

**CENTCOM:**  
Counter-ISIL  
momentum attracts  
new tribal forces  
  
**Story on Page A3**



**BON VOYAGE**  
Travel Extravaganza  
spotlights vacation  
opportunities  
  
**Story on Page C1**



**YOUTH SPORTS**  
Registration open,  
program seeks  
coaches  
  
**Story on Page D1**



# ARMY FLYER

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

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## PROGRAM TARGETS BULLYING

*‘Sheroes and Heroes’  
sheds light on issue*

**By Nathan Pfau**  
*Army Flier Staff Writer*

Bullying isn’t a new issue, but with social media so prevalent in children’s lives, it’s a different world than parents were used to growing up.

That’s why the Fort Rucker Youth Center wanted to combat bullying with its “Sheroes and Heroes” anti-bullying campaign, which highlighted the effect that bullying can have on not only the one being bullied, but the bully, as well, said LaShia Brooks, youth technology lab program associate for the Fort Rucker youth center.

“We want to make the children here more aware of the seriousness of bullying, so we wanted to shed some light on what bullying really is,” she said.

Brooks said the idea came up when she caught an incident of bullying where one of the teens at the youth center was caught recording another without her knowledge.

“The other children were laughing at her, so when I caught the incident, I approached the child who was recording and asked her to delete the video,” she said. “They might not have been aware of it, but that’s a type of bullying that they were participating in, and that’s why we wanted to have a night like this.

The children participated in a two-hour session where they heard from various guest speakers, from a lawyer to police officers to school counselors, and they were able to hear stories of bullying, not only from an outside perspective, but from a personal perspective, as well.

They were able to learn that there are multiple types of bullying, including



PHOTO BY NATHAN PFAU

**Jerry Sapp, Ozark Police officer, speaks to teens at the Fort Rucker Youth Center during the “Sheroes and Heroes” anti-bullying campaign Friday.**

physical, verbal, emotional, sexual, prejudicial and even cyber bullying.

“Nobody has the right to bully anyone,” said Jerry Sapp, Ozark police officer, to the children. “If you are being bullied, don’t hold it in. Talk to someone. Tell a trusted adult and they will help you.”

“Don’t sit in silence,” added LaKeisha Newsome, Henry County Schools at-risk coordinator. “If you tell someone, and they don’t do anything, then tell someone else. And if they don’t do anything, then tell another person. Tell someone until someone does something and provides you with help.”

The guest speakers also spoke on the consequences of bullying, which can extend far beyond a simple reprimand, but can have criminal consequences.

“You might think that if you’re bullying someone that you’re just having a bit of fun, but if you cross the line, you will have to deal with adult consequences,”

said Newsome.

“Bullying is against the law and, if you take it too far, you will get in trouble with the law,” added Sapp. “It’s not worth it.”

They also spoke about the emotional effect that bullying can have on the victim, which in extreme cases can lead to suicide, which is why officials wanted to bring the message home for the teens to speak up.

“You have teachers, counselors and so many others here who care about you, so please if you’re having an issue, then say something,” said Sapp.

Erica Clayton, military family member, said she realized during the two-hour campaign that she might have bullied another and not realized what she had done.

“I see now that I might have bullied someone and not really knew it,” she said. “I can learn from other people’s mistakes and what I can do to maybe help

stop bullying. I’ve learned that it can be stopped without violence and without hurting other people.”

“Some people can stand up for themselves, while others are quiet,” added Josiah Berry, fellow military family member at the youth center. “The more people who bring up that they’re being bullied, the more people will want to step up and try to help that person.”

Kearias Washington, also a military family member, said that it can be easy to be bullied, especially if you’re the new kid in school, but someone making a simple gesture can mean the world to a new student.

“We can do things like invite people to our lunch table to help them make new friend, and things like that, because that’s kind of what I had to do with being a new kid in a new school,” she said. “I’m glad I had people to take me in as their friend, so I would do that for others.”

## Protecting PII a personal responsibility

**By Nathan Pfau**  
*Army Flier Staff Writer*

As more and more parts of people’s lives shift online, protecting personally identifiable information can become increasingly difficult, but Fort Rucker officials want to remind people that it still comes down to personal responsibility.

PII is any combination of information that can be used to identify a person, according to Walter Kramer, director of Fort Rucker Directorate of Human Resources.

SEE PII, PAGE A5



PHOTO BY NATHAN PFAU

**Linda Green, security assistant for the Fort Rucker security division, loads paper into the high-volume disintegrator at the recycling center in 2014.**

### POST RUN



PHOTO BY NATHAN PFAU

**Soldiers run in formation during the annual post run Feb. 4 as part of the Aviation Senior Leader Forum that took place Feb. 1-4 at Fort Rucker.**

## Dental clinic educates parents, children on hygiene

**By Nathan Pfau**  
*Army Flier Staff Writer*

Sweets make nice treats for children’s taste buds, but the effects on their teeth and gums often prove sour.

Fort Rucker’s Brown Dental Clinic is targeting children and parents for an educational campaign on promoting healthy dental habits for National Children Dental Health Month, according to Ann Bagley, general dentist at the clinic.

Staff from Brown Dental Clinic provided free dental screenings for children at the child development center and the Fort Rucker Primary School, Feb. 3 and 4, to make sure children on post are keeping up with good dental hygiene, Bagley said.

“We want to look for any obvious issues that the children may have and try to promote good dental health,” she said. “The emphasis is not only on good oral



PHOTO BY NATHAN PFAU

**Kimberly Barker, dental assistant for Brown Dental Clinic, provides screenings for children at the Fort Rucker Primary School Feb. 4.**

health for the children, but for the parents, as well.”

The screenings were brief and Bagley said Fort Rucker’s children’s teeth are in tip-top shape.

“We see very few issues here with the children on post – it’s amazing,” she said. “The population here is very good

SEE HYGIENE, PAGE A5



# PERSPECTIVE

## FAMILY IST

### 7 ways new benefit reforms will help families

By Katie Lange  
Department of Defense News

(Editor's note: This article originally appeared on DOD Live – the Department of Defense's blog site. For more blogs on a variety of topics, check out <http://www.dodlive.mil/>.)

Last week, Defense Secretary Ash Carter announced several reforms that will help service men and women reach a better work-life balance. Maternity leave, paternity leave and child care services are just a few of the benefits that are expanding to strengthen the support of our current military families, as well as to attract top talent to the force.

So what are the changes, why were they made and how will they affect you? Here's the gist.

- **Paid maternity leave will increase to 12 continuous weeks Defense Department-wide.**  
More and more women have joined the military in the past few decades; however, Carter said that a primary reason why they are leaving the force is due to a high level of work-family conflict. To combat that, he's expanding maternity leave to 12 continuous weeks – doubling the standard of six weeks for most services – giving new moms more time to recover from their pregnancies and bond with their new babies.  
The change will also help new moms be more prepared to return to the work force. "That was one of the most difficult things I had to do – leave (my newborn daughter) with a complete stranger when she was still tiny," said Navy Petty Officer 2nd Class Lori Bent, who only received six weeks



PHOTO BY HIRO CHANG

Capt. Richard West (center) and Soldiers from B Co., 229th Military Intelligence Battalion, read "Sam, the Army Dog" to the children of Monterey Road Child Development Center on Ord Military Community, Calif., for the Army's 234th birthday.

- of paid leave when she was pregnant.
- **Paternity leave will expand from 10 to 14 non-consecutive days.**  
Parenting is not just a mom's responsibility. Just ask Navy Petty Officer 2nd Class Harry Andrew D. Gordon, whose wife had a baby last week. "The exhaustion and the time being spent with my child and my wife – it's so important. Even those few extra days more would be so helpful and beneficial to the family," Gordon said.  
Carter is seeking legislation on this initiative, which will also encourage more dads to take that time off.
- **Child development center hours will extend to a 14-hour minimum.**  
Many service members work shifts that don't match up to DOD service provider hours. For example, your base's CDC might be open from 6 a.m. to 6 p.m., but you work until 8 p.m., so you're stuck with finding another child care provider to cover that time. According to Carter, nearly half of military families have to do that.  
This initiative will change that for most service members, who will now be able to get child care from before reveille until after taps.  
Bent said that's been a big concern for her, so it's a welcome change that will help make working parents more flexible and, in turn, more productive. "If I can't pick up my kid by a certain time, then I'm not going to be able to do what you're asking me to do, and then that, of course, hurts everything else that goes along with the job," Bent said.
- **Installations with facilities where more than 50 women are regularly assigned will install or modify mothers' rooms.**  
This will greatly help mothers who have returned to work and want to continue breastfeeding. Many installations are old and weren't built with working mothers in mind, so the addition of these rooms will give new moms a space of their own and help them decompress.
- **Service members can postpone PCSing if it's in a family member's best interest.**  
The average service member changes duty stations every three years, moving and uprooting their entire lives, which is hard on the whole family. Now, if you have a good reason to stay at your

current station – if, say, your daughter wants to finish her high school career where she started, a spouse is finishing a degree or an ailing family member needs important treatment from a nearby top-notch facility – this change will ensure you'll be able to stick around and keep that connection.  
If Carter successfully seeks an amendment to Title 10 to make this happen, service members requesting it would have to agree to additional comparable active-duty service.

- **Adoption leave will be expanded for dual military couples.**  
The DOD currently offers three weeks of leave to one parent for adoption leave. If Carter gets authority from Congress, this reform would expand that to two weeks' leave for a second parent.
- **The DOD will cover the cost for active-duty members to freeze their sperm or eggs.**  
Many career fields require service members to sacrifice their ability to start a family, especially if they're deployed in combat. This reform, through TRICARE, will help those service members have greater piece of mind knowing that they'll be able to still have a family later in life.  
Carter has also asked all of the services to examine additional options for child care services that pertain to child development wait times, applications and training.  
For a full explanation of the changes, check out the fact sheet at [http://www.defense.gov/Portals/1/Documents/pubs/Fact\\_Sheet\\_Tranche\\_2\\_FOTF\\_FINAL.pdf](http://www.defense.gov/Portals/1/Documents/pubs/Fact_Sheet_Tranche_2_FOTF_FINAL.pdf).

## Rotor Wash

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



2nd Lt. Matt Bochenek,  
D Co., 1st Bn.,  
145th Avn. Regt.

“Plan a special evening for them. Instead of going out, maybe cook for them.”



2nd Lt. Margaret Budke,  
D Co., 1st Bn.,  
145th Avn. Regt.

“Make it memorable by doing something you might not have done together before.”



2nd Lt. Edward McFadden,  
B Co., 1st Bn.,  
145th Avn. Regt.

“Gifts are always a good option to go for. Make sure to get them something thoughtful.”



WO1 Scott Reinier,  
B Co., 1st Bn.,  
145th Avn. Regt.

“Don't forget.”



Tom Draper,  
military family member

“Make sure the day is all about the two of you.”

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If you would like to contact the Army Flier by e-mail, please contact the editor at [jhughes@armyflyer.com](mailto:jhughes@armyflyer.com).



# CENTCOM:

## Counter-ISIL momentum attracts new tribal forces

By Cheryl Pellerin  
*Department of Defense News*

WASHINGTON — For Iraqis in the fight against the Islamic State of Iraq and the Levant, success against the terrorist group is attracting local tribal forces to their ranks, a U.S. Central Command spokesman said Friday.

Air Force Col. Patrick Ryder briefed the Pentagon press corps by telephone from MacDill Air Force Base, Florida, about several small operations that are playing a role in the counter-ISIL fight in Iraq and Syria.

Over the past few months, the coalition has enabled small joint Iraqi operations in provinces such as Anbar, Kirkuk, Diyala and Ninawa.

“As momentum against ISIL builds we’re seeing local tribal resistance forces throughout these provinces joining with (Iraqi security forces) and (Kurdish security forces) to combat the terrorist group and push them out ... and the coalition is enabling these joint operations,” Ryder said.

Carrying out these critical joint operations are indigenous ground forces made up of, for example, Iraqi forces that include fighters from the counterterrorism service and federal police, Kurdish forces like the Peshmerga, and tribal forces that include Sunnis, Turkmen and others fighting ISIL, Ryder said.

One joint operation begun earlier this week between Beiji and Mosul involved a combination of Iraqi forces, Ninawa tribal fighters and support from the Peshmerga, all enabled by coalition air strikes, he said.



NAVY PHOTO BY SEAMAN LINDSAY A. PRESTON

**A U.S. Navy F/A-18C Hornet, assigned to Strike Fighter Squadron 83, lands on the flight deck of aircraft carrier USS Harry S. Truman at sea in the Persian Gulf, Feb. 2. The Truman Carrier Strike Group is deployed in support of Operation Inherent Resolve.**

The operation liberated a couple of villages and killed a large number of enemy fighters, Ryder said, adding that it was an example of momentum seen in the Tigris River Valley that has developed from other successful operations in Beiji.

Another success is the deleterious effect on ISIL of several layers of pressure applied against them at the strategic, operational and tactical levels, he said.

“When you combine these operations with other larger operations we’re enabling, such as the Syrian Democratic Forces, operations in northern Syria from the Tishreen Dam to Hasakah, or (Iraqi) operations in Ramadi, you can see that operationally ISIL is under significant pressure,” Ryder said.

