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ARMY FLIER

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

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BIG SHIFT: *New field manual to reflect move to air-ground operations*

By David Vergun
Army News Service

NASHVILLE — A completely rewritten field manual for Army Aviation, now in development, will be published in about a year. Field Manual 3-04 will reflect a strategic shift to air-ground operations.

That's a "big shift," according to Brig. Gen. Michael Lundy, commanding general, U.S. Army Aviation Center of Excellence and Fort Rucker.

Lundy spoke at the two-day Army Aviation Association of America 2014 Mission Solutions Summit at the Gaylord Opryland Hotel May 6. His seminar was titled, "Maintaining the Edge in an Evolving Environment."

Air-ground operations, he explained, is about conducting unified land operations with sister services and multi-national partners. The focus is supporting Soldiers on the ground.

Partnering and interdependence are a big part of the shift. At Fort Rucker, there are soldiers from 47 nations training with U.S. Soldiers, he pointed out. There also will be an emphasis on joint exercises and operations, including with Special Operations Forces.

Air-ground doctrine also has expeditionary aspects, he said, like operating in smaller units with regionally aligned forces. The Army chief of staff calls these units "tailorable and scalable." The shift will require greater agility.

PHOTO BY DAVID VERGUN

Brig. Gen. Michael Lundy, commanding general, U.S. Army Aviation Center of Excellence and Fort Rucker, speaks at the two-day Army Aviation Association of America 2014 Mission Solutions Summit at the Gaylord Opryland Hotel in Nashville May 6.

Besides the new field manual, other updates will occur around the same timeframe as Field Manual 3-04.

In addition to doing away with older doctrinal manuals, Field Manual 3-04 will be supported by a number of technical manuals, including topics on mission command, tactical employment techniques, survivability and sustainment, he said.

Field Manual 3-04 is now in structural development, he explained, meaning the sections are being organized. Once a draft is completed, the manual will be staffed out to the brigades for review.

This "capstone document" will be relevant to all Aviation branches, he added.

Training and education

Besides doctrinal change, there are upgrades being made to professional military education and training.

It may seem counter-intuitive, but Soldiers need to spend more time learning how to fight war, "as opposed to just knowing how to push buttons" as they progress through Aviation training, Lundy said. "More focus needs to be on the art, not just the science."

The Army Restructuring Initiative will free up some program of instruction time so Soldiers can get back to learning basic and advanced combat skills.

He explained that ARI is resulting in fewer aircraft that pilots will need to learn to fly and fewer that mechanics must learn to fix; the Kiowa divestment, for instance. That frees up valuable POI time.

Another aspect of training Lundy is focusing on changing is de-emphasizing some of the common core curriculum in advanced courses and focusing more on the technical and leadership aspects of Aviation. "The common core is too broad and takes up too much of the POI," he said, adding that he's working with U.S. Army Training and Doctrine Command and the Combined Arms Center to "get that corrected."

Soldiers at Advanced Individual Training are already getting common core training that includes theory and understanding of how things work so they can work on "multiple components and multiple aircraft," he pointed out, adding that those skills will give Soldiers the knowledge they need to maintain or fix aircraft, something that's been handled mostly by contractors over the last decade or so.

Army Aviation is also introducing a lot more virtual, constructive and gaming simulation to its coursework in an effort to increase fidelity and train more efficiently, he said.

When students are at Rucker learning this type of training, it gives them an edge when they get back to their home stations, where they'll be able to use their own simulators. In effect, "we're training them to learn how to train," Lundy said.

As the Army becomes more "CONUS-based," emphasis will also be placed on more and better quality home-station training, he said. Home-station training will include exercises up to the brigade level.

Brigade commanders will be leading that effort, he said, as will the combat training centers. "We're pushing to get that fully integrated."

An especially important initiative under way, he said, is building a central repository of lessons learned, tips, tactics and strategies units employ during exercises. This repository will allow Soldiers and units to share their own solutions and collaborate using information technology.

