTO BY C. TODD LOPEZ

Gen. Dennis L. Via, commander of U.S. Army Materiel Command, was among the 140 senior-level leaders from across the U.S. armed forces who took part in a series of STEM-themed mentoring sessions in Philadelphia for high school-aged youth Friday.

school now and they have to work hard in their studies, because the opportunities for them are limitless. We talked about what is available in the area of STEM. And, finally, we tried to instill in them to believe in themselves, about what is actually in the art of possible.”

Like Via, many of the mentors involved were general officers and flag officers, both retired and active duty. Civilians from the Senior Executive Service and others were also involved. This year, a total of about 140 mentors participated in the mentoring sessions – the largest number of mentors in the event's history. More than 300 students participated as mentees – also a record.

Via said that cadre of mentors embodies many years of experience. Access to that experience, he said, can be of great value to youth who are looking for direction on how to move forward on a plan for a successful future.

“Being a mentor means being able to reveal to students the path ahead – things they may not see – but we can, because we have the benefit of time, wisdom and experience. We can share that with them,” Via said. “Mentoring is so critical, especially at this point in their lives, where they are attempting to decide which path they are going to pursue. There are so many competing demands out there, so many distractions that can take them off course.”

Having a mentor, formally or informally, can help students keep on track when such distractions might otherwise lead them astray, Via said.

“I wouldn't be here today, serving at this level, without numerous mentors throughout my career – mentors that go all the way back to high school,” the general said.

Question everything

Adm. Cecil E. Haney, commander of U.S. Strategic Command, was one of the 140 mentors who participated alongside Via in Philadelphia. Before the mentoring session officially kicked off, he gave those youth gathered for the opportunity a bit of advice: ask a lot of questions.

“Avoid the feeling of embarrassment of asking a question or two or three,” he said. “I can't say enough about that. Sometimes it's unpopular to cause a class to be a little bit longer by raising your hand and saying, ‘I don't understand that.’ But it's very important. That's how we grow and learn. And don't just do it today. Continue to question things. In my opinion, it makes us a lot smarter.”

He challenged students before they went into the mentoring sessions to prepare a question to ask. He also offered them anecdotal evidence – as only an experienced mentor can do – to demonstrate how being prepared to ask a question can keep them from being caught off guard and having to

answer one themselves.

Haney said in his youth he attended Eastern High School in Washington, D.C. There, he cited two instructors as having been instrumental in moving him through his education: “Mrs. White” and “Mrs. Driscoll.”

“Mrs. White had that innate ability to understand if Cecil Haney was either not paying attention or didn't understand the problem – and then it would be ‘get up to the board,’” Haney said. “And consequently, through that business, I learned quickly that I'd better ask Mrs. White the question first before she asked me. That's where that questioning attitude piece comes from.”

Haney earned the position he holds today, as do all military officers. But for him, he said, mentoring has been part of it the entire way.

In his youth, he said, he had participated in what he called an “experiment” in Washington, D.C., “to take some of us off the street.”

He had been given an opportunity to do a kind of internship at Naval Sea Systems Command at the nearby Naval Yard on the Anacostia River.

“I really got to learn a bit about computers and shipyards and manning at an early age,” he said.

When asked by the Navy employees he

worked alongside there about his future, Haney said, he told them he was thinking of going into the Army as an enlisted man. They offered to have him work for them and they'd send him to college. But he wanted to be in the military. At the time, he didn't know anything at all about the military academies.

“They recognized that deficiency and had me talk to a Navy captain. That guy didn't look like me. But he brought me in and explained to me what ROTC is, and the U.S. Naval Academy, and other opportunities that were out there.”

They suggested he work toward being an officer in the Navy, he said.

Haney said he applied to all the service academies, and the U.S. Naval Academy accepted him. There, he said, he was exposed to a whole other level of people and opportunities.

He told students there that they are in a better “tactical position” today to be successful than he had been at their age, because they now know more than he had known at the time.

“Take advantage of this opportunity, ask questions, dive into the conversation – pay attention, and take advantage of this unique opportunity and tap into all the intellect that's in here,” he said. “Take advantage of it, and put it into your tool bag of opportunities to go after.”

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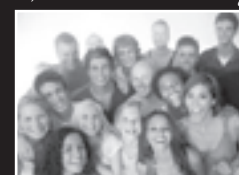
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Fort Benning hosts Spartan race

Fort Benning DFMWR
Press Release

Fort Benning Directorate for Family, Morale, Welfare and Recreation will host the Reebok Spartan Ranger Challenge April 16.

The event is a 3- to 5-mile cross-country race that includes a muddy obstacle course with barbed-wire crawls, rope climbs, spear throws and more for a total of more than 20 obstacles. This race is open to the public and suitable for all fitness levels from beginner to elite competitors.

The Fort Benning Spartan Ranger Challenge is the first Spartan race built with the help of the U. S. Army Airborne and Ranger Training Battalion.

This event includes a varsity Spartan kids

epic mile for youth ages 9-13 and a junior Spartan kids half mile for youth ages 4-8.

Cost ranges from \$79-\$89 with a 20 percent discount using promo code BENNING at <http://www.spartan.com/en/race/detail/1370/overview>. Parkings is free. Spectator admission is \$20 per person.

Kids races are \$28. Active duty military, veterans and first responders receive a 25 percent discount with online registration at GOVX.

The race takes place on Dekkar Strip on 101st Airborne Division Road adjacent to Fryar Drop Zone.

Participants will not be required to pass through a gate or check point to access the post from Alabama Highway 165. Parking is free, admission for spectators is \$20.



WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

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

DALEVILLE

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

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

DOTHAN

ONGOING — Disabled American Veterans Chapter 87 will host a dinner and meeting at 6 p.m. the third Thursday of each month at the Doug Tew Recreation Center. For more information, call 836-0217, Ext. 123, or send an email to davchapter87@gmail.com.

ONGOING — The American Legion Post 12 holds monthly meetings on the second Thursday of each month at 7 p.m. Meetings are held at the VFW on Taylor Road. 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 8-11 a.m. The post can host parties, weddings, and hails and farewells.

ENTERPRISE

MARCH 17 — The Coffee County Arts Alliance will host the “The Official Blues Brothers Revue” at 7 p.m. at the Enterprise High School Performing Arts Center. The show combines the comedy and hits from the original movie and pays homage to Chicago’s rich history of blues, gospel and soul music, according to organizers. Performers Wayne Catania and Kieron Lafferty capture the infectious humor and unbridled spirit of the Blues Brothers like no one since John Belushi and Dan Aykroyd walked the stage. Backed by a powerhouse band, they’ll put on a show to remember, packed with classic hits from the Blues Brothers catalog. Advance ticket prices are \$25 for adults and \$20 for students, and the day of the event tickets cost \$30 for adults and \$23 for students.

For information, including places to buy tickets, call 406-2787 or visit www.CoffeeCountyArtsAlliance.com.

ONGOING — Disabled American Veterans Chapter 9 Enterprise-Coffee County located at 201 W. Watts St., meets the first Saturday of the month at 8:30 a.m. DAV helps veterans with claims Mondays-Thursdays, 9-11 a.m., and other times by appointment. For more information, call 308-2480.

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.

GENEVA

ONGOING — The Geneva County Relay for Life meets the last Tuesday of the month at 6 p.m. at the Citizens Bank. For more information, call 248-4495.