Added to that are strategic layers of pressure from strikes against their logistics centers, command-and-control centers, financial centers, leadership, supply line and methods of making money, he said, “and you can see that ISIL has to contend with several layers of pressure being applied to them simultaneously across Iraq and Syria, like a persistent swarm.”

Ryder added, “The overall effect on ISIL is that the terror group is weakening operationally and tactically in Iraq and Syria.”

But Ryder noted that military operations aren’t the only focus of coalition train-and-advise efforts.

“Retaking key population centers is not the end of an operations,” he said, “it’s the beginning and the prelude to the require-

ment by indigenous forces to provide security, basic services and the return to a sense of normalcy for local civilians.”

Ryder said coalition members are focused on building Iraq’s combat power through the Building Partner Capacity program to help Iraqis acquire the added military capability they need to continue fighting ISIL.

“In line with holding or taking territory, we also focus on building Iraq’s capacity to secure newly liberated areas, which is why you see us training federal police,” he added.

The coalition has trained nearly 18,000 Iraqi forces, which include about 2,000 federal police already trained or in training, Ryder said.

## You Made the Grade program rewards military students

By Susie Antonello  
*Fort Rucker Exchange*

For military students, making multiple moves with their active-duty parents is just a part of life. In fact, military children typically move six to nine times by the time they’ve completed 12th grade, according to the Military Child Education Coalition.

The Army and Air Force Exchange Service appreciates the sacrifices military students make and is rewarding young scholars who excel in the classroom with its You Made the Grade program, now in its 16th year. Students

in first through 12th grades who maintain a B average or better are eligible to receive a coupon book filled with free offers and discounts from the Fort Rucker Exchange.

“Military students face greater challenges than their civilian counterparts, including coping with separation from parents who are deployed and switching schools during moves to new duty stations,” said Dave Smith, main exchange store manager. “These students deserve to be rewarded for their hard work and, for 16 years, the You Made the Grade program has been a favor-

ite among military families.”

The You Made the Grade booklet includes coupons for free food, such as a small chicken Philly sandwich at Charley’s, a Chicken Po’Boy at Popeye’s, and a bacon double cheeseburger and small fry from Burger King.

Students who make the grade will also score Snack Avenue coupons for a free fountain drink, including the Yeti frozen carbonated beverage, and a complimentary hot dog or roller grill item. Other offers include discounts on backpacks, shoes and more. Offers are valid through July 30.

The booklet also includes an

entry form for the You Made the Grade semiannual sweepstakes. Scholars can enter to win exchange gift cards worth \$2,000, \$1,500 or \$500. Entries can be submitted twice a year, with drawings typically held in June and December. The most recent sweepstakes winners were students from Wright-Patterson Air Force Base, Ohio; Camp Casey, South Korea; and Joint Base Andrews, Maryland.

Students, including those who are home schooled, can receive a You Made the Grade coupon booklet by presenting a valid military I.D. and proof of an overall

B average at the Fort Rucker Exchange customer service area. Eligible students can pick up one booklet for each qualifying report card.

Students and guardians can check with the Fort Rucker Exchange store manager for more information about the Exchange’s You Made the Grade program.

Students can send You Made the Grade sweepstakes entry forms, which are included in the coupon booklets, to the address below.

*You Made the Grade*  
PO Box 227398  
Dallas, TX 75222-7398

## SecDef announces 12 weeks paid military maternity leave, other benefits

By Lisa Ferdinando  
*Department of Defense News*

WASHINGTON — The Defense Department is increasing military maternity leave and instituting other changes in an effort to support military families, improve retention and strengthen the force of the future, Defense Secretary Ash Carter said Jan. 28.

Women across the joint force can now take 12 weeks of fully paid maternity leave, Carter told reporters at the Pentagon.

The 12-week benefit is double the amount of time for paid maternity leave from when he became defense chief nearly a year ago, he noted.

“This puts DOD in the top tier of institutions nationwide and will have significant influence on decision-making for our military family members,” Carter said.

While being an incentive for attracting and retaining talent, the secretary said, the benefit also promotes the health and wellness

of mothers through facilitating recovery and promoting feeding and bonding with the infant.

“Our calculation is quite simple – we want our people to be able to balance two of the most solemn commitments they can ever make: a commitment to serve their country and a commitment to start and support a family,” he said.

The announcement builds on previously announced initiatives on strengthening the force of the future, he said. Those previous reforms, he added, included opening all remaining combat occupations to women.

The maternity leave decision applies to all service members in the active-duty component and to reserve-component members serving in a full-time status or on definite active-duty recall or mobilization orders in excess of 12 months.

The 12 weeks is less than the Navy’s decision last year to institute 18 weeks of fully-paid maternity leave, Carter noted.

Sailors and Marines, who currently are pregnant or who become pregnant within 30 days of the enactment of the policy, can still take the full 18 weeks of paid leave.

To better support new mothers when they return to work, Carter said, he is requiring that a mothers’ room be made available in every DOD facility with more than 50 women. In addition, the Defense Department is seeking legislation to expand military paternity leave from the current 10-day leave benefit to a 14-day noncontinuous leave benefit.

The Defense Department subsidizes child care on military installations to ensure its affordability, Carter said. However, military families often have to use outside providers because the hours at military child care facilities do not align with the work schedules of service members.

With those challenges in mind, the Defense Department is increasing child care access to 14 hours of the day across the force,

he said.

“By providing our troops with child care they can rely on from before reveille until after taps, we provide one more reason for them to stay on board,” he said. “We show them that supporting a family and serving our country are by no means incompatible goals.”

Carter noted that military members might want to stay at their current location for a variety of family-related reasons, such as wanting to remain near relatives, be close to a medical facility that specializes in care needed for a child with a medical condition or have a child finish out the same high school.

When the needs of the force permit, the secretary said, commanders will be empowered to make reasonable accommodations to allow service members to remain, in exchange for an additional service obligation.

The military asks its men and women to make incomparable sacrifices, Carter said, potentially

putting them in situations where they could suffer injuries that would prevent them from having children in the future.

Taking into account the tremendous sacrifices military members make, the Defense Department will cover the cost of freezing sperm or eggs through a pilot program for active-duty service members, Carter said.

The department also is looking at how it can provide reproductive technologies like IVF to a wider population, he said. Currently, the DOD provides reduced-cost treatment at six locations.

These benefits provide the force greater confidence about their future, and they allow greater flexibility for starting a family, Carter said.

They are one more tool, he said, to make the military a family-friendly employer that honors the desires of those who want to commit fully to their careers or serve courageously in combat while preserving their ability to have children in the future.

## News Briefs

### 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.

### Road repaving

A contractor is scheduled to begin work to repave Novosel Street starting Monday – rescheduled from last week’s original starting date

due to cold weather. Depending on the weather, work may wait until Tuesday to start, or later, according to Directorate of Public Works officials.

The section of Novosel to be repaved runs from Andrews Avenue to the intersection at Ruf Avenue near the Center Library. The work is expected to last about four days. During the effort, the road will be limited to single-lane traffic and no parking will be allowed. The timeline is subject to further change if weather affects the work schedule.

### Clinic closures

Lyster Army Health Clinic will be closed Monday for the Presidents Day holiday, and beginning at noon Wednesday for training.

### Financial workshop

The Fort Rucker Religious Support Office will host a nine-week financial workshop Feb. 24-April every Wednesday at 6 p.m. at the Spiritual Life Center, Bldg. 8939. A complimentary dinner will be served at

5:30 p.m. and child care will be provided.

The workshop equips military personnel and families with the tools and motivation that result in true behavior change, according to RSO officials. Through the lessons, military personnel are able to set themselves up for long-term success. Stewardship training includes the wise management of not only finances, but also an individual’s talent, time, energy and property. Lessons include career building, investing, relationships and money, and eliminating debt.

To register, visit: <https://ruckerfpu.eventbrite.com>. For more information, call 255-2989 or 255-2012.

### Weight control program

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

For more information, call the nutrition care clinic at 255-7986.



# FUTURE DEFENSE

## SecDef previews FY2017 defense budget request

By Cheryl Pellerin

Department of Defense News

WASHINGTON — Addressing diverse global challenges requires new thinking, new postures in some regions and new and enhanced capabilities, Defense Secretary Ash Carter Feb. 2 during a preview of the Pentagon’s fiscal year 2017 budget request.

Speaking at the Economic Club of Washington, D.C., Carter said the \$582.7 billion defense budget released this week as part of the administration’s fiscal year 2017 budget request marks a major inflection point for the department.

“In this budget, we’re taking the long view,” the secretary said. “We have to. Even as we fight today’s fights, we must also be prepared for the fights that might come 10, 20 or 30 years down the road.”

Five evolving challenges drive the department’s planning, he said, including Russian aggression in Europe, the rise of China in the Asia-Pacific region, North Korea, Iran, and the ongoing fight against terrorism, especially the Islamic State of Iraq and the Levant, or ISIL.

The department must and will address all five challenges and across all domains, Carter said.

“Not just the usual air, land and sea, but also particularly in the areas of cyber, space and electronic warfare, where our reliance on technology has given us great strengths but also led to vulnerabilities that adversaries are eager to exploit,” he added.

Highlighting new investments in the budget to deal with the accelerated mili-



PHOTO BY SGT. 1ST CLASS CLYDELL KINCHEN

**Defense Secretary Ash Carter previews the 2017 defense budget during a breakfast event at the Economic Club in Washington, D.C., Feb. 2.**

tary campaign against ISIL, Carter said the department is requesting \$7.5 billion, 50 percent more than in 2016.

Of that, he said \$1.8 billion will go to buy more than 45,000 GPS-guided smart bombs and laser-guided rockets. The budget request also defers the A-10 final retirement until 2022, replacing it with F-35 Joint Strike Fighters squadron by squadron.

To support the European Reassurance Initiative, the Pentagon is requesting \$3.4 billion in 2017, quadrupling the fiscal 2016 amount, the secretary said, to fund more rotational U.S. forces in Europe, more training and exercising with allies, and more

prepositioned fighting gear and supporting infrastructure.

Investments in new technologies include projects being developed by the DOD Strategic Capabilities Office, which Carter created in 2012 when he was deputy defense secretary, “to reimagine existing DOD, intelligence community and commercial systems by giving them new roles and game-changing capabilities,” he said.

To drive such innovation forward, the 2017 budget request for research and development accounts is \$71.4 billion.

Carter said SCO efforts include projects involving advanced navigation, swarming autonomous vehicles for use in different

ways and domains, self-driving networked boats, gun-based missile defense and an arsenal plane that turns one of the department’s older planes into a flying launch pad for a range of conventional payloads.

The budget request also drives smart and essential technological innovation, the secretary added, noting that one area is undersea capabilities for an \$8.1 billion investment in 2017 and more than \$40 billion over the next five years, Carter said, “to give us the most lethal undersea and anti-submarine force in the world.”

The Pentagon also is investing more in cyber, he said, requesting \$7 billion in 2017 and nearly \$35 billion over the next five years.

“Among other things,” Carter said, “this will help further improve DOD’s network defenses, which is critical, build more training ranges for our cyber warriors, and develop cyber tools and infrastructure needed to provide offensive cyber options.”

The Pentagon’s investment in space last year added more than \$5 billion in new investments, and this year the department will enhance its ability to identify, attribute and negate all threatening actions in space, the secretary said.

“With so many commercial space endeavors, he added, “we want this domain to be just like the oceans and the Internet: free and safe for all.”

Carter said the Pentagon also is investing to build the force of the future, highlighting opening all remaining combat positions to women and strengthening support to military families to improve their quality of life.

## Army needs appropriated funds to ensure energy security

By C. Todd Lopez

Army News Service

WASHINGTON — While the Army is making great progress meeting its energy efficiency and renewable energy targets, this is not enough, said the deputy assistant secretary of the Army for energy and sustainability.

What the Army needs are funds allocated specifically for energy security to improve the resiliency of installations in the face of growing threats to the energy grid, said Richard Kidd during a presentation on Capitol Hill Feb. 3.

Gaining energy security for some of the Army’s most important installations requires an array of investments, like on-site power generation and micro-grids, where the return on investment is increased security, rather than cost savings.

“Their return for the country is a ... security return,” Kidd said. “What the DOD gets paid to do is security.”

Kidd was part of a panel of nine military officials from the four military services and DOD who spoke to senate staffers on Capitol Hill about energy-security matters.

The senior Army official told staffers that lawmakers have asked for more energy security on installations, citing both the National Defense Authorization Act and the “Energy Independence and Security Act of 2007” as examples.



PHOTO BY NAVY MASS COMMUNICATION SPECIALIST 2ND CLASS JONATHAN DAVID CHANDLER

**Army leaders said reliable, home-grown electricity increases the resiliency of military installations.**

“But there is no budgetary mechanism that allows us to actually go out and do a cost-benefit analysis and buy that energy security,” Kidd said. “Energy security does not fit into traditional cost-benefit analysis as applied to efficiency projects. We are including energy security as part of ... other projects. It would be very difficult within the current budget climate to get the military construction funding needed to build more resilient installations.”

“Congress asks the military to do more for energy security and all services are doing a great job of incorporating energy security as part of other efforts, such as renewables, or performance contracting or test and evaluation programs,” Kidd said. “But very

few times are we getting the kind of security that we need to protect against current threats at the scale required to ensure mission success for an entire installation. Our doctrine requires that our installations serve as platforms of power. To ensure this occurs these same installations must also be platforms of resiliency.”