Units will soon be "hanging a lot of exercise products" in the repository, he said. Fort Rucker has already taken the lead, filling

SEE SHIFT, PAGE A4

MAN OF THE YEAR

Local honored by club for altruism

By Sara E. Martin
Army Flier Staff Writer

Volunteers are often the backbone of many communities who do everything from mentoring children to building homes without expecting anything in return.

One such volunteer, Hector Cardona, U.S. Army Aviation Center of Excellence G3 Airspace Management, has been selflessly volunteering for the past 17 years and was recognized as Man of the Year for his unwavering commitment to the Wiregrass area April 10 during Enterprise's Pilot Club's annual Civic Night ceremony.

"Hector is an inspiration to the citizens of Enterprise as he gives unselfishly to his community, church, schools and civic organizations," said Charlene Goolsby, Oscar club official. "He is always eager to lend a hand to help those in need, lead programs, raise funds or mentor youth."

Goolsby said that Cardona's altruism has built homes, fed the needy, motivated and inspired youth, and provided countless hours of selfless service.

"Even while working full time, he finds the time to make our community a

SEE YEAR, PAGE A5

PHOTO BY SARA E. MARTIN

Hector Cardona, U.S. Army Aviation Center of Excellence G3 Airspace Management, was recognized April 10 as Man of the Year during Enterprise's Pilot Club's annual Civic Night ceremony.

Training features 'Shot of Reality'

Comedy improv takes to stage to inform

By Nathan Pfau
Army Flier Staff Writer

Soldiers and Department of the Army civilians are required to receive a certain amount of alcohol and drug abuse training each year, and Fort Rucker is providing that training in an unconventional way.

The Fort Rucker Army Substance Abuse Program is bringing back "A Shot of Reality with a Comedy Chaser," which is a two-man comedy show put on by Mission IMPROVable that is designed to educate with laughter about alcoholism, binge drinking, assault, drunk driving and more.

SEE REALITY, PAGE A5

PHOTO BY NATHAN PFAU

Capt. Shamecca Scott, of Lyster Army Health Clinic Department of Behavioral Health, and Sgt. Thomas Holliday, C Company, 1st Battalion, 11th Aviation Regiment, join comedy duo and show hosts Colin Sweeney and Patrick McIntyre on stage as they perform a game show to test the Soldier's knowledge of alcohol during a performance of "A Shot of Reality with a Comedy Chaser" last year.

AVIATOR SPOUSES

PHOTO BY NATHAN PFAU

Brittany Cross, military spouse, gets ready to dunk her head into a bucket of water to prepare for training at the HOST facility during Spouse's Aviation Day May 8. For the full story, see Page A3.

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PERSPECTIVE

Good resume an essential part of job search

By Bryan Tharpe
Fort Rucker Army Career and Alumni Program

Preparing a resume is the toughest and yet the most important step in getting a good job. Why do you need one?

The main purpose is to get your foot in the door, which means getting an interview. You will be hired for two reasons: you fill a need for the company and the employer likes you. A resume can convince an employer that both of these are true.

In order to prepare a good resume, you first should consider what the employer is looking for in job candidates. Generally, an employer is looking for an employee with specific knowledge and experience.

For example, if an employer is hiring a heavy equipment mechanic, the employer wants to know about your experience in that field or a closely related one. How long have you been a mechanic? What special tools do you use? What kinds of heavy equipment have you worked on?

The employer is also interested in your training and formal education. If you are already trained, it saves the employer time, and time is money. The military provides excellent technical training, which is normally well respected by employers.

If the job is in a non-technical area, such as sales, finance or management, most employers are seeking well-educated people they can train on the job. Even if you have very limited experience, your education, experience and activities can convince employers you are a bright person with the aptitude to learn and the desire to contribute.