MIDLAND CITY

ONGOING — Residents are invited to

town hall meetings on the first Tuesday of each month at 5:30 p.m. at Town Hall, 1385 Hinton Waters Ave.

For more information, call 983-3511.

NEW BROCKTON

ONGOING — Tuesdays and Wednesdays, from 9-11 a.m., Disabled American Veterans Chapter 99 maintains a service office in the New Brockton Police Station at 202 South John 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 718-5707.

ONGOING — Adult education classes are offered in Rm. 12 at New Brockton High School, 210 South Tyler St., Mondays and Wednesdays from 6-9 p.m. All classes are free for individuals 16 years old or older who are not enrolled in public school. Individuals must take an assessment test prior to attending class. Call 894-2350 for more information.

OZARK

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

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

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

PINCKARD

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

SAMSON

ONGOING — 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

FEB. 26 AND 28 — The New Hope Freewill Baptist Church, 3819 County Road 31, Abbeville, will celebrate its annual pastoral anniversary honoring Pastor Eddie L. Baker and first lady Ollie Baker beginning at 6 p.m. Feb. 26. Refreshments will be served. The anniversary will continue Feb. 28 at 11:15 a.m. and at 2:30 p.m. All churches are invited to attend and dinner will be served.

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.

ONGOING — The U.S. Army Officer Candidate School Alumni Association, Inc., located in Columbus, Georgia, and adjacent to Fort Benning, represents and supports all Army officers commissioned through an Army Officer Candidate School, regardless of location or branch. Meetings, activities and reunions are conducted throughout the year. The annual USAOCS Hall of Fame Induction Ceremony and USAOCS Alumni Association Reunion is scheduled for April 26-30 at Fort Benning. For more information, call 813-917-4309 or send an e-mail to ocsalumni.com.

Beyond Briefs

Home Building and Remodeling Expo

The 2016 Greater Montgomery Home Building and Remodeling Expo will be held Feb. 26-28 2016 at the Multiplex at Cramton Bowl. Since 1994, the Greater Montgomery Home Expo has been the area’s premier source for those consumers interested in building or remodeling their home, according to organizers. This year’s expo will also feature special guest, Matt Blashaw, from DIY Network and HGTV. Hours are 10 a.m. to 6 p.m. Feb. 26 and 27, and noon to 6 p.m. Feb. 28. Tickets cost \$6 for adults and children under 12 are admitted for free.

For more information, call 334-277-7766, or visit gmh-ba.org/home-building-remodeling-expo.php.

Monster X Tour

Montgomery will play host to the nation’s most competitive monster trucks Feb. 26 at 7:30 p.m. and Feb. 27 at 9:30 p.m. at the Garrett Coliseum, according to Monster X Tour organizers. The 10,000-pound, car-crushing giants compete in racing, wheelie contests and then display some freestyle action during the tour. People will also be able to meet the drivers and see the trucks up close at the pre-event autograph pit party. Tickets are available at the Coliseum office Mondays-Fridays from 9 a.m. to 4 p.m., at Ticketmaster.com, or the Publix on Zelda or Vaughn roads.

For more information, visit www.thegarrettcolliseum.com/monster-x-tour/.

Seafood festival, car show

The Orange Beach Sports Association will host the 24th annual Orange Beach Seafood Festival Feb. 27 from 10 a.m. to 4 p.m. at The Wharf in Orange Beach. The festival is the association’s major fundraiser to support sports-related activities in the community, specifically youth baseball, softball and tee ball. The festival features food and arts and crafts vendors, a silent auction, a car show, a children’s activity zone, a climbing wall and other activities.

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

Bridge Crossing Jubilee

Selma will host its Bridge Crossing Jubilee March 3-6 at the National Voting Rights Museum and Institute. The commemoration of the anniversary of “Bloody Sunday” and the Selma to Montgomery March features a pageant, a dance, women and youth conferences, a parade, a festival, and interfaith service and a National Voting Rights Hall of Fame induction.

For more information and a complete list of events and locations, visit www.selmajubilee.com.

Cottontails Village

The Birmingham Jefferson Civic Center will host the Cottontails Village Arts, Crafts and Gifts Show March 4-6. Many of the familiar exhibitors from Christmas Village Festival switch gears to create a spring shopping experience for their customers, according to organizers. Among

the goods will be one-of-a-kind Easter dresses, handmade garden décor, gourmet candy, original art, handcrafted soaps and unique jewelry, created by artisans from across America.

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

Spring bird migration

Dauphin Island’s Audubon Bird Sanctuary features the largest segment of protected forest on the island and the first landfall for neo-tropical migrant birds after their flight across the Gulf from Central and South America each spring, according to sanctuary officials. These birds, often exhausted and weakened from severe weather during the long flight, find their first food and shelter on the island March 1-April 30. There have been 347 species reported on the island. It is also the birds’ final stop before their return flight each fall. The Bird Sanctuary has allowed Dauphin Island to be recognized by the American Bird Conservancy and the National Audubon Society as being globally important for bird migrations.

The main interstate nearest to the Audubon Bird Sanctuary is I-10. From I-10, take Exit 17A to Dauphin Island. This will take you onto Route 193 South, also known as “Rangeline Road.” Follow Rt. 193 South all the way down to Dauphin Island. Once you’re on the island, take a left at the Water Tower on to Bienville Boulevard. The Sanctuary is located 1 mile from there on the right.

For more information, visit: <http://dauphinisland.org/audubon-bird-sanctuary/>

HELPING HANDS

Civil affairs Soldiers pull man from tractor-trailer crash in Africa

By Air Force Tech. Sgt. Daniel R. DeCook
Combined Joint Task Force-Horn of Africa

DJIBOUTI – On a busy two-way road packed with motorists about an hour south of Djibouti City, four 18-wheelers sat smashed together, their cabs crushed like soda cans in a recycle bin. Shattered glass covered the streets and the screams of a trapped man filled the air.

Before coming face-to-face with this tragic accident, members from the 403rd Civil Affairs Battalion, assigned to the Combined Joint Task Force-Horn of Africa, were en route to Ali Adde, a remote village not far from the Somali border, for a dental civic action program mission to provide basic dental care to local villagers Feb. 10.

That mission looked as if it would have to wait when the team approached a traffic jam of more than 40 cargo trucks at standstill. Not far from the Port of Djibouti, which supplies 18 countries and 380 million people with various goods, a large swarm of cargo trucks often block roads and bring traffic to a standstill.

Like many other motorists, the civil affairs team decided to weave in and out of narrow openings to pass the massive trucks blocking the road. That decision would prove invaluable for one man.

As the team approached the middle of the traffic jam, they realized an accident had taken place.

“At first it appeared to be just a rear-ending, but as we got up close I could see one person on the ground,” said Sgt. 1st Class Melissa Ferris, 403rd Civil Affairs Battalion Delta Company senior medic. “We made the determination to stop and help, and if everyone was OK, we would keep going.”

However, a man was trapped in his tractor-trailer and needed medical attention. That’s when the civil affairs team, including Ferris, a member of the Army Reserves and an 11-year veteran of the Syracuse Police Department, and Sgt. 1st Class Cynthia Price, a volunteer firefighter in her home town of Ivyland, Pennsylvania, sprung into action and quickly took over the hectic scene.

Bystanders wrapped chains around the tangled mess of crushed metal to free the man trapped inside as Ferris called for her bag of supplies and began treatment.

While more than 20 bystanders surrounded them, Ferris and Price took charge and quickly had control of the scene.