In Fort Drum, New York, the Army has installed technologies that help the installation increase its energy efficiency and reduce total power demands. Getting the installation to make more efficient use of its electricity was really the first step in providing energy security for Fort Drum. The second step was to work in concert with a private sector partner to install

a bio-mass electrical plant on the installation – converted from a former coal-fired plant – that can provide power to the installation in the event that the civilian power grid goes down. The facility is operated by a civilian partner, not the Army.

When the power goes out around Fort Drum, the Army installation keeps on humming, using the energy generated on site.

In November, Fort Drum demonstrated the ability to take care of itself when engineers there shut the installation off from the civilian power grid to see if it could sustain itself under its own production capability for two days. Fort Drum, Kidd said, was able to carry out its mission without connection to the wider power grid by “proving the resilience of the installation.”

The Army now wants to do the same thing in Hawaii by connecting Schofield Barracks, Wheeler Army Air Field, and even a local hospital together into one micro-grid powered by on-site generating capacity.

“In that case, we are going to partner with the state and the local utility. The plant is going to be well above the shoreline,” he said, adding that away from the threat of tsunamis, and it will be “a platform of resiliency” in the region.

The Army plans to develop a bio-fuel facility in Hawaii, and expects that by the end of the summer the deals will all be signed to

make it happen, Kidd said. The plant should be producing power by early 2018.

Like on Fort Drum, the electrical production facility in Hawaii won’t be limited to providing power to the Army installation. Instead, it will actually feed electricity back into the civilian power grid, in partnership with the local power company.

“The goal is to have an asset that is valuable to both the Army and the local community and utility,” Kidd said. “If generation is built for exclusive Army use, it becomes very expensive and offers fewer benefits for the broader grid. So Hawaiian Electric gets a generating asset safe from tsunamis that they can use to manage their grid while the Army gets enhanced energy security – a win for all.

It’s only when the commercial power goes off locally that the Army’s own power plant will shine. While the rest of the island will have to make do with no electricity, the Army installation will be able to continue to conduct its missions: providing security for the nation and providing support for local authorities.

Kidd said that in places like Hawaii or New York, where utility prices are high, the savings generated by energy efficiency projects can be used to make additional investments in energy security projects.

## Army reveals plan to fully integrate women into all MOSs, combat units

By J.D. Leipold

Army News Service

WASHINGTON – Acting Army Secretary Patrick Murphy and Army Chief of Staff Gen. Mark A. Milley told lawmakers the Army is opening the door to every job a Soldier can hold, regardless of gender.

“This is the right decision for our Army,” said Murphy, testifying before the Senate Armed Services Committee Feb. 2. “The personal courage and selfless service made by women in our Army is no different than that exhibited by our men. We owe them the respect and honor to offer them the opportunity to succeed anywhere in our Army based upon only the merits of their performance.”

Murphy said that after several years of extensive research, collaboration and practical evaluation, the service came to three primary conclusions: that women are capable of performing every job in the Army; that the maintenance of high standards, performance and professional conduct will be based solely upon what the position requires and nothing else; and that leadership is critical to integration.

Murphy added that full integration will likely take several years as the Army adjusts both to the culture and to growing individual skills within the force.

“For the record, I fully support opening military occupational specialties in the United States Army to all Soldiers, regardless of gender,” Milley said. “And I believe



PHOTO BY SPC. NIKAYLA SHODEEN

**Capt. Kristen Griest carries a Soldier during Ranger School last year. She was one of the first two women to make it through the 62-day leadership course on Fort Benning, Ga.**

full integration of women in all career fields will either maintain, sustain or improve the overall readiness, and our capability of the force, if, and only if, we maintain and enforce rigorous combat readiness standards and we maintain a merit-based results-oriented organization, and we apply no quotas and no pressure – we will not impose quotas on ourselves.”

Milley said that once approved by Defense Secretary Ash Carter, the Army would execute what he called a “very deliberate, methodical and transparent process” to include developed and published measurable gender-neutral standards based on combat readiness requirements.

“I estimate that effective female integration into infantry, armor and special forces will require no less than one to three years of deliberate effort in order to develop the individual skills and grow our leaders,” Milley added. “The Army is currently in the process of ensuring our facilities comply with law and DOD policies for access and gender-neutral living standards at both our basic and individual training.”

The Army will integrate women through a “leader first” approach, with women able to serve as infantry and armor officers later this year in designated brigade combat teams.

The chief of staff said this spring female cadets and officer candidates, who meet the gender-neutral standard, will be given the opportunity to request either infantry or armor branches.

Milley noted that since 2011, the Army has opened nine MOSs to women and 95,000 positions in combat arms units. Additionally, the 160th Special Operations Aviation Regiment was opened to women in 2014 and Ranger School was integrated this past year.

“These experiences have informed and enabled the Army to successfully implement gender integration and increase our combat readiness,” Milley said. “Make no mistake about it, this process is going to have challenges, but if we proceed with a methodical and deliberate execution, like all previous integration efforts, it’s my belief the Army will be successful.”



# PII: Recycling bins not safe for info disposal

Continued from Page A1

One of the most familiar PII violations is identity theft, said Kramer, adding that when people are careless with information, such as their Social Security number and date of birth, they can easily become the victim of the crime.

A person with any combination of that information has the potential to violate another's PII, he said, but oftentimes, people are careless with their own information.

Over the last few years, the DHR Administrative Services Division has had all Fort Rucker forms reviewed by the originating office to have the SSN removed or provide a justification to retain it to help in that regard, said the HR director. When the effort began, there were 77 Fort Rucker forms that required SSNs and other PII information, but after the most recent review conducted in May, that number has been reduced to only six forms that have a requirement to retain the SSN.

One of the biggest mistakes people make is assuming that recycling bins are save to dispose of PII in, the HR director said.

"Those bins are not to be used for placing any type of PII in because what is in those bins doesn't go from their office to a shredder," he said. "Once it goes into a recycling bin, that information is no longer protected."

Any type of information that is disposed of in the re-

cycling bins has the potential to be viewed by anyone with access to the bins. From the office, that information can travel miles to the recycling center where it is picked up by an organization outside Fort Rucker.

"People are cleaning out their files and not thinking about what could happen putting that information into the recycle bin," he said.

Kramer said that many people also seem to be under the misunderstanding that if the files they are throwing out are old, then they have no pertinent information in them. Regardless of how old they are, if the files or documents have any type of PII on them, they need to be destroyed properly by shredding, he added.

Most of the organizations and offices on post have shredding machines, and the installation has a high-volume disintegrator run by the security office that is available to use at the recycling center, he said, so people have no excuse not to properly destroy PII documents.

"We use a disintegrator for paper that will shred documents and turn them into briquettes," said Linda Green, security assistant for the Fort Rucker security division.

Essentially, the high-volume disintegrator turns paper into dust and compacts it into briquettes that the recycling center sells to different customers for various uses, he added

The recycling center also houses a CD/DVD destroyer, as well as a hard drive degausser and destroyer,

said Heather Androlevich, security assistant for the Fort Rucker security division.

The degausser uses high-powered magnets to completely obliterate any data on the hard drives, and for classified hard drives, the hard drives are also physically destroyed to the point they cannot be recovered, she said.

In order to use the equipment, people must take a safety class provided by the security office and set up an appointment at their convenience, and unit training can be accommodated on a case-by-case basis.

To set up a training appointment, people can call 255-3094 or 255-2973.

People found in violation of mishandling PII have the potential to be hit with civil penalties that range from payment of damages and attorney fees to personnel action that can include termination of employment and possible prosecution, according to officials at the Office of the Staff Judge Advocate. Criminal penalties can also be charged from a \$5,000 fine to misdemeanor criminal charges if the violation is severe enough.

"PII violations can be a pretty big deal," said Kramer. "It requires intervention on the part of the operational security manager, as well as the security office to assess the situation and that can all take a lot of time."

The bottom line is people need to make sure to protect PII, said the HR director.

# Hygiene: Proper dental habits benefit overall health

Continued from Page A1

about dental hygiene."

But that's not always the case and some dental health problems can still arise.

Some of the common issues that dentists run into with children's teeth are spacing and crowding issues, which can be an indication of future need for orthodontic care, and sometimes the occasional cavity, said Bagley, adding that issues should be dealt with right away.

"Poor dental health can lead to hours missed from school, unnecessary dental procedures and pain," she said. "Some people might think that it's just a toothache, but it's more than that. It can affect the child's overall health, so you want to make sure to stress proper dental health."

Bagley said that sometimes people think that since their young children have primary teeth that the urgency for proper dental care isn't as necessary as for adult

teeth, but stresses that the health of the baby teeth can affect the health of the permanent teeth that will eventually come through.

"You want to make sure to maintain healthy primary teeth for the sake of the permanent teeth that will eventually erupt," she said. "Plus, it's good to establish good, healthy dental habits early on."

Additionally, poor dental health can bring about unnecessary pain and issues that can easily be avoided.

"If a child has an infection in the mouth, it's the same as an infection in any part of the body, so it will make the child not feel good," said Bagley. "If they don't feel good, they aren't able to focus very well in school and it makes it difficult to participate in class, and it simply affects the overall health of the child."

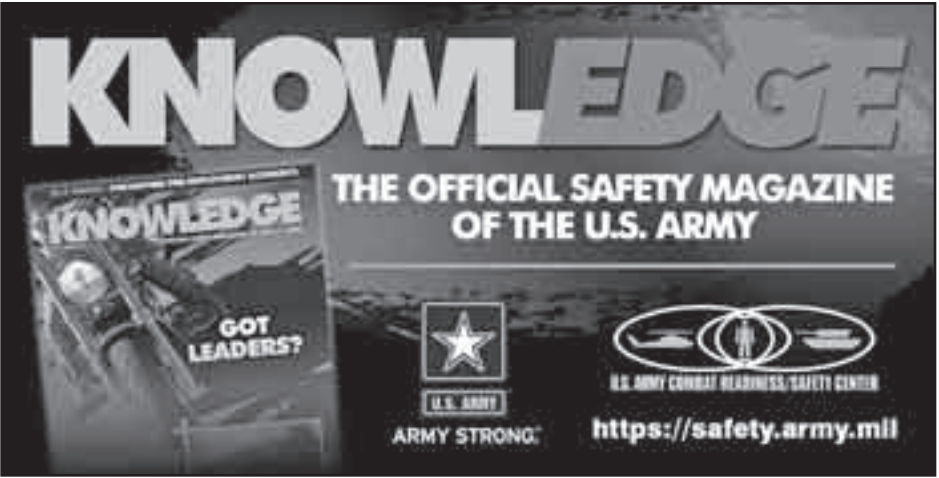
That's why proper dental hygiene habits are crucial, she said, which include both

brushing and flossing at least twice a day.

"They both go hand in hand, and you shouldn't do one without the other – in the morning and at night," said the dentist. "Also, avoid a lot of sweets and maintain a healthy diet. Eat lots of fruits and vegetables, and drink lots of milk. Anything

that's going to make your body healthy is going to be good for your teeth."

Sometimes, a cavity will appear, however, and in that case, proper dental care is needed. But Bagley maintains that the best way to fight a cavity, or any dental issue, is through prevention.



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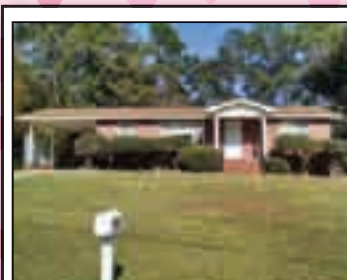
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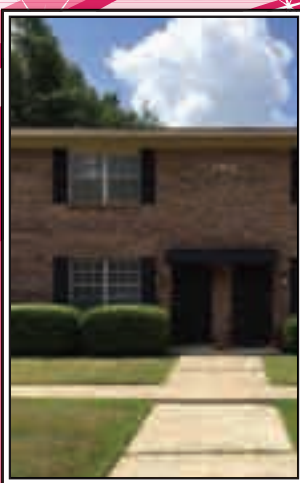
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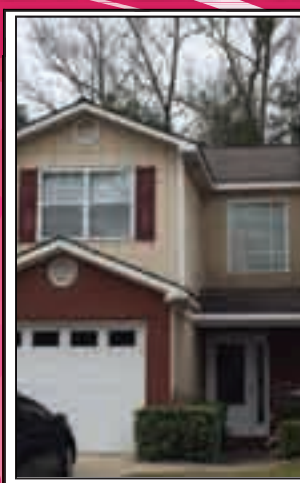
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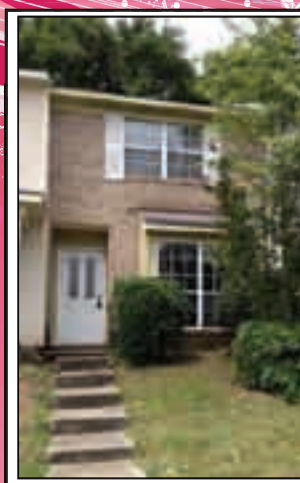
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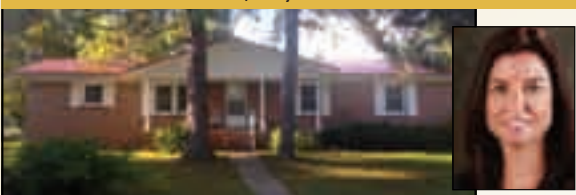
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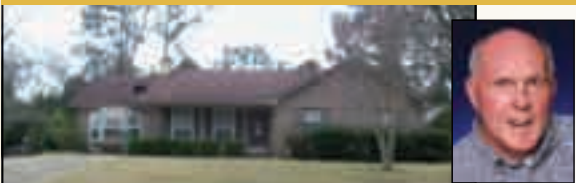
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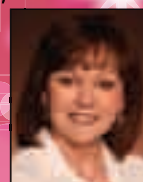
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**DIRECTIONS:** From Rucker Blvd turn into Legacy Farms on Legacy Drive. Stonehedge is 4th street on left. House is 6th house on right.