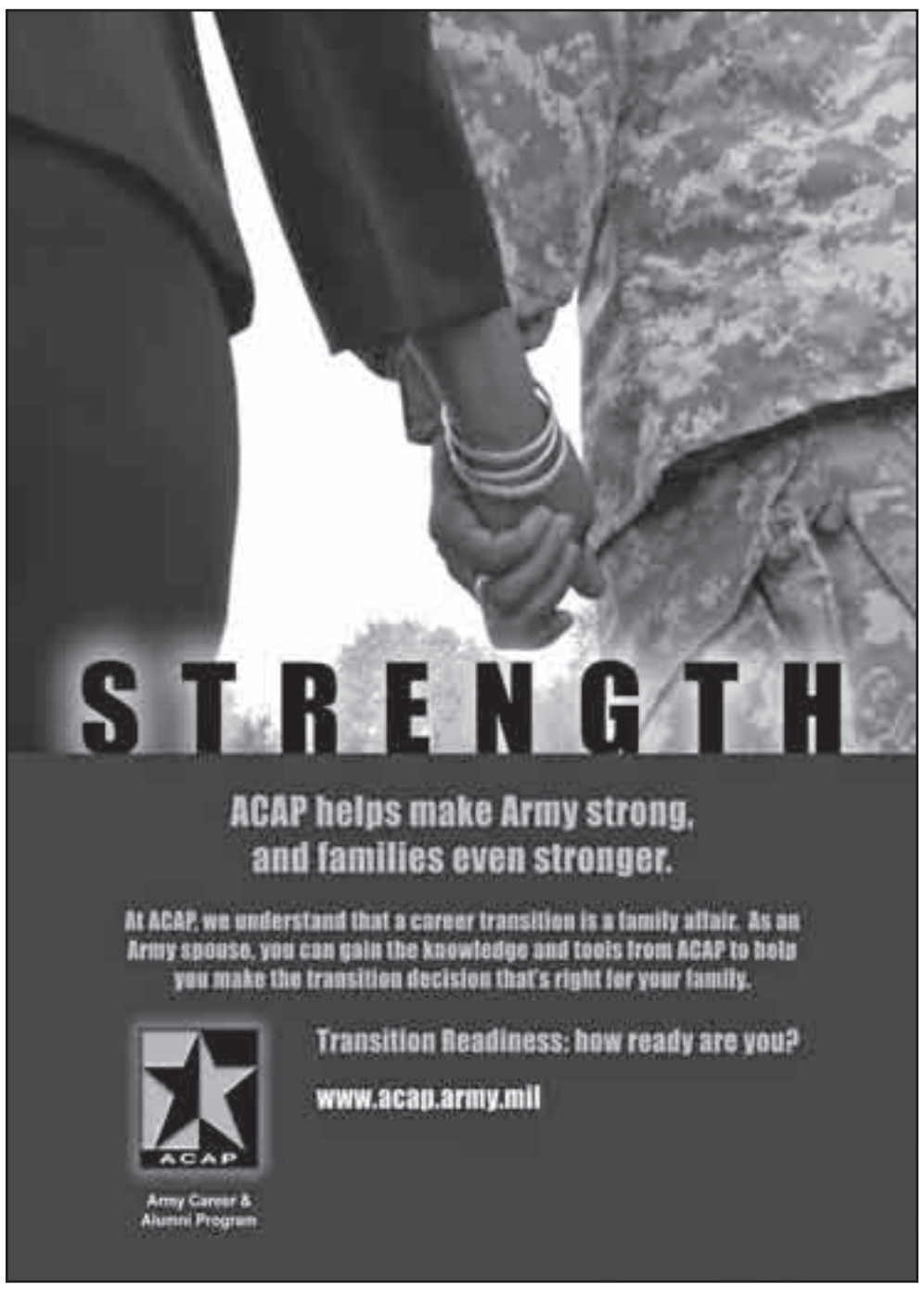
Your resume can also prepare an employer to like you, by showing that you have desirable qualities. The employer is looking for industrious people. Your experience and achievements can show this trait.

All employers want to surround themselves with cooperative staff members. Your participation and membership in professional and service organizations can convey this quality. An employer will appreciate your interest in the job, and the product or service. Your objective statement and highlighted applicable experience shows that the employer's interests and yours are compatible. The employer will also expect an orderly and business-like mind. The format and appearance of the resume reflect these attributes. On the other hand, a sloppy resume, with typographical errors and poor grammar, can cause an immediate dislike.

Once the resume is prepared, it serves purposes other than getting you off to a good start with employers. It usually improves your chances for an interview, because an employer learns more about you than competitors who only complete the application.