The training and experience both Ferris and Price gained in the Army, and as first responders in their hometowns, proved crucial.

“Everyone was just standing around, so I had to take charge,” said Ferris. “You have those moments in training where you think this is so repetitive, but then when it happens real-world like this, you take control and do what you can to help.”

Between the two, Ferris and Price have responded to countless vehicle accidents in the U.S.

“It was no different than being back home. Being a firefighter and drill sergeant, it runs through your blood,” said Price. “Muscle memory kicks in and that’s it – we are going to assist in any way we can.”

As the man lay on the pavement writhing in pain, Ferris and Price went to work.

After checking for massive bleeding and an open airway, their thoughts turned to saving his eyesight.

“After we immobilized his neck, my main focus was to get the glass that shattered in his face and eyes out safe-



PHOTO BY TECH. SGT. DANIEL DECOOK

Sgts. 1st Class Melissa Ferris, 415th Civil Affairs Battalion D Company senior medic, and Cynthia Price, team sergeant, load a victim into an ambulance at the scene of a multi-vehicle accident in Djibouti Feb. 10.

ly,” said Ferris.

Nearly 20 minutes after arriving at the crash site and working tirelessly treating the victim, the sound of sirens could be heard in the distance.

While the remaining team members cleared a path, Ferris and Price strapped the man to a stretcher and loaded him into the waiting ambulance.

Once the ambulance doors closed, Ferris and Price stood there in the middle of the road. No report to fill out, no names to take down and no witnesses with which to speak. They did exactly what they knew needed to be done.

“It’s the right thing to do. I wouldn’t drive past an accident back home in New York,” said Ferris. “If someone drove off the side of the road in the snow, I’m going to stop and see if they need assistance. It’s just something that I do. It didn’t matter that we were in Africa.”

“It was no different than being back home. If the scene is safe, you go in, you do what you need to do to assist and get them to a hospital. You take care of people,” said Price.

As Ferris and Price stood in the road, dripping sweat with hand covered in blood and dirt, they removed their gloves, and wrapped their arms around each other and hugged.



COURTESY PHOTO

Ferris poses for a photo in Syracuse, N.Y.



COURTESY PHOTO

Price, volunteer firefighter, poses for a photo in Ivyland, Pa.

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Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

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

Main Post Chapel, Building 8940
9 a.m. Catholic Mass Sunday
11 a.m. Liturgical Protestant Service
12:05 p.m. Catholic Mass (Tuesday - Friday)
4 p.m. Catholic Confessions Saturday
5 p.m. Catholic Mass Saturday

Wings Chapel, Building 6036
8 a.m. Latter-Day Saints Worship Service
9:30 a.m. Protestant Sunday School
10:45 a.m. Wings Crossroads (Contemporary Worship Protestant Service)
12 p.m. Eckankar Worship Service (4th Sunday)

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

BIBLE STUDIES

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

Protestant Women of the Chapel
Wings Chapel, 9 a.m. and 6 p.m.

Adult Bible Study
Spiritual Life Center, 7 p.m.

Wednesdays
Catholic Women of the Chapel
Wings Chapel, 8:30 a.m.

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

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

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

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

Youth Group Bible Study
Spiritual Life Center, 5:30 p.m.

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

Thursdays
Adult Bible Study
Spiritual Life Center, 9 a.m.

Latter-Day Saints Bible Study
Wings Chapel, 6:30 p.m.

Saturdays
Protestant Men of the Chapel
Wings Chapel (1st Saturday), 8 a.m.

Service: Fort Rucker hosts quarterly volunteer recognition

Continued from Page C1

praise team leader, Boelk shares his time and talent to enhance the worship service at the Wings Crossroad Contemporary Service by organizing band members, preparing music and mentoring his team.

Linda Blake, Red Cross – Blake has expanded the

Armed Forces Red Cross Program at Fort Rucker through her outreach at the newcomers brief, as well as at installation and community special events, and recruiting new volunteers and informing families on Red Cross services.

Yong Cabrera, Red Cross – Cabrera expanded Red Cross Service to the

Armed Forces Program awareness within the Fort Rucker community through the creation of a marketing board encompassing Red Cross information and material for the newcomers brief, attracting new Red Cross volunteers and informing families of available services.

Pam Griffith, Red Cross – She played a vital role in helping to solidify the Red Cross Service to the Armed Forces Program at the Lyster Army Health Clinic via staffing the clinic office and managing all American Red Cross volunteers at the clinic. The American Red Cross

would not be at Lyster today if it were not for her dedication.

Suzanne Buchanan, Fort Rucker Community Spouses Club – Buchanan served as the chairwoman for the club's annual Holiday Bazaar fundraiser. As chairwoman, she successfully led her committee with professionalism and positivity, directly contributing to the club's successful annual fundraiser, and furthering the club's ability to award thousands of dollars in scholarships to military spouses and high school students.

Jennifer Jaszczak, Fort Rucker Thrift Shop – As

a valued volunteer for the thrift shop, Jaszczak played an integral part in establishing the Honoring Wiregrass Veterans Program. Significantly contributing to the success of the program, her outstanding support and unwavering dedication to the Fort Rucker Thrift Shop and Fort Rucker military community contributes greatly to the mission.

Those unable to attend the ceremony but who were recognized as volunteers of the quarter were: Celina Czerniakowski and Sandra Monter, both for B Co., 1st Bn., 11th Avn. Regt., and Katrina Steddum, Warrant Officer Career College.

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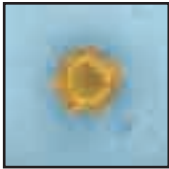


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FEBRUARY 25, 2016

BACK BY DEMAND

Outdoor recreation answers call for spring hunt

By **Jeremy Henderson**
Army Flier Staff Writer

Hunters and community members will get a second opportunity to support wounded warriors during the inaugural Wounded Warrior Spring Hunt March 18-20.

According to John Clancy, Fort Rucker outdoor recreation manager, the event was created in response to customers' requests.

"Outdoor recreation was asked if we could possibly host a spring hunt," he said. "ODR thought that it was a good idea because not all wounded warriors can attend the fall hunt. This would give an opportunity to other wounded warriors."

The hunt begins March 18 and ends March 20 at 11 a.m. Registration is open now and costs \$25 per person.

"This hunt will be a spring turkey and coyote hunt," Clancy said. "Also, this is smaller than the fall hunt because the only funds that will be raised to support the wounded warriors will be the registration fees. It is just a friendly competition between the wounded warriors."

Prizes will be awarded to first-place winners for the highest scoring turkey, heaviest coyote and most coyotes.

"All hunters must obey state regulations and Fort Rucker regulations, possess a state hunting license, a hunter's education card," Clancy said. "Turkeys and coyotes can only be harvested on Fort Rucker. Hunters must register all turkeys and coyotes with ODR."

According to Clancy, hunters must present their game to the ODR service center, Bldg. 24235 on Johnston Road, between 8 a.m. and 4 p.m.

He added that the spring hunt continues to build upon the community spirit fostered each fall.

"The camaraderie helps the wounded warriors understand that they can do things with other individuals in the community," he said. "The wounded warriors now have equipment and facilities at their disposal at no cost to them. They can actually get out into nature, and spend time with their family and friends without feeling they are a burden. It helps them understand that they can (still) enjoy life."

Clancy urged hunters to stay hydrated during the warmer spring temperatures and to remain vigilant while walking through the wooded areas.