JAN SAWYER  
406-2393







GUNSLINGERS

PHOTO BY STAFF SGT. CHRISTOPHER FREEMAN

Soldiers with the 82nd Airborne Division Artillery, 82nd Airborne Division, attach a M119A3 howitzer to a CH-47 Chinook helicopter from 82nd Combat Aviation Brigade during sling load operations as part of a division artillery readiness test at Fort Bragg, N.C., Jan. 20.

AIR SUPPORT

12th CAB Aviators bring Viper strike to Allied Spirit IV



PHOTO BY MIKE PRYOR

UH-60 Black Hawks from 3rd Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, 12th Combat Aviation Brigade, conduct M119A3 Howitzer sling-load operations alongside 4th Battalion, 319th Airborne Field Artillery Regiment, 173rd Airborne Brigade, during exercise Allied Spirit IV at the U.S. Army's Joint Multinational Readiness Center in Hohenfels, Germany, Jan. 26.

By Capt. Jaymon Bell  
12th Combat Aviation Brigade  
Public Affairs

HOHENFELS, Germany — An Aviation task force made up of elements from 1st Battalion, 3rd Aviation Regiment, 12th Combat Aviation Brigade, USAG Ansbach, and 3rd Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, Fort Hood, Texas, provided attack, assault and medical evacuation support to exercise Allied Spirit Jan. 10-Feb. 5.

The regionally allocated Aviation forces from 3-227th Avn. Regt., or Task Force Spearhead, provided the mission command element for the exercise. From their tactical operations center, they planned and executed direct attack missions with the AH-64s, air assault and artillery gun raids with the UH-60s, and MedEvac with the HH-60s.

TF Spearhead also provided ground support in the form of forward air refueling points and downed aircraft recovery teams.

The Vipers from 1-3rd Avn. Regt honed their unified land operation skill set throughout the exercise. It was a clear objective of the battalion to inte-

grate Aviation assets with indirect fire, joint attack teams and to use attack Aviation as a stand-alone maneuver element.

One such mission involved an AH-64 pilot observing and directing fires for an Air Force A-10 Thunderbolt II pilot. This would normally go through a joint air attack team, but the JMRTC staff acted as the approving authority and higher headquarters to make this training scenario possible.

A typical U.S. brigade has a brigade Aviation officer to de-conflict airspace and coordinate Aviation for massing fires on the objective. However, the Italian Army is not staffed with Aviation assets, so 3-227th Avn. Regt. sent two lieutenants to the “Garibaldi” brigade headquarters to be liaison officers.

“We helped the brigade staff mass fires on the objective by keeping the Apaches on station during artillery fire,” said 1st Lt. JonMichael Renzi, an AH-64 pilot from 1-3rd Avn. Regt. “It was a huge learning experience for us and the Italian staff.”

Allied Spirit IV is a multinational exercise between the United States, Canada, Germany, Italy, Latvia and Slovenia held at the Joint Multinational Readiness Center at Hohenfels.

Lighthorse  
Aviators hone  
skills during  
gunnery

By Sgt. William Begley  
3rd Combat Aviation Brigade  
Public Affairs

FORT STEWART, Ga. — The pilots of 3rd Squadron, 17th Cavalry Regiment, 3rd Combat Aviation Brigade, took to the sky at the Multi-Purpose Range Complex at Fort Stewart Jan. 19-Friday to sharpen their skills during Aviation aerial gunnery training.

According to CW4 Gregory Marotz, squadron senior warrant officer and standardization instructor

SEE SKILLS, PAGE B4



PHOTO BY SGT. WILLIAM BEGLEY

Soldiers move a Hellfire training missile during the unit's gunnery.



PHOTO BY CAPT. ADAN A CAZAREZ

UH-60 Black Hawks assigned to 2nd Assault Helicopter Battalion, 82nd Combat Aviation Brigade AT Fort Bragg, N.C., prepare to depart for a Camp Lejeune training area for a night air assault mission Jan. 21.

LETHAL CAPABILITY

82nd CAB builds on air-ground partnership

By Staff Sgt. Christopher E. Freeman  
82nd Combat Aviation Brigade  
Public Affairs

POCEK, Slovenia — Paratroopers from the 173rd Airborne Brigade were in Slovenia Oct. 16-21 in support of Exercise Rock Proof V, a combined-arms exercise between U.S. and Slovenian Soldiers.

Joining the infantrymen from 2nd Battalion, 503rd Infantry Regiment in their exercise were paratroopers

from the 54th Brigade Engineer Battalion, who integrated Aviation, engineer and military intelligence expertise into the fight.

For the first time in the exercise's history, unmanned aircraft systems and their operators played a part.

“Rock Proof allowed a platoon of UAS operators from the 54th Brigade Engineering Battalion to demonstrate their ability to serve as a combat multiplier, both for intelligence collection as well as kinetic strikes,” said

CW2 Anthony Blacharski, the UAS platoon leader. “The (UAS) team, using the Shadow (UAS), has the ability to provide continuous coverage of the battlefield for the commander.”

During the exercise, a sapper platoon from A Company, 54th worked on properly assimilating its personnel with an infantry battalion's ground tactical plan.

“The best part of working with

SEE PARTNERSHIP, PAGE B4



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# Skills: Simulators prepare pilots for gunnery tables



PHOTO BY SPC. SCOTT LINDBLOM  
AH-64D Apaches of 3rd Squadron, 17th Cavalry Regiment, 3rd Combat Aviation Brigade maneuver through the Multi-Purpose Range Complex during the unit's aerial gunnery on Fort Stewart, Ga., Jan. 21.



PHOTO BY SGT. WILLIAM BEGLEY  
CW2 Eric Leon, maintenance test pilot, inspects the main hub on an AH-64 Apache.

Continued from Page B1

pilot, 3rd Sq., 17th Cav. Regt., the exercise made the crews more proficient in their ability to conduct combat operations with the AH-64 Apache helicopter. Marotz said they don't just throw pilots into aircraft and expect them to be polished and perfect. "We start out in the simulator and we have them go through a series of engagements just like what they would do out here (MPRC)," Marotz said. "It incorporates the

use of rockets, the 30 millimeter (cannon) and the Hellfire missile. They find targets, track them and then engage with whatever weapons system is appropriate." After honing their skills in the simulator, the pilots then proceed to the live gunnery tables. After they go through the tables, they come in and review their performance with the help of the current squadron master gunner and Marotz himself, who was the previous squadron master gunner. "This is the seat of knowledge," Marotz said. "What is really fun is when

the squadron commander sits back here and watches as the pilots are de-briefed. There is a lot of pressure on these guys to perform well." CW2 Travis Williams, Troop C, 3rd Sq., 17th Cav. Regt., was one of the pilots on hand to conduct gunnery. He was an enlisted Soldier for eight years and worked as a combat engineer. "I've done multiple tours to Iraq and Afghanistan on the ground as a combat engineer, and had my butt saved many times by Apache's and I just knew that's what I wanted to do," Williams said. "I got lucky. I got picked up and I've been flying them for the past seven years now." It's not often one gets to live their dream job. Williams knows this and is very grateful. "It's the greatest thing ever. Imagine coming home and telling your neighbor you've been flying around in an Apache all day – I love it," Williams said. Williams' front seat pilot, 1st Lt. Douglas Rosendahl, Troop C, is the newer, younger pilot of the two. He said he still gets excited every time he flies. "It's awesome. It's such a rush each and every single time," Rosendahl said. "I can't believe I'm getting paid to do this." Williams talked about what it feels like as he mentally prepares himself to qualify on the gunnery tables. He said he has been known to get a little nervous. "Everything we do in that helicopter is recorded and that's how we get graded," Williams said. "The community is so small and there is a huge sense of competition. You're always trying to do better than the next guy and you don't want to be the guy that does the worst because it's all going to be on tape – forever."

"You want to do it right. Because if you don't do it right here in garrison, you're probably not going to be able to go downrange and do it for real," Williams said.

# Partnership: D Co. intelligence collectors help train paratroopers

Continued from Page B1

the infantry is being able to synchronize direct and indirect fires to allow our sappers to be able to breach obstacles more safely and quickly," said 2nd Lt. Alexander Cansler III, a platoon leader with A Co. "Getting realistic training with a lot of repetitions was ideal."

Joining the Aviation and engineering assets were military intelligence paratroopers from the 54th. The battalion's D Co. provided two human intelligence collectors who worked with 2nd Bn. paratroopers as trainers and simulated intelligence assets. "It's very important for human intelligence collectors to integrate with the

maneuver battalions," said Sgt. Matthew Martinez, a HUMINT squad leader. "Tactical questioning is a critical piece to the accomplishment of their mission." Overall the exercise afforded an opportunity to incorporate enablers into a combined-arms, live-fire exercise, allowing those assets to seamlessly integrate and enhance the training value to all those

who attended. The 173rd Abn. Bde., based in Vicenza, Italy, is the U.S. Army Contingency Response Force in Europe and is capable of deploying ready forces to conduct the full range of military operations across the U.S. European, Africa and Central Commands' areas of operations within 18 hours.

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FEBRUARY 11, 2016

# Bon Voyage



## Travel Extravaganza spotlights vacation opportunities

By Jeremy Henderson  
Army Flier Staff Writer

Travel opportunities will be just around the corner during this year's Travel Extravaganza Feb. 24 from 11 a.m. until 1 p.m. at The Landing.

The event welcomed more than 1,100 patrons and 61 vendors last year and Savery Wile, MWR Central business manager, anticipates a similar showing this year.

"We are anticipating the same, if not more, volume than the past years," she said. "Joining us this year are a wide variety of vendors new to the Travel Extravaganza who offer travel information to destinations all over the United States."

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

"This year's event provides Soldiers, family members, retirees, civilians, and the surrounding community an opportunity to learn about various leisure time options in and around the southern U.S., and additional travel options around the globe," she said.

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

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

"It is important to offer events like the Travel Extravaganza, so that people know what all is out there for them to explore," she added.

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

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

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

"There is an upcoming deep sea fishing trip on Feb. 26 and an overnight trip to Biloxi, Mississippi, March 5-6," she said. "Also coming up, there is a day trip to Wild Adventures and an overnight trip to the Tough Mudder Competition in May."

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



PHOTO BY NATHAN PFAU

Tim Williams, dean of gator wrestling with Gatorland, holds an alligator while Lilith Koonas, military family member, pets it as her mom, Georgina, looks on during last year's Travel Extravaganza. This year's event is Feb. 24.



FILE PHOTO

Then-Sgt. 1st Class Michael Holmes, NCO Academy, and wife, Megan, and daughter, Hazel, enjoy speaking with a representative from Universal Studios during the 2014 Travel Extravaganza.

## HEALTHY RELATIONSHIPS

### Workshop equips teens with knowledge, skills

By Jeremy Henderson  
Army Flier Staff Writer

Fort Rucker officials hope an upcoming workshop will help promote awareness and conversation among teens on a sensitive topic.

"During February 2016, Teen Dating Violence Awareness Month is recognized," Karen Abad, Fort Rucker Army Family Advocacy Program victim advocate, said. "In accordance with Army Regulation 608-18, Family Life Education focuses on enrichment programs that provide knowledge, social relationship skills and support throughout the family lifecycle. The goal is to improve life management and family coping skills, enhance self-esteem, and improve communication skills and marital relationships."

Fort Rucker AFAP will host a teen dating violence awareness and prevention workshop Feb. 18 from 4-6 p.m. at the Teen Center, Bldg. 2800, located on Seventh Avenue, in conjunction with Teen Dating Violence Awareness Month.

"AFAP and child, youth, and school services will have a teen dating violence educational training workshop through the 'Love Notes' material," Abad said. "Education will be approximately two hours, with time for questions and answers following the information."

The event is open to all CYSS youth center members, but non-registered I.D. card holders may contact the youth center for workshop availability, she said.

According to Abad, the workshop, based on "Love Notes," by author Marline Pearson, will help teens make

more informed decisions in future relationships.

"Knowledge and skills for healthy relationships provides a positive and proactive way to prevent intimate partner violence," she said. "Love Notes' takes a health- and heart-based approach, providing direction to choosing a healthy relationship as a teen."

"Love Notes" appeals to young people's aspirations rather than merely emphasizing what they must avoid, according to Abad. The topics will include relationships today, how good relationships start with each individual, what's important to one's self and "smart, not so smart" with seven principles.

"The material that we will use will combine conversations, group activities and small talk to engage and teach the teen audience about how to develop a good, healthy relationship — and the signs of a not-so-smart relationship," she said. "It is an interactive event with discussion that answers questions that most teens may not think to ask. It's an educational experience that will leave the teen audience with an important understanding of healthy relationships."