You can also give a copy to friends and relatives who are assisting you in your job search. They often will hand carry it to an employer for you. You should also give a copy to anyone you will use for a reference. This will assist them when they speak with employers about what you have to offer.

If you are a transitioning Soldier or spouse of a transitioning Soldier, the Fort Rucker ACAP can help you with your resume after you have completed the Department of Labor Workshop. For more information, call 255-2558.



Rotor Wash

"Lake Fest is Saturday from noon to 6 p.m. at Lake Tholocco. What safety tips should Families keep in mind when swimming in crowded areas?"

Staff Sgt. Edmund Brock, Fort Eustis, Va.

"Make sure you're drinking plenty of water because you're out in the sun and you want to make sure you don't get dehydrated."

Sgt. 1st Class Xavier Mayne, B Co., 1st Bn., 223rd Avn. Regt.

"Be aware of the water and pay attention if you have young ones."

Paula Drumm, retired military

"Make sure they have their life jackets on if they're going to be in the water."

CW3 Justin Horton, B Co., 1st Bn., 145th Avn. Regt.

"Just make sure to follow the general boating rules and be aware of your surroundings."

Katie Pettengill, civilian

"Make sure you keep an eye on your children and make sure they wear plenty of sun block if they're going to be in the sun."

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

ACE SUICIDE INTERVENTION

Ask your buddy

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

Care for your buddy

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

Escort your buddy

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

Spouse's Aviation Day

Spouses get to experience Aviation training firsthand

By Nathan Pfau
Army Flier Staff Writer

Army spouses often hear about how much their Soldiers must endure during training, but it can be hard to appreciate just what Soldiers go through until they walk a mile in their boots.

More than 40 Fort Rucker spouses got the opportunity to do just that during Spouse's Aviation Day May 8 when they got a taste of some of the training that Aviation Soldiers go through here on the installation.

In a combined effort of multiple units on Fort Rucker, the spouses were divided into groups of four, in which they would all experience four different types of training that every Army Aviator must complete: flight simulation, firing range simulation, team building skills and Helicopter Overwater Safety Training.

The spouses were able to get their hands on M-4 and M-16 rifles, as well as Mark 19 and 50-caliber machine guns during the Engagement Skills Trainer 2000 shooting range simulator where they began their training shooting at turkeys, before graduating up to more dangerous targets, including tanks.

"I didn't think I would like handling the guns, but when we got in there it was a lot of fun," said Angela Simms, military spouse. "Getting in there at first was a little intimidating, but when I realized they weren't real weapons, it kind of took the edge off."

The training at the HOST facility allowed the spouses to literally get their feet wet as they suited up and got in the water. They had to swim under water along a designated area to open a hatch, simulating being trapped in an aircraft underwater.

Apart from diving deep, they also go the chance to fly high in the flight simulators at Warrior Hall. The spouses were able to get behind the wheel of OH-58D Kiowas, CH-47 Chinooks and UH-60 Black Hawks.

"The flight simulator was insane," said Simms. "It was so real and it was really inspiring. I'd think while I was in there, 'I could do this,' but then as it would get a lot more indepth, I would realize that there's a lot more to it."

The spouses also got the chance to work on their team building skills and work together to overcome an obstacle at the Leaders Reaction Course.

During their time at the course, the teams had to figure out how to traverse an area with ammunition canisters using only the tools provided, which included two long metal poles. They were only allowed to step on areas covered in white, and areas marked in black were considered dead zones, which meant anyone object or person that touched the area would be considered out of action.

Each team had to safely get across the area with both ammo cans, and were only allowed to lose two of their team members, all in a set amount of time.

PHOTOS BY NATHAN PFAU

Brittany Cross and Melissa Urbanski, military spouses, work together at the Leaders Reaction Course to get their team and ammo canisters across an obstacle during Spouse's Aviation Day May 8.

Angela Simms and Brittany Cross, military spouses, engage the enemy at the Engagement Skills Trainer 2000 firing range during Spouse's Aviation Day May 8.