"Keep your eyes open for snakes around fallen trees, wet areas, and briary or high grassy areas," he said. "Keep insect repellent with you that will protect against ticks, chiggers, mosquitoes and other biting insects."

For more information or to register, call 255-4305.

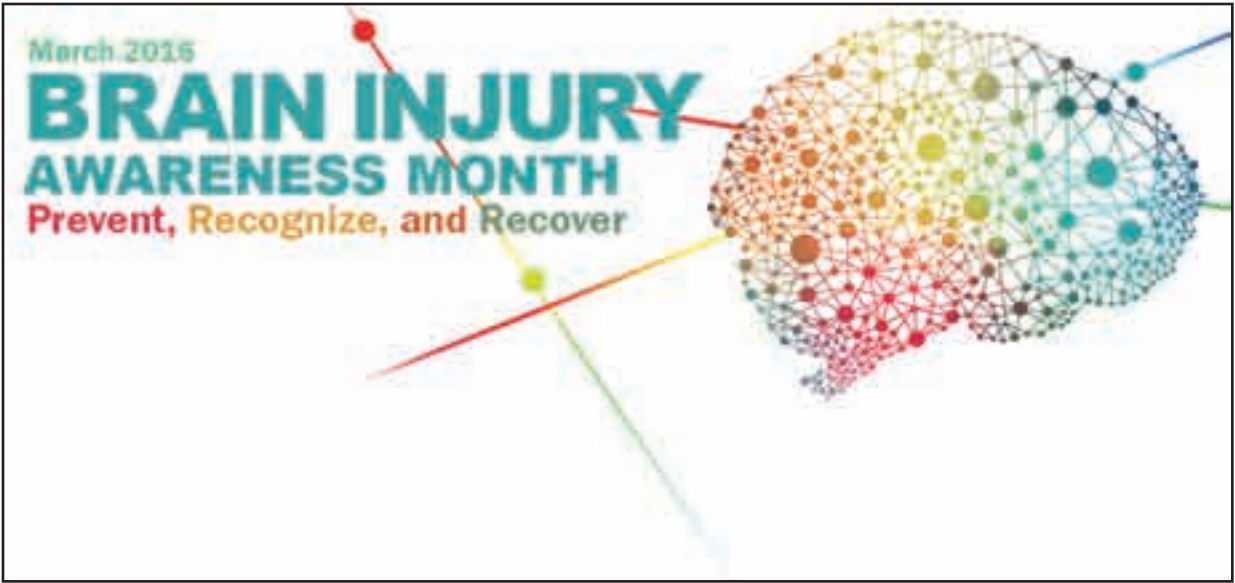


PHOTOS BY NATHAN PFAU

John Clancy, ODR manager, provides a tour of the wounded warrior trailer shortly after it was purchased to support wounded warriors last year.



Mark Yoakum, outdoor recreation facilities manager, drives the Warrior on Lake Tholocco at Fort Rucker with Tony Vilardo, a wounded warrior, in 2013, shortly after ODR purchased the boat to support wounded warriors.



TRAUMATIC BRAIN INJURY

Education, awareness critical to battling TBIs

By **Staff Sgt. Eric B. Joiner**
Lyster Army Health Clinic

Warmer weather is on the way, which usually means the Fort Rucker population will soon be heading outdoors to partake in all sorts of activities, ranging from a simple playground visit, to outdoor sports or an evening motorcycle ride.

March is National Brain Injury Awareness Month, so now is the time to become more aware of the causes, symptoms and prevention of traumatic brain injuries.

Lyster Army Health Clinic will be supporting Brain Injury Awareness Month throughout March at locations around Fort Rucker.

What exactly is a traumatic brain injury?

A TBI, also known as a concussion, is an injury to the head that disrupts an individual's normal brain function. TBIs are very serious matters, and contribute substantially to the annual number deaths and permanent disabilities in the United States.

Events ranging from a bump or jolt to penetrating head trauma can cause a TBI, though not every head injury may lead to one. Most people with TBIs experience full recovery, but more severe cases can leave people with symptoms for days, weeks or longer – especially in the very young and old populations.

Common symptoms of TBIs include difficulty concentrating, decreased mental acuity, headache, nausea, fatigue and sleep disruptions. Some symptoms may appear right away, while others may not be noticed for days or months after the injury.

Contact your physician if you have experienced a head injury and have a headache that gets worse or does not go away, repeated vomiting or nausea, slurred speech, or a decrease in physical strength and coordination.

In rare cases, a dangerous blood clot may form in the brain during a TBI, and prompt treatment is crucial to the overall severity and outcome of the injury.

Seek medical help immediately if you or someone else with a head injury begins to display the following symptoms: loss of consciousness (even briefly), extreme drowsiness or inability to awaken, display asymmetrical pupils, convulsions or seizures, or are exhibiting unusual behavior, such as confusion, restlessness or agitation. If an infant or child has experienced a bump or blow to head and is showing any of the above symptoms, will not stop crying, or refuses to nurse or eat, seek medical attention immediately.

What can we do to help prevent TBIs?

There are many safe measures you can take to protect yourself and others

from injury. When in an automobile, always wear a seatbelt and use the proper seat restraint for children, and never drive while under the influence of alcohol or drugs. During outdoor sports and activities, such as riding a bike or playing a contact sport, always ensure children wear a helmet. For seniors, create a safe environment by using non-slip mats and grab bars in showers, installing handrails on stairways and keeping the home well-lit.

Maintaining a regular physical activity program as approved by a medical professional is also an excellent way to improve lower body strength and balance to protect against falls. For children, make living areas safer by installing window guards, and using safety gates at both the top and bottom of staircases. Also, ensure the surface of your child's playground is shock absorbent, with materials such as mulch or sand.

With proper awareness of causes, signs and symptoms, people can properly identify and quickly treat TBIs that could otherwise potentially lead to a lifetime of injury and disability.

Find time to educate yourself and your loved ones by picking up an information pamphlet from LAHC representatives at one of the display booths in the clinic, commissary, post exchange or Fort Rucker Physical Fitness Center.

Sugar Wars: Doc explains why sugar is enemy to mouth

By **BethAnn Cameron**
U.S. Army Public Health Center

ABERDEEN PROVING GROUND, Md. — February is National Children's Dental Health Month, and the observance promotes good oral health for military children and adults in the war against sugar.

American people, including military families, are frequently consuming foods and drinks high in sugar and starches. Junk foods and drinks have slowly replaced healthy, nutritious beverages and foods. Sugar is the enemy of the mouth.

Col. Georgia Rogers, who specializes in preventive dentistry, provides insight into this problem.

Q: Many people say that they have cavities because they have inherited soft teeth from their parents. Is it true that people who get more cavities have soft teeth?

A: There is no actual condition called soft teeth. Some rare genetic conditions can cause weak, brittle teeth, but in the vast majority of cases they are not the cause of tooth decay. We now know that tooth decay is usually a sign that something is out of balance. Several factors can cause tooth decay – alone or in combination. Figuring out what is going on requires you to give a little time and attention to your diet and your daily hygiene regimen. Most tooth decay is caused by not using fluoride toothpaste the right way or by exposing your teeth to sugars too often.