February's workshop will not be the only event available to help teens improve their overall health. According to Abad, there will be an event in March that will promote a focus on being a healthy teen, featuring yoga and good eating habits. Individuals do not have to be registered with the youth center, but will need to be an I.D. card holder.

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

## VOLUNTEER OPPORTUNITIES

### Project: MWR Central 2016 Travel Extravaganza

Duties: MWR Central needs 10 volunteers Feb. 24 at The Landing to assist for about two hours from 9-11 a.m. with the set-up and two hours from 1-3 p.m. for tear down of all the decorations and materials for the Travel Extravaganza. During this time, they will help with assisting vendors with transporting materials to the tables, and assist MWR staff with moving materials around the building and other areas, as needed. If interested, call 255-2997.

### Position: Activities Support

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

### Position: FRG Newsletter Editor

Duties: Organize and oversee volunteer newsletter staff. Provide advance copy of newsletter to commander. If interested, call 255-1429.

### Position: Treasurer/Informal Fund Custodian and Alternate

Duties: Being responsible for custody, accounting and documentation of family readiness group informal fund; preparing FRG informal fund standard operating procedure; establishing a non-interest bearing bank account for FRG; maintaining FRG informal fund ledger; and preparing and submitting monthly and annual reports to leadership. 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.

**Sweetheart Dinner**

The Landing Zone will host its Sweetheart Dinner Friday and Saturday from 4-9 p.m. Reservations are highly recommended. The cost is \$25.99 per person or \$48.99 per couple. People can also make a night out of it by heading to The Landing’s main ballroom for Dueling Pianos after dinner. Tickets cost \$12 in advance and \$16 at the door. People can save more by combining their Sweetheart Dinner and Dueling Pianos show purchases – \$35.99 for a single’s dinner plus show combo or \$68.99 for a couple’s dinner plus show combo, which includes two three-course dinners and two show tickets. Dinner plus show combo guests will enjoy priority seating. For more information, call 598-2426.

**Dueling Pianos**

The Landing will host Dueling Pianos, billed as a high energy, all request, sing-along, clap-along, rock n’ roll, comedy piano show, Friday and Saturday. Doors to the main ballroom will open at 7 p.m. and the show will begin at 8 p.m. Tickets cost \$16. VIP tables will be available for \$150. VIP tables seat 10 and are guaranteed seating near the stage. Advance tickets may be purchased at The Landing, the Landing Zone, Coffee Zone at Lyster and Bldg. 5700, or MWR Central. For more information, call 598-2426.

**Youth masquerade party**

The Fort Rucker Youth Center will host a free Hollywood Night Masquerade Party Saturday from 6-10 p.m. for its members in grades six to 12. The event will feature refreshments, activities, giveaways, a photo booth and awards for the best-dressed male and female. Guests are welcome, and their cost is \$3 or they can bring three non-perishable canned goods items for the food drive. For more information, call 255-2260.

**Tot Time**

Army Community Service hosts its Tot Time playgroup Wednesdays from 9:30-11a.m. at The Commons, Bldg. 8950. The playgroup is for children 12-36 months and their caregivers. The playgroup provides programs and activities that enhance caregiver-child interaction, and stimulate child growth and development. For more information, call 255-9647 or 255-3359.

**SAC’S Young Bikers**

The school age center will host its SAC’s Young Bikers bike riding activities Saturday. Children ages 8-10 years old – who are registered child, youth and school services members – can take part in the outdoor activities from 2-3:30 p.m. Parents and guardians are welcomed to join in. SAC will conduct a safety briefing, and provide bikes, safety gear and a map of available routes. Children must know how to ride a bike. Only a limited number of youth can participate at a time, so early registration is advised. Youth can sign up at the SAC. For more information, call 255-9108.

**Valentine’s Day Brunch**

The Landing Zone will host its Valentine’s Day Brunch Sunday from 9 a.m. to 2 p.m. Special entrée and dessert options will be available. The brunch is open to the public. For more information, call 598-8025.

**Financial Wellness Training**

The Army Community Service Financial Readiness Program will offer a one-hour Financial Wellness Training class Tuesday focused on security and freedom of choice when it comes to money management as it relates to financial goals. The presentation is open to everyone, but people need to register by Friday. For more information, including time and location, call 255-9631.

**Car seat safety class**

The Army Community Service New Parent Support Program will host a car seat safety class Feb. 18 from 9-10 a.m. at The Commons, Bldg. 8950. The class is exceptional family member program friendly. For more information and to register, call 255-9647, 255-3359 or 255-9805.

**Employment readiness class**

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session Feb. 18. People who attend will meet in Rm. 350 at 8:40 a.m. to fill out paperwork before going to the mul-



PHOTO BY NATHAN PFAU

## ATV trail ride

Outdoor recreation will host an all-terrain vehicle trail ride Feb. 20. People must pre-register to take part and all participants must be 16 years or older. The ride is open to the public. For more information or to register, call 255-4305 or 255-2997.

tipurpose 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.

**Newcomers welcome**

Army Community Service will host a newcomers welcome Feb. 19 from 8:30-11 a.m. at The Landing. Active duty, spouses, foreign students, Army civilians and family members are encouraged to attend. A free light breakfast and Starbucks coffee will be served. For free childcare, register children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the newcomers welcome. For more information, call 255-3161 or 255-2887.

**Travel Extravaganza**

The 28th annual Fort Rucker Travel Extravaganza is scheduled for Feb. 24 from 11 a.m. to 1 p.m. at The Landing. The event will feature more than 50 vendors on hand to discuss information and answer questions. Admission is free, and the event is open to the public and exceptional family member friendly. Door prizes, such as attraction tickets, hotel stays, memorabilia, clothing and a grand prize will be given away. In addition, a morale, welfare and recreation booth scavenger hunt offers an additional opportunity to win a prize. People do not need to be present to win. For more information, call 255-2997 or 255-9517.

**Army Family Team Building app**

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

**Right Arm Night**

The Landing Zone will host Right Arm Night Feb. 25 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.

**Relocation readiness**

Army Community Service will host its relocation readiness workshop Feb. 26 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.

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

**Girls Night Out**

The Landing will host Girls Night Out Feb. 26 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.

## FORT RUCKER MOVIE SCHEDULE FOR FEBRUARY 11-14

**Thursday, February 11**

Joy (PG-13) .....7 p.m.

**Friday, February 12**

The Revenant (R) .....7 p.m.

**Saturday, February 13**

The Forest (PG-13) .....4 p.m.

The Revenant (R) .....7 p.m.

**Sunday, February 14**

The Forest (PG-13) .....1 p.m.

The Revenant (R) .....4 p.m.



# IN MEMORIAM

## WWI memorial design team shares vision

By Lisa Ferdinando  
*Department of Defense News*

WASHINGTON — Just a few years out of college, architect-in-training Joseph Weishaar said it is an incredible honor to have been selected to create a national World War I memorial in the nation's capital.

"To have such an opportunity so young is – it's indescribable," the 25-year-old said.

The United States World War One Centennial Commission announced last week it chose Weishaar, and collaborating artist and veteran sculptor Sabin Howard as the winning design team for the project.

A 2013 graduate of the Fay Jones School of Architecture at the University of Arkansas, Weishaar said it was the "best feeling ever to get that call" and to be notified of the selection.

He said he is still trying to digest the magnitude of creating such a memorial, which is expected to last for generations and to have millions of visitors from all around the world.

"It's hard to fathom how long this will last and what it will mean to the country," Weishaar said.

The memorial is to be located in Pershing Park, near the White House. The design concept, "The Weight of Sacrifice," includes a



COURTESY GRAPHIC

A panel is shown from the design concept of 'The Weight of Sacrifice,' by Joseph Weishaar and Sabin Howard, the team chosen by the National World War One Centennial Commission to design a national memorial for WWI.

raised sculpture honoring those who served, as well as a central lawn area and a wall of remembrance that features quotations and images of service members.

The concept includes the park's existing statue of World War I Army Gen. John J. Pershing, Weishaar said.

The memorial, which will

serve as an urban park, is meant to inspire, uplift and help visitors understand the magnitude of the war and the service and sacrifice of the men and women who served, Howard said.

"This project is really fascinating to me, because it's making art that is public – it's a whole different arena," Howard said, adding

that making something so enduring "gives you a great sense of purpose, and it drives the project forward."

Weishaar and Howard said they envision the memorial as a "space for freedom built upon the great weight of sacrifice" of the nearly 5 million Americans who served and the more than 116,000

who were killed during World War I.

The art is within reach of the visitor – there is no separation between the art realm and the real world in the design concept, Howard said.

"This memorial that we're doing has far greater context than just being something beautiful or a park," he added. "It really carries a message about potentiality and transformation and what can be in humanity."

The concept will go through an extensive design review from a number of agencies, including the Commission of Fine Arts, the National Capital Planning Commission, and the National Park Service.

The World War One Centennial Commission, which received more than 350 entries in its open design competition, hopes to begin construction on Veterans Day 2017, with a possible dedication on Veterans Day 2018. The commission is looking to raise \$30 million to \$40 million for the memorial, according to commission officials.

Though there are no surviving veterans of the war, it still is important to have a national memorial in Washington for those who served and did so much for the nation, commission vice chairman Edwin Fountain said.

## Polish town welcomes artillery Soldiers

By Sgt. Paige Behringe  
*10th Press Camp Headquarters*

TURON, Poland — A mother and child out for a morning walk turned to face the direction of sirens howling through the city center Saturday.

A pair of police cars passed as the mother and child looked down the narrow cobblestone street to see a convoy of American military vehicles bearing Polish and American flags moving toward the town square.

Soldiers, assigned to C Battery, Field Artillery Squadron, 2nd Cavalry Regiment, waved as they made their way through the square to stage vehicles for a static display alongside Polish partners.

"I like to see this display because it looks like strong military," said Jerjaud Aymeline, a Torun resident and mother originally from France. "It shows me it's reassuring and it seems a big protection for us. I think that all the military can work together."

Families and Torun citizens holding American flags filled the square while Polish and American Soldiers showed them vehicles, weapons and posed for pictures.

"Today we're a little bit split up," said 1st Lt. Nicholas Romano, a C Battery fire direction officer. "We have some vehicles that are here at the static display kind of doing a community outreach along with our Polish partners. (It is) a fantastic opportunity to engage with the community. Everyone who is not here is back preparing for our (gunnery) qualification tables in the cantonment area."

Before travelling from Vilseck, Germany, C Battery was told to be ready to move at any given time within 96 hours of notification for Dragoon Shock – this rapid deployment exercise.

"Dragoon Shock is basically to reassure our NATO allies that we will be here (demonstrating) America's commitment to their security," said Spc. Tobias Garza, a C Battery cannon crewmember. "It's

also to show our command and control abilities and our abilities to move freely through NATO boundaries."

Once gunnery in Torun is complete, C Battery will support live fire-exercises alongside the 3rd Squadron, 2nd Cavalry Regiment in Lithuania.

"Honestly I love coming here for (Operation) Atlantic Resolve, being able to work with the Polish in particular," Romano added. "The Polish army is fantastic. The training opportunities that they offer us, and how involved they want to be with our training and how involved they want us to be in their training really speaks to the cooperation the (NATO) alliance really creates."

In addition to the display, Paul Jones, U.S. ambassador to Poland, and Mical Zaleski, Torun mayor, were present to speak to the community.

"Torun (is) a beautiful and historical place, which we are delighted to be in today together with our fine American Soldiers," Jones said.

"I want to share one important thing today," Jones added. "That is today is a special day, but every day in Poland is a special day because every day American Soldiers and Polish soldiers are exercising and training together to make sure that Poland and every inch of NATO territory is secure and safe for our citizens."

Jones and Zaleski toured the display, speaking with Soldiers from both armies and greeting smiling children enjoying the event.

"I did not realize how much our presence was appreciated," Garza said. "Everywhere we go people are waving flags. These people are amazing."

Garza beamed while speaking about this once in a lifetime opportunity.

"This is a beautiful town," Garza continued. "I'm really excited to be here. I never thought in my entire life that I would be able to drive through Poland, let alone set up a static display and meet and greet with Polish people. (For) me, this is a dream come true."



PHOTOS BY SGT. PAIGE BEHRINGER

Polish children explore a Stryker Armored Fighting Vehicle during a static display featuring a convoy of vehicles driven from Vilseck, Germany, by C Battery, Field Artillery Squadron, 2nd Cavalry Regiment in Torun, Poland, Saturday.

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Pfc. Vincent Ventarola, Sgt. Marc Rowe, center, and Sgt. Eric Castrejon pose with a Polish girl holding an American flag.



# Montgomery hosts romantic river cruise

Army Flier  
Staff Reports

Montgomery Parks and Recreation will host its Late Night Romance Cruise Feb. 14 on the Harriott II Riverboat. The cruise will feature dessert, a beverage and entertainment. Boarding begins at 10 p.m. and the boat will cruise from 10:30 p.m. to 12:30 a.m. Tickets cost \$75 per couple. For more information, call 334-625-2100 or visit <http://www.funinmontgomery.com/announcements/late-night-romance-cruise>.