"I think the Leaders Reaction Course really tested us in terms of leadership, communication and being under pressure, which I'm not really used to," said Simms. "I didn't know if it was going to be tough or not, but regardless of how it was, you always had to work with your team, and it was great just getting to know some new people and work these things out with my friends."

Most of the spouses had different reasons for participating, but for Brittany Cross, military spouse, she wanted to be able to understand the experience her husband goes through in his training.

"Being prior military, I kind of wanted an idea of what my husband was doing in his training, and this kind of gives me a glimpse," she said. "So now when he comes home and tells me that he did a certain type of training, I'll know what he's talking about and I can ask him about it."

It also helped many of the spouses gain even more respect for what their Soldiers do in the Army.

"I really think that it gives me a lot more respect for my husband and other Soldiers," said Simms. "We only got a tiny taste of what they go through, so it was humbling."

At the end of the day, the spouses were able to graduate and earn their wings during a ceremony at the U.S. Army Aviation Museum.

Col. Robert C. Doerer, U.S. Army Aviation Center of Excellence chief of staff, was on hand to say a few words and present the wings to the graduates.

"You did it, you made it through the challenging day and you've got some war stories that you're going to be able to tell your kids, your spouses and your Families," said Doerer during the ceremony. "I can see a lot of pride in your faces, and what's just as important is the pride in the faces of the folks here that are watching you graduate.

"Everything you participated in was merely a glimpse of what our Soldiers do and must endure in the Army, but we don't make them do it all in one day, so good job to you all," he continued. "You all showed up as individuals today, but throughout the day you progressed and transformed into teams, and that's what the Army does that's how you become Army strong."

News Briefs

Heritage month

Fort Rucker continues its Asian American/Pacific Islander Heritage Month celebration with luncheons at the warrant officer candidate dining facility in Bldg. 5914 and the advanced individual training DFAC in Bldg. 6204 Friday from 11:30 a.m. to 1 p.m., and a luncheon at The Landing May 30 from 11:30 a.m. to 1 p.m. that features a guest speaker, themed displays and entertainment.

Vietnam veterans' reunion

For those interested in attending, the 13th Combat Aviation Brigade Reunion Committee will host the Mekong Delta Vietnam Veterans' Reunion Saturday and Sunday. The event will feature a picnic at Yano Hall from noon to 3 p.m. Saturday, and UH-1 Huey rides will be available at the Daleville Airport during the picnic. Shuttle service will be provided to and from Yano Hall. Also, the memorial ceremony will be held at Veteran's Park on Fort Rucker Sunday at 10 a.m.

For more information, call 255-1341.

Marriage 101

Marriage 101, a premarital seminar and training, will be held on the second and fourth Tuesdays and Wednesdays of each month from 1:30-4:30 p.m. at the Spiritual Life Center, Bldg. 8939. Marriage 101 is mandatory for those wishing to get married at Fort Rucker, according to Chaplain (Capt.) Troy D. Allan.

For more information, call 255-3447 or 255-3903.

Memorial Day ceremony

Fort Rucker hosts its Memorial Day ceremony May 23 at 8:30 a.m. at Veterans Park in front of the U.S. Army Aviation Museum. The inclement weather location is the post theater.

AER campaign closing

Fort Rucker will host its Army Emergency Relief fund campaign closing ceremony June 4 at 2 p.m. at the U.S. Army Aviation Museum. The theme for this year's campaign is "A Soldier's First Choice."

For more information, call 255-2341.

SOAR briefings

The 160th Special Operations Aviation Regiment (Airborne) Night Stalkers will hold recruiting briefings for officers and warrant officers June 3-4 from 11 a.m. to 2 p.m. in Bldg. 5700, Rm. 371A. The briefings will cover all aspects of the regiment and there will be an open forum for questions afterwards. Family members are welcomed to attend.

For more information, call 270-889-8653 or 270-304-9342, or send an email to recruiters@soar.army.mil.