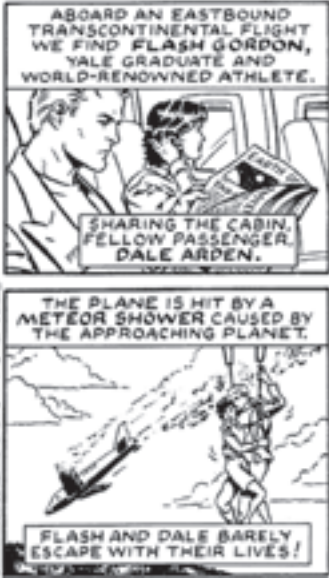
SEE SUGAR, PAGE D4

Common Manufacturing Names for Added Sugar			
Dextrose	Sucrose	Maltose	Date sugar
Fructose	Fruit puree	Brown rice syrup	Diatomaceous malt
Brown sugar	Honey	Fructose	Sorghum
Trehalose	Fruit juice concentrate	Glycose solids	Panocha
Fruit sugar	Beet sugar	Molasses	Turbinado sugar
Evaporated cane juice	Oxalotose	Raw sugar	Natural sweetener
High fructose corn syrup	Corn syrup	Demerara sugar	Nutritive sweetener
Invert sugar	Maltodextrin	Malt syrup	Agave nectar

GRAPHIC BY COL. GEORGIA ROGERS

Manufacturers use over 60 names for sugar.

DOWN TIME



Just Like Cats & Dogs

by Dave T. Phipps



Trivia test

by Fifi Rodriguez

TRIVIA

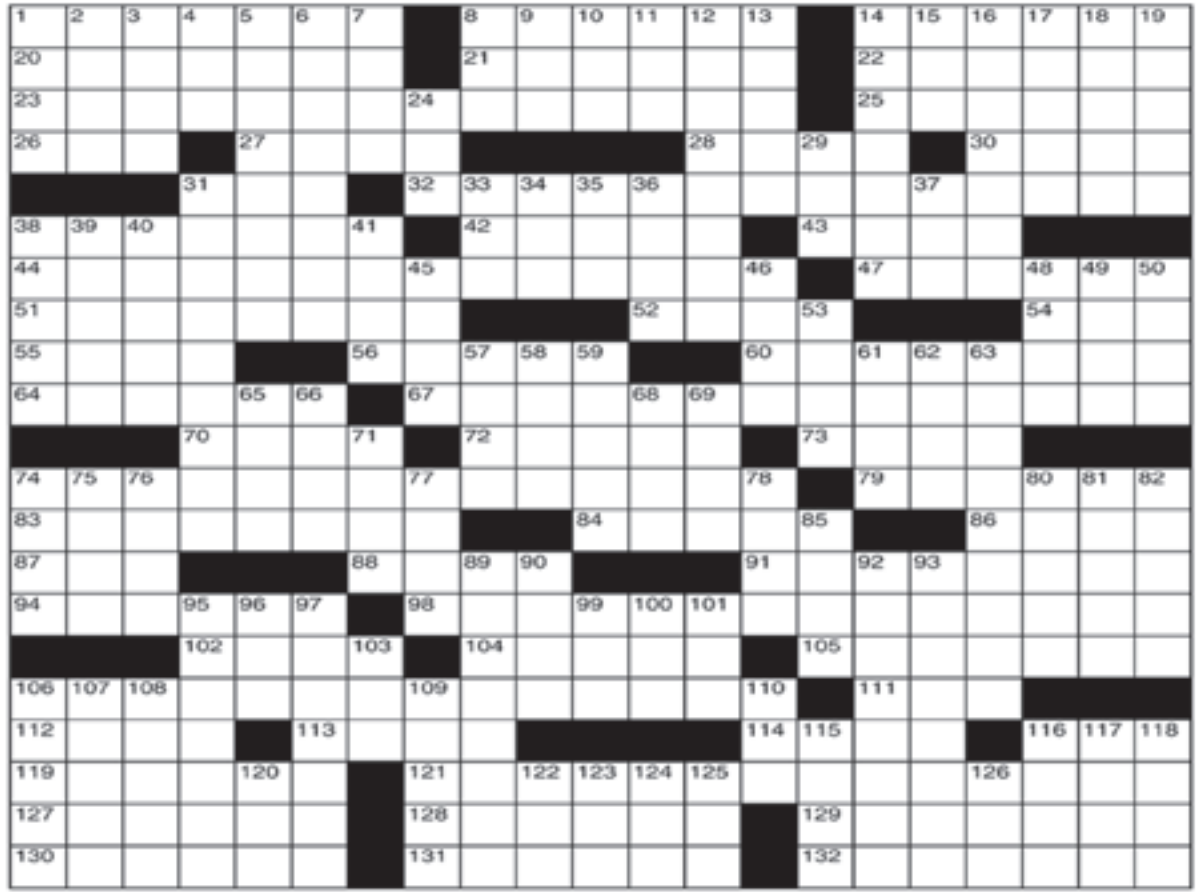
1. MUSIC: What was the name of the record company founded by the Beatles?
2. ASTRONOMY: Which planet in our solar system spins the fastest?
3. ANIMAL KINGDOM: Which insect can indicate the temperature with accuracy?
4. GENERAL KNOWLEDGE: What is the fastest known bird in the world?
5. CHEMISTRY: What is the only metal that's liquid at room temperature?
6. MOVIES: What was Baby's real name in "Dirty Dancing"?
7. GEOGRAPHY: What country is bordered by the Atlantic and Indian Oceans?
8. PSYCHOLOGY: What is the fear represented in the condition "herpetophobia"?
9. MEDICAL: What is the common name for hypoglycemia?
10. TELEVISION: Where does Homer Simpson work?

See Page D3 for this week's answers.

Super Crossword

REMAKING "THE LONGEST DAY"