## WIREGRASS COMMUNITY CALENDAR

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

### 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](mailto: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

**ONGOING** — The Boll Weevil Dance Club meets every Friday from 7-10 p.m. at the Enterprise “Jug” Brown Recreation Center. Cost is \$5 per person. Groups of five or more receive a 20-percent discount. Event is described as providing exercise and fellowship opportunities. Free refreshments are served and every fourth Friday night of the month is covered dish night. For more information, call 347-3381.

**ONGOING** — Every Monday and Tuesday of each month at 7 p.m. the city of Enterprise hosts line dancing. Fee is \$3 per class. For more information, call 348-2684 or visit [www.cityofenterprise.net](http://www.cityofenterprise.net).

**ONGOING** — Enterprise State Community College holds classes to teach English as a second language at the Fort Rucker campus Mondays and Wednesdays from 9 a.m. until noon in Bldg. 4502, Rm. 131.

### 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

**FEB. 19** — Classical guitarist Zachary Johnson will perform at St. Michael’s Episcopal Church at 7 p.m. This is the first of the spring classical guitar concert series at St. Michael’s. Following this free classical guitar concert will be a meet the artist reception in the church parish hall. St. Michael’s is located at 427 Camilla Avenue.

**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](mailto:ocsalumni.com).

## Beyond Briefs

### Eagle Awareness 2016

Lake Guntersville State Park hosts its Eagle Awareness 2016 program now through Feb. 21. The program features guest speakers, bird-of-prey presentations, photography opportunities, guided tours and lodging packages.

For more information, visit <http://www.alapark.com/Lake-Guntersville-State-Park-Eagle-Awareness-Week-ends>.

### Beach Boomers

The Panama City Beach, Florida, public library will host its free Beach Boomers series of adventures in learning for adults now through March 8, recurring weekly on Tuesdays at 2 p.m. Topics include local history, art experience, mystery writers, genealogy, collectibles, Florida archaeology, digital photography, parks and recreation, and yoga.

For more information, call the library at 850-233-5055. The library is located at 12500 Hutchison Boulevard.

### Second Friday Art Walk

Mobile’s Second Friday LoDa Art Walk celebrates the arts downtown. The free monthly showcase of visual and performance arts starts at 6 p.m. second Friday of every month now until Dec. 9, when galleries, restaurants, shops, institutions, etc., in the Lower Dauphin Arts District open their doors for a family-friendly evening of exhibitions and entertainment by area artists.

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

### Harlem Ambassadors basketball show

Family fun will tip off when the Harlem Ambassadors visit Montgomery to take on the Habitat Home Team (an

eclectic group of local leaders and celebrities) Feb. 20 at 3 p.m. at the Faulkner University Gym. The Harlem Ambassadors offer a unique brand of Harlem-style basketball, featuring high-flying slam dunks, games with the children and comedy routines, according to a team press release. Tickets cost \$10 — ages 5 and under are admitted for free.

For more information, call 334-832-9313 or visit [habitatmontgomery.com/](http://habitatmontgomery.com/).

### Science Fiction, Science Future

The U.S. Space and Rocket Center in Huntsville hosts the Science Fiction, Science Future exhibition now through March 6. Science Fiction, Science Future brings the science of the future into the present, sending visitors on a unique journey filled with science exploration, curiosity and discovery, according to center officials. Created by the renowned Scitech Discovery Centre in Perth, Australia, Science Fiction, Science Future is a visually compelling exhibition that enables guests to develop a deeper understanding of how science fiction ideas and concepts of today could become the science reality of tomorrow. Science Fiction, Science Future engages visitors with exciting hands-on and full-body experiences, incorporating robots, invisibility, mind control, holograms and augmented reality. In addition, science fiction films and pop-culture references for all ages are featured throughout the exhibition on high-impact graphic panels. Visitors engage and enjoy as they learn about the medical technology, communication and transportation of tomorrow in use today. This exhibition incorporates many innovations and inventions that were once only considered possible in film and literature.

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

### Lockwood Tour of Homes

Landmarks Foundation will host its third annual tour of homes to familiarize the public with Montgomery’s rich

historical housing stock Feb. 28. From 13:30-5:30 p.m. The tour will feature six Frank Lockwood-designed homes in the Garden District, Old Cloverdale and Edgewood, which will be open to the public. Lockwood was one of Montgomery’s premier architects in the early 20th Century, and his stylistic range included English Arts and Crafts, Neo-Tudor, Neo-Georgian, Neo-Colonial and Spanish Colonial. Cost is \$20 for advance tickets and \$25 on the day of the tour.

For more information or to get advance tickets, call 334-240-4617 or visit [www.landmarksfoundation.com/events/upcoming-events/](http://www.landmarksfoundation.com/events/upcoming-events/). Tickets can be bought the day of the event at the Capri Theatre from noon to 4 p.m.

### Americana Music at the Lodge

Camp Helen State Park in Panama City Beach, Florida, will host its free Americana Music at the Lodge now through March 5, recurring every two weeks on Saturdays, with doors opening at 6 p.m. and concerts starting at 6:30 p.m. The concert series will feature Americana musicians who are touring the country Feb. 6 and 20, and March 5. Admission to the park and the concerts is free, but donations are requested and will go to benefit the park. Seating is limited to 150 inside the lodge.

For more information, call 850-233-5059. The park is located at 23937 Panama City Beach Parkway.

### Jasmine Hill Gardens

Jasmine Hill Gardens and Outdoor Museum features over 20 acres of year-round floral beauty and classical sculpture, including a new statutory honoring Olympic heroes. People are invited to take a stroll through the outdoor gardens and experience flowers blooming throughout each season. Tours are available for groups of 20 or more.

For more information, call 334-263-5713 or visit [www.jasminehill.org/](http://www.jasminehill.org/). Jasmine Hill Gardens and Outdoor Museum is located at 3001 Jasmine Hill Road, Wetumpka.



# WWII TO AFGHANISTAN:

## United Service Organizations mark 75th anniversary

By Jim Garamone  
Department of Defense News

WASHINGTON — Talk about the United Service Organizations and many people think it is some holding company. But mention USO and all Americans know it is a way for them to connect with service members.

Retired Army Gen. George W. Casey Jr., the chairman of the USO Board of Governors and former Army chief of staff, estimated that the USO has served more than 35 million Americans over its history.

The USO marked its 75th anniversary Feb. 4 at a gala in Washington. Medal of Honor recipients, USO volunteers, active duty personnel, veterans, members of Congress, and stars of stage, screen and music gathered to mark a milestone for an organization founded as America geared up for World War II.

Dr. Jill Biden, wife of Vice President Joe Biden, called the group a family that stretches around the world. J.D. Crouch, the organization's chief executive officer, thanked the celebrities for joining in the celebration and for entertaining American service members around the world as ambassadors from the American people.

"You light up our service members' lives," he said, "and you remind Americans of the debt of gratitude that we all owe to those who serve."

### Founded at a dark time

The USO came into being during a dark time in history. The United States was not at war, but the rest of the world seemed to be.

Hitler's troops stood on the English Channel and launched nightly air raids against London. In the Pacific, Japan eyed the colonial possessions of France and the Netherlands — two of the countries Germany had conquered in

its 1940 blitzkrieg.

In face of such threats, the United States instituted a military draft, calling hundreds of thousands of men to the colors, and Americans wanted to reach out to their young men. President Franklin D. Roosevelt asked charitable organizations to band together to provide morale and recreation services to service members.

Six civilian organizations answered the call: the Salvation Army, the Young Men's Christian Association, the Young Women's Christian Association, the National Catholic Community Service, the National Travelers Air Association and the National Jewish Welfare Board. These organizations chartered the USO in New York on Feb. 4, 1941.

Japan attacked the United States on Dec. 7, 1941, and America entered the war. The Army, Navy and Marine Corps grew, with more than 12 million men and women in uniform by 1945. And the USO grew as well — by the war's end, about 1.5 million Americans had volunteered for the USO.

Actor-comedian Bob Hope — a man who would be virtually synonymous with the organization — held the first camp show in 1941 and for the next five decades he was the face of the organization.

### Changing as America has changed

The organization changed just as the American military changed and it is continuing to change. And wherever the military went, the USO went, too. There were USO centers in Korea, Vietnam, Bosnia, Somalia, Kuwait, Iraq and Afghanistan.

The USO also has centers at most major airports that provide a place for service members and their families to gather their wits as they travel, and the organization also helps service members as they transition out of the mili-



PHOTO BY D. MYLES CULLEN

Marine Corps Gen. Joseph F. Dunford Jr., chairman of the Joint Chiefs of Staff, talks with U.S. service members after a USO show at Bagram Airfield, Afghanistan, Dec. 8.

tary.

The USO has grown to the extent that today, just a small portion of its budget goes to entertainment. But that aspect is still there.

### Firsthand look

Marine Corps Gen. Joseph F. Dunford Jr., the chairman of the Joint Chiefs of Staff, led the annual USO Holiday Trip to Naval Air Station Sigonella, Italy; Camp Lemmonier, Djibouti; Naval Support Activity Manama, Bahrain; Bagram Airfield, Afghanistan; and Ramstein Air Base, Germany, in December. He told the crowd at the anniversary celebration that the trip opened his eyes on what

the organization provides the men and women of the U.S. armed forces.

The general said he would talk to the troops after the show and ask how they liked it.

"They'd say, 'You know what, sir, for a few minutes, I forgot I was here. I felt like I was home,'" Dunford said. "That's actually why President Roosevelt started the USO."

But it is even more than that, the general said, and it goes to the heart of why the USO is important to America and its fighting forces. The country has asked a lot from its military since the attacks of 9/11, he noted, and the troops have performed magnifi-

cently.

"I think it's exceeded any of our expectations, and there's a lot of reasons for that," he said.

One of the reasons the young men and women who have deployed forward have performed so well, the chairman added, is that they "have gone forward knowing that they had the support of the American people."

"And certain organizations deliver that message," he said. "Certain organizations are the physical manifestation of the support of the American people, and I don't know an organization that does it any more than the USO. The USO is actually what delivers that message to them."



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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 TADG 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.



COURTESY PHOTO

## PICK-OF-THE-LITTER

Meet Jack, an approximately two-month-old male kitten for adoption at the Fort Rucker stray facility. He is very mild tempered and loves attention. He has received an initial dewormer, a rabies vaccination and tested negative for FeLV/ FIV. Adoption fees vary per species and needs of animal, but include all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying or neutering. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the stray facility. Visit the Fort Rucker stray facility's Facebook page at [http:// www.facebook.com/ fortruckerstrayfacility/](http://www.facebook.com/fortruckerstrayfacility/) for constant updates on the newest animals available for adoption.

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FEBRUARY 11, 2016

## YOUTH SPORTS

### Registration open, program seeks coaches

By Nathan Pfau  
Army Flier Staff Writer

If parents are looking for a physical outlet for their children and something they can also get involved in, registration is ongoing for Fort Rucker Youth Sports to help promote healthy lifestyles and offer friendly competition.

Registration for tee ball, baseball, softball and jump roping is open through Feb. 29, with evaluations, if necessary, for 9-year-olds and older beginning March 8 at 5:30 p.m. at the youth baseball fields located behind the commissary. These activities provide youth with a great opportunity to stay fit and healthy, according to Randy Tolison, Fort Rucker Youth Sports director.

"Baseball is a competitive team sport and children don't have to be an expert — they just have to come and get some experience and have fun playing baseball," he said.

Baseball and softball registration is \$45 per child, and tee ball registration is \$20 per child. Teams will be sorted by age groups, which are co-ed 5-6 year-old tee ball, co-ed 7-8 year-old machine pitch, co-ed 9-10 year-old Dixie Minors, co-ed 11-12 year-old Dixie Ozone, girls

9-12 year-old Dixie Ponytails and girls 13-15 year-old Dixie Bells.

All children who wish to participate in youth sports programs must meet age requirements, and have a current sports physical and a valid child, youth and school services registration.

For more information on registration, call parent central services at 255-9638.

Coaches are also needed for baseball, tee ball and softball, and any who are interested in coaching should contact Jackie Johnson, youth sports clinician at 255-0950, or call 255-2257 or 255-2254. All coaches must go through the same training and background check process as volunteers, added Tolison.

"We're looking for people who have the time, quality of work, responsibility, kindness and patience to teach our youth the fundamentals of youth sports," said Johnson. "It's important that the volunteers are excited and engaging with the children, because when the coaches are excited about what they're doing, then the children are more likely to have fun and participate."

Tolison wants to make sure that people understand that coaching



PHOTO BY TORI EVANS

Children participate in youth basketball at the youth center during a game last year.

is mostly about the commitment to the children.

"We really like to emphasize to our coaches that if they step in to fill this responsibility, those kids are depending and counting on them to be there for them," he said. "The teams stay pretty active and can practice anywhere from two to three times a week prior to the season, and when the season starts, teams will normally practice once a week and play twice a

week."

Safety is also a major concern, and volunteers are properly vetted and trained to take on the responsibility. No volunteers will be turned away, said Johnson, but people interested must submit a background packet, which can be filled out at Parent Central Services in Bldg. 5700, Rm. 193, and attend a mandatory training session.

The training sessions last about

three and a half to four hours, but if people aren't able to attend the session in one sitting, accommodations can be made, added Johnson.

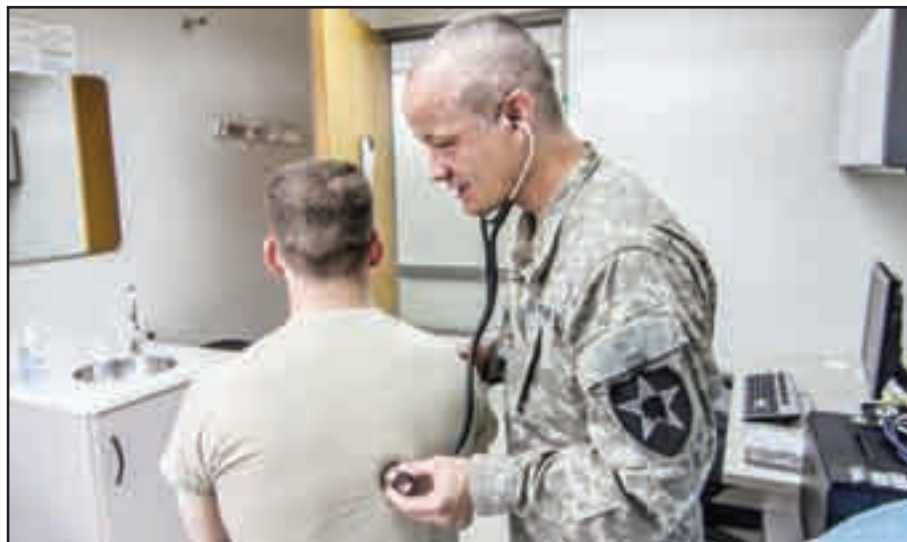
"We understand that people are busy, and a lot of people find it difficult to come and do the training all at once," said the youth sports clinician. "We will work with them and break up the sessions into times that will accommodate them, but either way, the training must be completed."

During the training, volunteers will get an introduction to coaching, training in coaching the specific sport they are volunteering for, concussion training, and will watch a parent video and complete face-to-face child abuse training with an Army Family Advocacy Program manager. This training also gives the opportunity for our volunteers to ask questions about child abuse, added Tolison.

"I've had some coaches tell me that the greatest thing about coaching is when a kid comes up to you outside of practice or games and just gets so excited to see you," he said. "The rewards may not be monetary, but it's one of those intangible moments that is so rewarding."

## HEALTHY HEARTS:

### Military Health System observes Healthy Heart Month



ARMY PHOTO

Maj. Roger Williams, a flight surgeon from the 2nd Combat Aviation Brigade, listens to his patient's blood circulation with a stethoscope at the Troop Medical Center on Camp Humphreys, South Korea.

#### Day to day - It all starts with lifestyle

By Military Health System  
Communications Office Staff

When it comes to having a healthy heart, experts say much depends on how you live day to day.

"It all starts with lifestyle," said Lt. Col. Todd Villines, the cardiology consultant to the Army surgeon general and a practicing cardiologist at Walter Reed National Military Medical Center. "To assess a person's risk of cardiovascular disease, we need to look at the factors that affect the heart and blood vessels."

Villines said risk factors can be divided into two major categories: modifiable and non-modifiable. Some of the modifiable risks include smoking, blood pressure and cholesterol levels. These are things patients can affect by how they live their lives and can be improved with medications, if needed.

Non-modifiable risks include a family history of heart attack or stroke that could make someone more vulnerable to cardiovascular disease, although Villines

SEE LIFESTYLE, PAGE D3

#### Tobacco usage increases damage risks

By Military Health System  
Communications Office Staff

The damage smoking causes to the lungs is well-known: lung and throat cancers contribute to the deaths of nearly half a million Americans every year.

But another effect some people might not consider is the damage tobacco use causes to the heart, said Lt. Col. Todd Villines, the cardiology consultant to the Army surgeon general and a practicing cardiologist at Walter Reed National Military Medical Center.

"Smoking is the most hazardous risk factor for heart disease and stroke," he said. "While cigarette smoking is best known for directly causing lung diseases and lung cancer, cigarette smokers are more likely to die of cardiovascular diseases, such as heart attack and stroke, than all other causes combined. It increases blood pressure, which in turn puts the heart under more stress, making it vulnerable to heart failure and cardiac arrest."

Villines places tobacco use among the modifiable risk factors for heart health — those factors people can modify to lower risk. This list also includes blood pressure, diet and exercise.

Non-modifiable risks include a family history of heart attack or stroke that could make someone more vulnerable to cardiovascular disease, although those



PHOTO BY MARINE PFC. SAMUEL ELLIS

risks can be controlled, he said.

Other risk factors for heart disease, such as high blood pressure, are more prevalent than smoking, but smoking is the most damaging, Villines said. In addition, the risk factors of obesity and lack of exercise are often coupled with smoking to further damage a heart and blood vessels already under stress.

Villines said smoking leads to damage to the arteries supplying blood to the brain and heart (among other organs), increasing the risk of blood clots that can cause a stroke and heart attack. The chemicals in tobacco actually damage blood cells, and, in turn, damage heart function and the structure and function of blood vessels.

He added smoking also contributes to atherosclerosis, a condition where plaque

SEE USAGE, PAGE D3



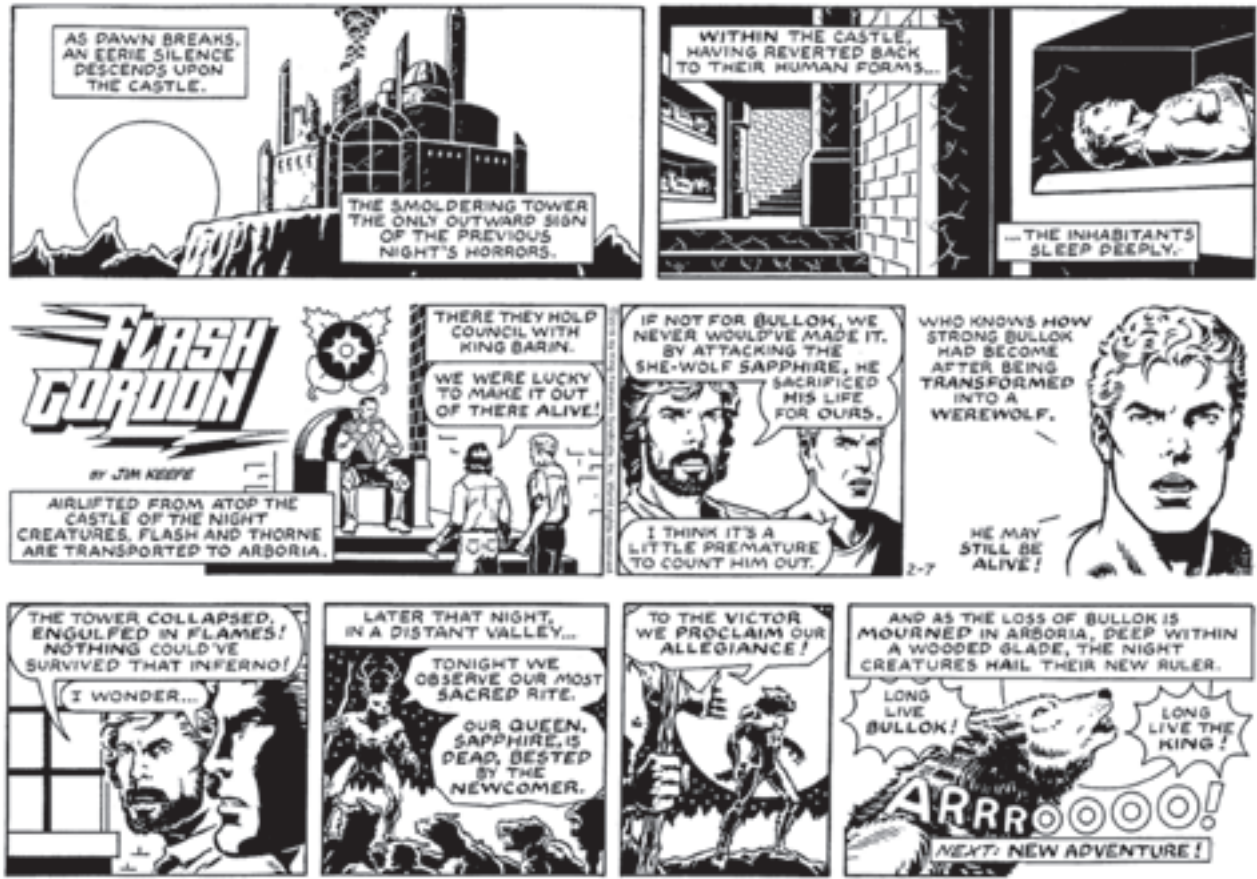
BLACK HISTORY 5K

PHOTO BY TORI EVANS

Runners spring off the line during the Black History 5k in front of the Fort Rucker Physical Fitness Center Saturday.



# DOWN TIME



## Super Crossword

**ACROSS**

1 It turns  
ilmsus paper  
blue  
7 Strip a dis-  
guise from  
13 "— Baby"  
(#1 U2  
album of  
1991)  
20 Arrive like  
the tide  
21 Savage  
22 Less dull  
23 Rural  
lumber-  
jack resting  
after  
chopping?  
25 Lounged  
around  
26 Dreamcast  
producer  
27 Get as clear  
profit  
28 100-yr.  
period  
29 Heap (up)  
30 Trough for  
toting bricks  
33 Extended  
cloth used  
for messy  
cold-weather  
meals?  
38 Hostile force  
40 Down food  
41 Purple  
spring  
blooms  
42 Wide-shoe  
letters

43 Spool  
44 Gets firm  
46 Produced a  
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ing the highs  
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career?  
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52 KGB's milieu  
56 "— all overt"  
57 Asian dress  
58 Alex of "The  
Godfather"  
61 Unit of work  
62 Orioles great  
Ripken  
63 Gp. for  
Qatar  
64 Sea in 75-  
Across  
65 "Now I see!"  
67 Matchstick-  
removing  
game  
68 Suffix with  
señor  
69 Item pinned  
on to support  
a Russian  
poet's elec-  
tion to office?  
72 Sarge, e.g.  
73 Abbr. for a  
handy-andy  
74 Mil. missions  
75 Qatar locale  
76 Lovers' deily  
77 Still

78 Revise  
80 Prepare to  
give a ring?  
81 Horse father  
82 Beijing-to-  
Shanghai dir.  
83 Shot fluids  
84 "— see it ..."  
86 One of the  
Skywalkers  
dressed up  
as St. Nick?  
89 Kind of pear  
93 With skill  
94 Fir's cousin  
95 "Ender's  
Game" star  
Butterfield  
98 Unmoving  
machine part  
99 Troop gp.  
100 They negate  
deles  
101 Afghan-  
wrapped  
football?  
106 "Help!"  
107 Guthrie at  
Woodstock  
108 B-to-F string  
109 Thai tongue  
110 "Think of  
— a loan"  
112 Foot lever  
114 Clean a  
jack-o'-  
lantern with  
a Hoover?  
120 More  
weighty  
121 Alicia of  
ballet

122 Choose  
123 Aden citizens  
124 French edict  
site of 1598  
125 Nail coater

**DOWN**

1 Wall St.  
opportunist  
2 Singer  
Rawls  
3 Dutch airline  
4 Home to  
edelweiss  
5 Probable  
6 Architect  
Jones  
7 Alien craft  
8 Writer Anaïs  
9 Not be joking  
10 "Get Happy"  
songwriter  
11 Highland  
terrier, briefly  
12 Saloon  
barrel  
13 Figured out  
the value of  
14 Stations  
15 Hair hider  
16 Linda in  
1998  
headlines  
17 "Rabbit,  
Run" novel-  
ist John  
18 — Mae (loan  
provider)  
19 Graham or  
Lorne  
24 Sister of Bert  
Bobbsey

28 Big name in  
shortening  
30 Weedkillers  
31 Singly  
32 James Fen-  
imore Cooper  
novel, with  
"The"  
34 Grow  
wealthy  
35 "I — Male  
War Bride"  
36 History unit  
37 Suffix of  
enzymes  
39 Monogram  
in civil rights  
44 Grab quickly  
45 Departure  
46 Most prickly  
47 Trio less one  
49 Crustacean  
such as a  
wood louse  
50 Kudos  
53 Features of  
cloudless  
days  
54 Cuts, as pie  
55 Far off  
distance  
59 Jewish  
mysticism  
60 "McQ" actor  
Gulager  
61 Speed  
skater Dan  
65 Of a heart  
chamber  
66 Shout of joy  
70 State east of  
Colo.

71 Nuclear trial  
prohibition  
79 Catch cold  
80 Tartan skirt  
sporter  
84 First  
Constitution  
section  
85 Risen people  
87 Galileo's gp.  
88 Inclined (to)  
90 Petition, e.g.  
91 History unit  
92 Light refrain  
95 Disinterest  
96 "No —!"  
("Uh-uh!")  
97 Glistening  
99 Hall-of-Fame  
footballer Mel  
100 Flower organ  
102 Dry, white  
Italian wine  
103 Strips for  
breakfast  
104 Currency  
unit of Laos  
105 Musical  
exercise  
111 Lab safety  
org.?  
113 Major racket  
rental  
115 Capitalize on  
116 Cal. dozen  
117 — Jong-un  
118 Suffix with  
chlor-  
119 "— Blu Di-  
pinto di Blu"  
(1958 hit)

See Page D3 for this week's answers.