- ACROSS**
- 1 Escape key's position
 - 8 Schoolroom with easels, maybe
 - 14 Not very new
 - 20 Spur on
 - 21 Big name in luxury watches
 - 22 Darius' land
 - 23 Biceps with more sweat?
 - 25 Rang, as bells
 - 26 Hosp. triage sites
 - 27 El Cid, e.g.
 - 28 Puerto —
 - 30 Troll's home
 - 31 Zest
 - 32 Running specialists' outfits?
 - 38 Actress Kerr
 - 42 Whoopi's "The Color Purple" role
 - 43 Fruit coverer
 - 44 Shut down skiing peaks again?
 - 47 Flinches or blinks, say
 - 51 Check beneficiary
 - 52 In order (to)
 - 54 "I figured it out!"
 - 55 With 78-Down, Coke Zero, e.g.
 - 56 Lipstick flaw
 - 60 Breaks loose
 - 64 Vanquish
 - 67 Put cicadas under water?
 - 70 Sleep like —
 - 72 Assume as fact
 - 73 ... to market, to buy — pig?
 - 74 Most inferior shoe bottoms?
 - 79 Fasteners threaded at two ends
 - 83 Zippy chip dip
 - 84 Railroad station
 - 86 Afghan-istan's Tora —
 - 87 Application
 - 88 — Minor (Little Dipper locale)
 - 91 Altercations
 - 94 Hound type
 - 98 Never-for-gotten four-letter words?
 - 102 Like sharp cheese
 - 104 After, in Amiens
 - 105 Filamentous
 - 106 What a store manager likes to see on faces?
 - 111 FedEx or DHL rival
 - 112 "No" voter
 - 113 Roo's friend
 - 114 Norwegian hub
 - 116 Bee product
 - 119 Sea robber
 - 121 June event
 - 122 "remade" six times in this puzzle
 - 127 GPS suggestions
 - 128 Hard money
 - 129 Less trustful
 - 130 Aim
 - 131 Atoll part
 - 132 Sam-I-am's creator
 - 9 Toys — (kids' haven)
 - 10 "Creep" trio
 - 11 IM snicker
 - 12 Not at all fond of
 - 13 Funda-mental
 - 14 Enemy
 - 15 "Life of Pi" director Ang
 - 16 Biting Count
 - 17 Hajji's faith
 - 18 Food strainer
 - 19 Pluto's realm
 - 24 Pop idol?
 - 29 Perp catcher
 - 31 Groups of athletes on horseback
 - 32 Hosp. area with IVs
 - 34 Sci-fi writer Stanislaw —
 - 35 Tree for a bark beetle
 - 36 "How the Other Half Lives" author Jacob
 - 37 With 41-Down, titling laughs
 - 38 "Judge —" (1995 Stallone film)
 - 39 "— Meenie" (2010 hit)
 - 40 A-G linkup
 - 41 See 37-Down
 - 45 Long hauler
 - 46 Stuffing stuff
 - 48 Flaven cries
 - 49 "I heard —!"
 - 50 Expresses
 - 53 Ward of "CSI: NY"
 - 57 Pre- (replace)
 - 58 "— 'n' Andy"
 - 59 Put new turf on
 - 61 Miso soup ingredient
 - 62 Labor pain?
 - 63 Motor coaches
 - 65 — mater
 - 66 Labor
 - 68 Really peeve
 - 69 Scale interval
 - 71 Central figure of Christianity, in Florence
 - 74 Bait fish
 - 75 Santa —, California
 - 76 Some Pac-12 athletes
 - 77 Indian wrap
 - 78 See 55-Across
 - 80 Plenty o'
 - 81 Cornered, as a raccoon
 - 82 Smart-alecky
 - 85 Pinball no-no
 - 89 Bad wrecks
 - 92 Clock radio toggle
 - 92 Pulitzer-winning composer Gunther —
 - 93 Reasons
 - 95 Surfeit
 - 96 Psyche part
 - 97 Big storm
 - 99 "— quit!"
 - 100 Clergyman's field; Abbr.
 - 101 Mao — -tung
 - 103 "In excelsis —"
 - 106 Old Ford
 - 107 Grant's side
 - 108 Swagger
 - 109 TV actress Portia de —
 - 110 Salt's "Help!"
 - 115 Sotheby's cry
 - 116 2012 Nintendo console
 - 117 Deck quartet
 - 118 Children of boomers
 - 120 "Taps" hour
 - 122 Blanc of many voices
 - 123 Onetime big record label
 - 124 One, in Berlin
 - 125 M&M color
 - 126 Three, in Bari



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See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

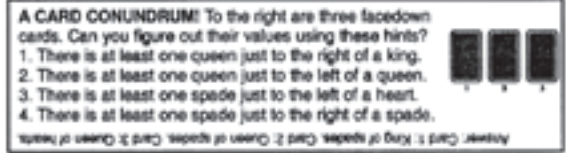
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See Page D3 for this week's answers.

KID's CORNER



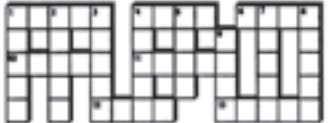
DON'T FIZZ OUT! Two of the old soda-bottle caps above are exactly alike. Can you find them in 30 seconds?



Junior Whirl

by Charles Barry Townsend

TRY BEING "LEFT" AT "DECIPHERING" THIS "DELIGHTFUL" PROBLEM!



Below is a list of 15 words that start with either "D" or "E." You must use these words to complete the puzzle grid to the left. Use the good old trial-and-error method.

- "D" Words**
- DADO
 - DEED
 - DENSE
 - DENTS
 - DOGGIE
 - DREAD
 - DROLL
 - DUDED
 - DUPED
- "E" Words**
- EDGE
 - ESPY
 - EYED
 - EASEL
 - LEAVES
 - ENDED

Wishing Well

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

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HOCUS-FOCUS

BY HENRY BOLTVOFF



Find at least six differences in details between panels.



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BREATHE EASY

Army scientists begin 1st MERS vaccine clinical trial

By Cheryl Pellerin
Department of Defense News

WASHINGTON — Army scientists at the Walter Reed Army Institute of Research started vaccinations Feb. 17 in the first clinical trial to test the safety and immune response in people of a vaccine candidate to prevent Middle East respiratory syndrome.

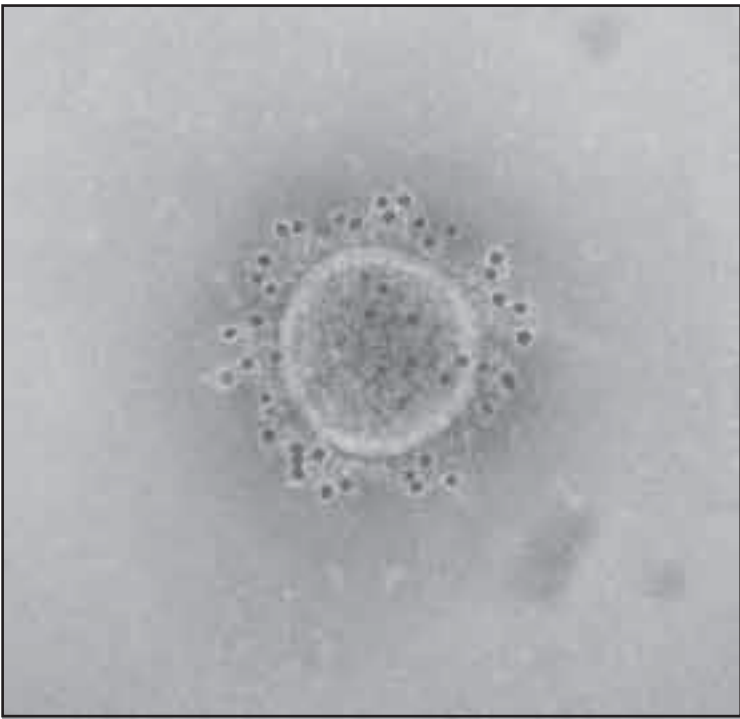
A MERS vaccine would be an important medical countermeasure for U.S. troops in the Middle East and wherever the virus might arise, officials said.

MERS is a severe respiratory disease similar to severe acute respiratory syndrome. Both are coronaviruses. MERS was first identified in Saudi Arabia in 2012 and has since infected more than 1,600 people.

The coronavirus kills about 40 percent of those infected, principal investigator Dr. Kayvon Modjarrad told DOD News in a telephone interview, “so low prevalence doesn’t mean low risk.”

Modjarrad is associate director for the Emerging Infectious Disease Research Program at Walter Reed Army Institute of Research.

The virus circulates mainly in Saudi Arabia, where most cases have been reported, he said. But the World Health Organization reports that MERS cases infected in the Middle East and exported outside the region have been con-



NATIONAL INSTITUTE OF ALLERGY AND INFECTIOUS DISEASE PHOTO

This image shows Middle East respiratory syndrome coronavirus particle envelope proteins immunolabeled with rabbit HCoV-EMC/2012 primary antibody and goat anti-rabbit 10-nanometer gold particles.

firmed in 26 countries, including two in the United States. And last year, South Korea had the largest outbreak outside the Middle East, Modjarrad added.

With about 35,000 U.S. troops on the ground in Middle East countries that make up U.S. Central Command’s area of responsibility and more than 27,000 in South Korea, a MERS vaccine would be an important countermeasure for the Defense Department, the infectious disease spe-

cialist said.

The most common MERS symptoms are fever, cough and shortness of breath. Older people and those with weakened immune systems are at greater risk for severe disease and death. There are no approved MERS vaccines or specific treatments, according to WRAIR.

“This is a really important step that we’ve taken to initiate a Phase I trial for MERS and I’m hopeful that this will inform

studies to follow. But I can’t say exactly when we expect to have a MERS vaccine ready for licensing,” he said.

Other vaccine candidates have been tested for use in camels, the likely source of the coronavirus that causes MERS, but this vaccine candidate is the first to be tested in people, a WRAIR news release said.

Seventy-five participants will receive the vaccine at WRAIR’s Clinical Trial Center in Silver Spring, Maryland. The vaccine, called GLS-5300, is being co-developed by Inovio Pharmaceuticals and GeneOne Life Science Inc.

“Along with the development of countermeasures, we really need to understand the epidemiology and the pathogenesis of this virus better,” Modjarrad said, adding that scientists are sure camels are the reservoir for MERS and that there has been limited person-to-person transmission.

“Having said that,” he added, “the whole South Korean outbreak was all human to human.”

One person went back to South Korea from the Saudi Arabian peninsula and infected another 80 people, and then eventually, through person-to-person contact, 186 people got infected with this virus, Modjarrad said.

“So there’s a great risk that (MERS) could cause major outbreaks even in settings where

there are no camels,” he said.

Modjarrad said the MERS vaccine being tested is a DNA vaccine.

“One of the benefits of a DNA vaccine is that you don’t need any kind of culture system, like eggs, and you can produce it very quickly,” he explained. “That’s why we have a vaccine so quickly, because we have a backbone that has been used for other types of vaccines.”

In the GLS-5300 vaccine candidate, the DNA has part of the MERS virus, but it goes into a larger backbone that has been used for other kinds of vaccines, including those for influenza, human papilloma virus and Ebola virus, he added.

DNA technology will shorten the time it takes to produce and ramp up the vaccine once it’s been approved by the Food and Drug Administration, Modjarrad said, and the Ebola outbreak in West Africa also plays a part in shortening the time it takes to get the vaccine to patients.

“The landscape of global health and of research and development for vaccines and therapeutics has changed in the post-Ebola world,” he said. “The Ebola outbreak mobilized the global community in terms of resources and political will to get things moving along faster timelines than would never, ever have been possible or even conceived before.”

Army researchers mitigate Soldier stressors

By David Vergun
Army News Service

SPRINGFIELD, Va. — Army researchers are trying to better understand the types of stress Soldiers could encounter in combat that might cause degraded performance.

They are also looking into ways to mitigate those stress factors, said Dr. Mike LaFiandra, the chief of the dismounted warrior branch at Army Research Laboratory.

LaFiandra spoke at the National Defense Industrial Association-sponsored Human Systems Conference, Feb. 9.

Other speakers focused on both machine and human performance goals.

Stressors impinging Soldier performance can be dust, toxic fumes, fatigue from carrying heavy loads and other things, LaFiandra said.

Special sensors are being used to measure the effects those variables have on performance, he said.

Once the information is quantified, the next step is exploring various mitigation strategies to prevent performance degradation, he said. Mitigation strategies that work could result in improved task performance upwards of 20 or 25 percent.

The methodology might seem pretty straightforward, but it’s actually not, LaFiandra said.

Certain stressors have a much greater impact on Soldier performance than others. Understanding why those differences occur is just as important as understanding the types of stressors, he said.

Another challenge is selecting the right sensors, he said. While some sensors are small and non-invasive, others, such as face masks which measure oxygen uptake are not, particularly in a field environment. Such invasive sensors might create stress of their own.

Identifying stressors and their causes is not always straightforward, LaFiandra said. For example, Soldiers on flight lines were found to experience a much higher than average loss of hearing.

One might conclude, LaFiandra said, that the loss of hearing was simply due to the noise of helicopters and jets. But further investigation found the cause to be slightly more complicated than that. An occupational health study found that the toxic effects of aircraft fumes compounded the effects of the aircraft noise in causing hearing



PHOTO ILLUSTRATION BY PEGGY FRIERSON

Human-machine relationships with autonomous vehicles, like unmanned aircraft systems and unmanned ground vehicles, are being explored for future research.

loss. The study could later inform mitigation strategies for that hearing loss.

ARL is working with the Defense Advanced Research Projects Agency, the other services and Special Operations Command on a number of other stressor mitigation projects that show promise to improve Soldier performance.

Human-machine performance

Dr. Greg Zacharias, Air Force chief scientist and adviser to the Air Force chief of staff, spoke about human-machine relationships with autonomous vehicles, like unmanned aircraft systems and unmanned ground vehicles, used by all of the services.

While these vehicles are called autonomous, he noted, they’re really not, because a human is in the loop interacting with the systems.

While autonomous vehicles hold great promise for warfighters winning in a complex world, Zacharias raised concerns about how humans interact with those machines.

“Vigilance complacency” is one example of how a Soldier could team poorly with a UAS, he said. Long hours watching a blip on a computer screen could and has caused UAS operators to lose focus and not detect errors.

A possible solution to vigilance complacency, he said, is to make the machine more aware of the operator, moni-

toring the operator’s physiological state of alertness and providing some sort of warning when alertness levels decline below a certain point.

Complexity is another potential problem. As gear becomes more complex, longer training time is needed for operators, he said. Complex controls, displays and actions required by the operator increase workload and decision time. Eventually, operator performance could deteriorate to the point where the benefits of autonomy become lost.

A mitigation strategy to prevent complexity would need to come at the early design phase of the system, with extensive user testing to determine how well the human is interacting with the machine, he added.

The right level of operator trust in their equipment is also important, Zacharias noted. If an operator puts too much trust in a UAS to operate on autopilot, for instance, the operator might not notice a decrease in speed and elevation and a crash could result.

Not enough trust in a machine can also prove detrimental, he said. An operator who doesn’t trust the machine and overrides its calculations can cause harm to the machine or the mission.

Future human-machine endeavors

Zacharias thinks that future autonomous systems will be wired in ways similar to the human neural network. This, he said, will allow machines to have a better understanding of their human counterpart and humans will be able to better relate to their machines.

The chief scientist even thinks that systems can be designed with “flexible autonomy,” whereby the operator can hand off tasks to the machine, or the machine can hand off certain tasks to the operator, based on mission demands and workload changes.

The neural networked machine could become aware of itself, similar to the way humans are self-aware, and if the machine becomes damaged, it might even find ways to heal itself, he said.