## Weekly SUDOKU

by Linda Thistle

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

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

**DIFFICULTY THIS WEEK: ★**

★ Moderate ★★ Challenging  
★★★ HOO BOY!

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See Page D3 for this week's answers.

# KID's CORNER

## Junior Whirl

by Charles Barry Townsend

TIME OUT for a game of tiddlywinks! Can you correctly count up all of the disks on the table in 45 seconds?

THE UP OR DOWN PROBLEM! To the right the numbers 1 through 9 have been written above or below a line according to some scheme. Can you determine where the number 10 should be placed?

LINK-UPS! Here's a list of 12 short words, divided into two columns. Turn them into six longer words by linking them together. To do this, draw a line from one word in the left column to one word in the right.

RAMP / KONE  
CAB / HER  
BAN / AGES  
SOOT / KING  
TEA / LED  
ACT / RED

## Wishing Well

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

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

## HOCUS-FOCUS

Find at least six differences in details between panels.



# ARMY STRONG

## Soldier wins Portland 3K in world-pace time

By Gary Sheftick  
Army News Service

FORT MEADE, Md. — A Soldier came from behind to win the 3,000-meter race at the Nike “House of Track” meet in Portland, Oregon, Jan. 22, where his 7:44.68 finish set a record as the fastest 3K this year worldwide.

“It’s a good feeling,” said Spc. Paul Chelimo about passing Nike runner Eric Jenkins in the last 100 meters of the heat to sprint across the finish at Portland’s new indoor track.

Chelimo trains with the Army World Class Athlete Program, which prepares Soldiers to compete in the Olympics.

Maj. Dan Browne, WCAP track coach, said beating elite runner Jenkins was a huge deal and puts Chelimo on a “good trajectory” to qualify for the 2016 Summer Olympics in Rio de Janeiro.

Chelimo ran the first 1,000 meters in Portland near the back of the pack. Then he edged his way forward on the outside until briefly passing pace-setter Pablo Solares, pushing him to pick up speed. Solares fell back about half a lap before Chelimo crossed the 2K mark at 5:17. Then Jenkins took the lead as he and Chelimo pulled away from the rest of the pack in a battle to the finish.

“I’m just excited that I’m able to compete on the top level and I’m back in shape,” Chelimo said after almost two years of struggling to get back to competition form since joining the Army and attending initial-entry training.

“I’m just so proud of these Sol-



PHOTO BY DAVID VERGUN

In this file photo, Spc. Paul Chelimo wins the Army Ten-Miler Oct. 11 with a time of 48:19, less than a step ahead of his teammate Spc. Nicholas Kipruto.

diers,” Browne said. “For them to join the service, then go through their training and get back to world-class form is a tremendous accomplishment.”

This past October, Chelimo won the Army Ten-Miler with a time of 48:19. His teammate Spc. Nicholas Kipruto followed close behind, finishing a fraction of a second later. Spc. Shadrack Kipchirchir finished in third. Kipchirchir and Chelimo are both training with Browne at the Nike world headquarters in Beaverton, Oregon.

Army distance runners are now training alongside Nike-sponsored runners at the Beaverton complex.

Browne said he’s always believed “when you surround yourself with excellence, it spurs you on towards that. These Soldiers get to see some of the world’s best athletes – it breeds that mentality of ‘hey, I see what these guys are doing. I can do that too.’”

The WCAP team in Oregon has grown from one athlete in 2013 – Spc. Aaron Rono – to a crew of

four. And Browne said he expects another elite marathon runner to soon be joining them.

It’s an exciting time to be in Oregon, Browne said. The USA Track and Field Indoor Championships will take place on the new Portland track March 11-12. Then the World Indoor Championships will be held a week later on the same track, March 18-20. Finally, the U.S. Olympic track and field trials will take place in Eugene, Oregon, July 1-10.

Chelimo is training to run the 5,000-meter race in the Rio Olympics. He runs the trails at the Nike complex daily and also the outdoor track.

He runs between 75 and 90 miles a week with two to three hard workouts weekly. He’s currently focusing on speed because that’s what he said is important for the indoor 3K competition. Browne said Chelimo has a good shot at placing in the USATF Indoor Championship and earning a berth in the world championship.

That meet will be a preview of the Rio Olympics, Browne said, with the world’s top runners competing.

“The more I get to know Chelimo, the more I recognize the speed component is very important for him,” Browne said. “I definitely look at putting him into faster intervals than I do my 10K-focused guys and my marathon-focused.”

Browne is taking three of his runners to the USA Olympic marathon trials in Los Angeles Feb. 13. Chelimo, however, will stay behind in Oregon and prepare for next month’s indoor champion-

ships.

“I’m trying to do indoors just to get the speed,” Chelimo said.

Before the 3K race that he won Jan. 22, Chelimo had just returned from Kenya where he spent 40 days in high-altitude training.

### Background

Chelimo was born in Iten, Kenya, Oct. 27, 1990. He attended Chebiemit Boys High School in Kenya before coming to the United States to attend college at Shorten University in Rome, Georgia. Then he transferred to the University of North Carolina at Greensboro where he ran on the track team.

He placed second in the NCAA National Championships in Eugene, Oregon, in 2013, with a 5K time of 13:40:41. His best time for the 3K before Jan. 22 was 7:49, run three years ago.

After college in May 2013, he joined the Army to become a water purification specialist. After basic combat training, he went to quartermaster advanced individual training on Fort Lee, Virginia. Then he joined the Army WCAP program and began training under Browne.

Browne competed in the 2004 Olympics in both the 10K and marathon. He is also a three-time winner of the Army Ten-Miler.

“He helps me every day,” Chelimo said about Browne. “We do workouts together. He gives me the pace.”

“Right now, it’s a preparation for the Olympic trials,” Chelimo said. “All the training now is based on that one day in July.”

## Lifestyle: Proper balance key to overall health

Continued from Page D1

is quick to point out that just because someone is at more risk due to something uncontrollable, such as genetics, it’s not a given that they will suffer from heart disease.

“I try to engage my patients early on,” said Villines. “That way, I’m able to quantify and help them quantify their risks and figure out the best way to treat those risks before they suffer from a heart attack or stroke.”

Villines said while smoking is generally associated with causing lung disease, it is the most hazardous risk factor for heart disease and stroke. Smoking causes blood pressure to increase, which in turn puts the heart under more stress, making it vulnerable to cardiac arrest.

In addition, smoking leads to damage to

the arteries supplying blood to the brain and heart (among other organs), which increases the risk of blood clots that can cause a stroke and heart attack.

Villines recognizes that it’s hard to kick the habit, but it’s important that people try. Help is available through the Military Health System’s Quit Tobacco program, UCanQuit2.org, as well as local resources.

“Most of our military hospitals and clinics offer some kind of smoking cessation help. It’s never too late to quit,” he said.

Blood pressure is another modifiable risk factor for heart disease. Villines said hypertension, or high blood pressure, is very common and on the rise in American society, especially with cases of childhood obesity becoming more common.

Modifying your diet, including reducing the amount of salt in your food, can help get

blood pressure under control. In addition, regular exercise, 30 minutes for at least five days per week, can do a lot to help maintain weight and even reduce stress, both factors for hypertension. Villines said a visit with your doctor can help identify where your blood pressure is and what you can do to get it to where it should be.

Blood cholesterol levels and diet can play major roles in heart health. Villines said saturated fats in food raise cholesterol levels, which adversely impacts the heart’s health. Processed food and the type of carbohydrates in food, as well as how the meal is prepared, also can affect cholesterol levels.

“I really suggest talking with a dietitian and have an honest conversation about what you eat,” he added.

While there are many habits people can change to help their heart health, Villines said there are some that are out of our con-

trol. Family history and genetics play their roles, and the best response is talking to a health professional who can evaluate that history and test for warning signs that could cause cardiovascular disease. Some of that control might include medications, and some factors could be controlled by simply knowing you’re at risk and taking the proper steps.

“Know your numbers and control what you can control,” he said.

Overall, to manage all heart disease risk factors, modifiable and non-modifiable, Villines said people need to start with a discussion with their doctor and dietitian and have those discussions on a regular basis.

“You really need a whole game plan,” he said. “The proper balance of diet, exercise and, where necessary, medications, can ensure your heart and brain remain healthy for a long life.”

## Usage: Country’s smoking rates continue to decline

Continued from Page D1

builds up and hardens in arteries, restricting the flow of blood and increasing the risk of a heart attack or stroke.

While the risk to heart health is pretty clear, Villines said tobacco use remains too prevalent, especially among military members.

“Smoking rates throughout the country, including the military, have fallen from what they were just a few decades ago, but smoking numbers continue to remain 10 percentage points higher among active duty military than that of the general population,” he said. “Also, two-thirds

of smokers start smoking before age 18. And once you’re hooked, it’s incredibly difficult to stop. Some have even equated the addictive power of nicotine to nearly that of heroin.”

Villines said quitting smoking starts with the individual – the person has to have a desire to quit – but stresses that there are numerous resources available to help motivated individuals quit for good.

He pointed to dedicated smoking cessation resources (wellness clinics) at almost all military treatment facilities to help people kick the habit, as well as the Military Health System’s Quit Tobacco program, UCanQuit2.

org. But the beginning of the end of smoking for anyone starts with that desire to quit.

“I know it’s tough for those addicted to smoking to stop, but the health of their heart depends on it,” said Villines. “And it’s never too late to quit.”

### PUZZLE ANSWERS

### Super Crossword

Answers

ALKALI	UNMASK	ACHTUNG
ROLLIN	FIERCE	SHARPER
BUMPKIN	ONALOG	SATIDLE
SEGA	NET	CEN
HOD	LONGWINTER	SNAPKIN
ENEMY	EAT	IRISES
REEL	SETS	TEASELED
BARKING	GRAPH	CDS
USSR	ITS	SARI
ROCCO	JOULE	CAL
OPEC	ARAL	AHANIM
ITA	PUSHKIN	BUTTON
NCO	DIY	OPS
ASIA	EROS	YET
EMEND	KNEEL	SIRE
SSE	SERA	ASI
SANTA	ANAKIN	BARTLETT
ABLY	PINE	ASA
STATOR	BSA	STETS
PIGSKIN	INABLANKET	SOS
ARLO	CDE	LAO
ITAS	TREADLE	VACUUMP
PUMPKIN	HEAVIER	ALONSO
DECIDE	YEMENIS	NANTES
ENAMEL		

### Weekly SUDOKU

Answer

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

### TRIVIA

Answers

- 56,400
- "The Blues Brothers"
- Selma and Patty
- Dog lover
- Dimples
- Talking in your sleep
- Castles
- Albany
- Ungulate
- Ceslion

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# FORT RUCKER SPORTS BRIEFS

**Weightlifting Foundation Class**

The Fort Rucker Physical Fitness Center will host its four-week block Weightlifting Foundation Class starting Monday designed to give people a knowledge base of various phases of lifting properly, including dynamic warm-ups, and lifting techniques on squats, deadlifts, pull ups, bench press and other lifts. Cost is \$50 per person.

For more information, call 255-3794.

**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.

**Rucker Lanes Valentine's Day Bowl**

Rucker Lanes will host its Valentine's Day Bowl Sunday from 10 a.m. to 8 p.m.

Patrons can bowl for 25 cents per game and get 50-cent shoe rentals. For more information, call 255-9503.

**Presidents Day Stars and Strikes**

Rucker Lanes will offer its Presidents Day Stars and Strikes special Monday from 10 a.m. to 10 p.m. Patrons can bowl for 25 cents per game and get 50-cent shoe rentals. For more information, call 255-9503.

**ATV trail ride**

Outdoor recreation will host an all-terrain vehicle trail ride Feb. 20. People must pre-register to take part and all participants must be 16 years or older. The ride is open to the public. For more information or to register, call 255-4305 or 255-2997.

**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 jump roping**

Fort Rucker Youth Sports will host a jump roping activity for youth ages 6 years old and older starting Feb. 23. The activity will meet two times a week at 6 p.m. in the youth center gym, Bldg. 2800 on Seventh Avenue. The cost is \$25. Jump ropes will be provided, or youth can bring their own. Any parents interested in leading the activity should call youth sports at 255-0950.

For more information, including exact times of the activities, call 255-0950.

**Deep sea fishing trip**

Outdoor recreation will host a deep sea fishing trip Feb. 27. The private charter will seat 18 guests and has all the same amenities as the regular season boat. The trip is designed for more seasoned fishermen, but is open to all participants. The trip will also include bottom fishing and trolling. Price per person is \$150. The trip will depart from the Bldg. 5700 parking

lot at 4 a.m. and travel to Destin, Florida. People are welcome to bring a cooler with drinks and snacks – no glass allowed. The trip is open to the public.

For more information, call 255-2997/9517.

**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 locations, call 347-4275 or 464-1729.

**Lifeguard Courses**

The Fort Rucker Physical Fitness Center will host lifeguarding courses Feb. 26-28 and March 5-6. Hours are 4-7 p.m. Feb. 26, and 8 a.m. to 5 p.m. the other days. The course is open to patrons ages 15 and up, and costs \$125 for military and Department of Defense ID card holders and \$150 for members of the general public. A prerequisite test must be passed on the first day. People can register at the front desk of the Fort Rucker PFC. The cut-off for registration is three days prior to course start date. Classes may be canceled if minimum enrollment is not met.

For more information, call 255-2296.

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