PUZZLE ANSWERS

Super Crossword

Answers

TOP LEFT	ART LAB	OLD ISH
INSPIRE	BULOVA	PERSIA
MOISTER	MUSCLES	PEALED
ERS HERO	RICO	CAVE
PEP	MILERS	COSTUMES
DEBORAH	CELIE	PEEL
RECLOSE	SUMMITS	REACTS
ENDORSEE	SOAS	AHA
DIET	SMEAR	GETSAWAY
DEFEAT	IMMERSE	LOCUSTS
ALOG	POSIT	AFAT
CRUMMIEST	SOLES	UBOLTS
HOTSALSA	DEPOT	BORA
USE	URSA	DISPUTES
BASSET	IMMORTAL	CUSSES
AGED	APRES	THREADY
CUSTOMERS	SPILES	UPS
ANTI POOH	OSLO	WAX
PIRATE	SUMMERS	SOLSTICE
ROUTES	SPECIE	LEERIER
INTENT	ISLAND	DRSEUSS

Weekly SUDOKU

Answer

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

TRIVIA

Answers

- Apple Records
- Japan, which retains more 40 foot trees than 100 others
- Crickets
- Perseus (Jason)
- Miscany
- France
- Arabia Africa
- Fear of reptiles (or snakes), usually lumps
- Low blood sugar
- Springfield Nuclear Power Plant

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Sugar: Regular dental check-ups key to healthy smiles

Continued from Page D1

Q: How should people use fluoride toothpaste?

A: An adult should always assist children under the age of 8 with tooth brushing. Use a rice-sized amount of toothpaste for children less than 3 and no more than a pea-sized amount for children aged 3-6.

Brush the toothpaste on all surfaces of the teeth for two minutes at least twice a day – just before bedtime is the most important. Then rinse the brush, and brush the tongue and the roof of the mouth. Do not rinse with water after brushing. Just spit several times to remove the excess toothpaste. Have small children say “Patooley!” very forcefully if they have difficulty spitting. Do not eat or drink for at least 20 minutes after you brush. This lets the fluoride stay on your teeth longer and fight decay. Brushing right before bedtime is particularly important to prevent decay.

Q: Why is sugar so harmful to your mouth?

A: When sugar is consumed in food or drinks, it provides food for bacteria, which produce acid.

The acid can eat away the enamel of the teeth, allowing the bacteria to penetrate and cause more damage. If nothing disrupts the bacteria, the damage gets a little deeper every time you consume sugar. It eventually reaches the nerve causing an infection. Drinking water or brushing after taking liquid medicine can also reduce your child’s risk for decay.

Q: Is there a safe amount of sugar that you can have?

A: The new U.S. Department of Agriculture Dietary Guidelines have decreased the recommended limit for added sugars to no more than 10 percent of daily calorie intake. If a child eats 1,500 calories a day, that is no more than 150 calories from sugar or about nine teaspoons.

A recent survey showed children between the ages of 9 and 18 have the highest sugar intake – about 17 percent of their total calories come from added sugar.

Q: Where do you find hidden sugar in foods?

A: Almost half of the sugar in the diets of Americans age 2 and over comes from beverages, such as soda and fruit drinks. The next

third comes from sweets, snacks and grains, such as crackers, bread and cereal. Condiments like ketchup or salad dressing can also add a few extra teaspoons of sugar to your diet each day.

Q: How can you find out if your food or drinks have sugar added?

A: Read the nutrition facts label. The amount of sugar in each serving is listed under the section “Total Carbohydrates” as “Sugars” in grams. One teaspoon of sugar is a little over four grams. Also, look at the list of ingredients. There are now over 60 names for sugar but you can learn to spot them at www.mouthhealthy.org/en/nutrition. Use the number “3” as a guide. If a word for sugar is one of the first three ingredients listed, or if there are more than three names for sugar on the list, then the product probably contains too much sugar. Another important source of sugar is children’s liquid medications for congestion, allergies, pain or fever.

Q: Teens and adults also eat snacks and drinks throughout the day. Are they at risk for tooth decay?

A: Anyone who eats sugary snacks and drinks between meals throughout the day is at risk for tooth decay. Consuming snacks or drinks right before bedtime is the most dangerous, because your saliva flow slows down when you go to sleep, so the acids produced by the bacteria in your mouth are not washed away or neutralized. That is why it is critical to always brush with fluoride toothpaste before sleeping.

Q: Are babies and toddlers at risk for tooth decay since they only use a bottle or a sippy cup?

A: Yes – milk, formula and juice all contain some form of sugar. Babies should never be put to bed or allowed to fall asleep with a bottle of milk or formula. Prevent cavities in babies by wiping their gums with a clean, wet gauze pad or soft washcloth after each feeding – breast, bottle-fed or sippy cup. Cleaning the gums and teeth removes the sticky film that contains bacteria which cause tooth decay.

Q: How do people protect older children’s teeth?

A: The following tips will help.

- Give them a healthy diet, so they have all of the vitamins

and minerals that they need to keep their teeth and gums healthy.

- Limit sugary or starchy snacks between meals – offer nutritious snacks instead of crackers.
- Avoid sugary drinks, such as sodas, juices, lemonade and sports drinks – provide water or low-fat milk.
- Help your children brush twice daily for two minutes and floss each day.
- Take your children for regular dental check-ups.

Join the Sugar Wars! Defeat the effects of sugar and maintain good oral health by brushing at least two minutes, two times a day, and flossing and eating healthy meals and snacks.

For more information about Sugar Wars for National Children’s Dental Health Month and for tips to protect your teeth, go to <http://www.ada.org/en/public-programs/>.

Want more information about healthy eating? Check out the Army Public Health Center website at <https://usaphcapps.amedd.army.mil/HIOShoppingCart/searchResults.aspx?hotlist=65> or go to www.MyPlate.gov.

FORT RUCKER SPORTS BRIEFS

Youth T-ball, baseball, softball registration

Fort Rucker Child, Youth and School Services will run registration for youth T-ball, baseball and softball throughout February. The cost is \$25 for 5-6 year olds, and \$45 for 7 year olds and up. There will be a parents meeting March 3 at 6 p.m. in the youth center gym, Bldg. 2800 located on Seventh Avenue. If coaches are in place, practices will start March 8. The regular season will start on or about April 4.

People interested in coaching or registering should call 255-0950.

Recertification lifeguard courses

The Fort Rucker Physical Fitness Center will host lifeguarding courses for recertification only March 12-13 from 8

a.m. to 6 p.m. Participants must have a current certification to enroll. The course is open to patrons ages 15 and up, and costs \$75 for military and Department of Defense ID card holders, and \$150 for members of the general public. A prerequisite test on the first day must be passed to enter the course. People can register at the front desk of the Fort Rucker PFC. The cutoff for registration is three days prior to course start date. Class may be canceled if minimum enrollment is not met.

For more information, call 255-2296.

Enterprise baseball

Enterprise’s semi-pro baseball team needs players for the 2016 season. The team hosts tryouts Saturdays and Sundays now through March 27. For times and lo-

cations, call 347-4275 or 464-1729.

Golf lunch and a lesson

Silver Wings Golf Course will host its lunch and a lesson special on Wednesdays in March and April from noon to 1 p.m. The special includes lunch, golf balls and a golf lesson for \$20. There needs to be a minimum of three participants to conduct a lesson.

For more information, call 598-2449.

Registration for British Soccer Camp

Fort Rucker Youth Sports is partnering with Challenger Sports to bring the British Soccer Camp to the post May 31 to June 3. Registration for the camp runs now through May 26. There are four camp options. Youth are required to have a child, youth and school services

membership and a current youth sports physical. Registration may be done on the WebTrac or at parent central services in Bldg. 5700, Rm. 193. Youth who register before April 15 will receive an official British soccer jersey.


For more information, call 255-2257 or 255-2254.

Youth turkey hunt

Outdoor recreation will host a youth turkey hunt March 5 from 5-11 a.m. The hunt is open to the public for youth ages 7-15. Registration is \$15. A parent or escort of the youth must have an Alabama State Hunting License and Hunter Education Completion Card.

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

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