Vacation Bible School

The Fort Rucker Chaplaincy will host its week-long Vacation Bible School for children in preschool (if accompanied by parent or guardian) through sixth grade June 9-13 from 8:30-11:30 a.m. at the Spiritual Life Center, Bldg. 8939. The theme will be "Covenant Adventure - God Calls His People." The event will feature Bible lessons, crafts, music, recreation, snacks and daily celebrations, according to chapel officials who added that this is an opportunity for children to focus for a week on learning about the Bible, and also developing close friends within the chapel while having a great time. Additionally, chapel officials said VBS is an opportunity for teens and adults to provide service to the chapel through assistance with the program.

To register, volunteer or get more information, call the religious education center at 255-3946 or 255-2989.

Opportunity knocks

The following internal positions are available on Fort Rucker: Lead Firefighter (Hazardous Materials Technician), GS-0081-08, Vacancy No. SCEG149938291100636, with the Fort Rucker garrison, with a closing date of Friday; Civil Engineer, GS-0810-12, Vacancy No. SCEG149983221100418, with the Fort Rucker garrison, with a closing date of May 22; Interdisciplinary, GS-0401 /0819/1301/1320-11, Vacancy No. SCEG140078811104867, with the Fort Rucker garrison, with a closing date of June 2; Civil Engineer, GS-0810-12, Vacancy No. SCEG149983221102778, with the Fort Rucker garrison, with a closing date of June 5.

For more, check out www.usajobs.gov.

Thrift shop

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

For more information, call 255-9595.

Guide spells out clothing allowance

By Gary Sheftick
Army News Service

WASHINGTON — For the first time ever, a handy pocket guide for Soldiers is now available to explain the specifics of their annual Clothing Replacement Allowance.

"We didn't have this knowledge when we were coming up," said Sgt. Maj. Mark Chance, senior enlisted adviser for the Army's G-4.

The tri-fold pamphlet is the brainchild of Chance and Sgt. Maj. Ray Toups, operations sergeant major for G-4 in the Pentagon.

The pamphlet spells out exactly what Soldiers are required to maintain in their clothing bag. It provides the expected useful life of each item, the standard annual replacement allowance for each item and recommended replacement intervals.

Until now, most Soldiers never were told exactly how their annual clothing allowance was calculated, Chance said.

"No one ever sat them down and explained what the money is for," he said.

The Clothing Replacement Allowance pamphlet does just that, and the G-4 NCOs want the pocket guide made available to first sergeants, platoon sergeants and squad leaders throughout the Army.

"Our idea is mainly to get it into the hands of our first-line leadership," Toups said.

One requirement NCOs have at the unit level, Toups said, is to inventory Soldiers' clothing bags annually. The CRA pamphlet will help with that, he said. It will also be a handy tool for sergeants to pull out of their pockets, he said, when they find a Soldier in formation with a torn or worn-out uniform.

PHOTO BY BRITTANY CARLSON

Staff Sgt. Blasa Ortiz has trainees at Fort Leonard Wood, Mo., hold their duffel bags of initial-issue clothing to their chests May 4, 2012. After their first year of service, Soldiers begin receiving an annual Clothing Replacement Allowance.

"It's one more thing they can use to maintain readiness," he said.

Chance said NCOs can put the knowledge in their "kit bag" for future use.

"It's all about the process," he said, explaining that Soldiers today appreciate knowing why the Army does things.

"You can tell a Soldier why, but if you show them, they will understand it," he added.

For instance, it shows that the Army Combat Uniform jacket has a useful life of six months with a replacement cost of $44.98 each. Each year, the CRA provides enough money to replace two ACU jackets, which is a total of $89.96.

On the other hand, a pair of boots has a useful life of 24 months with a replacement cost of $96.75 per pair. Each year, the CRA provides one-half of the money to replace one pair of boots, which is a total of $48.38.

Likewise, the Army Service Uniform coat is expected to last four years. So the annual clothing allowance only covers one-fourth of cost of the dress blue coat: $30.48 is provided annually for the male coat and $25.92 for the women's coat.

Six to eight items differ in price for men and women, and that's why the annual Clothing Replacement Allowance differs slightly for male and female Soldiers.

This year the standard CRA for male Soldiers is $440.89, and the allowance for women is $468.05. The allowance varies slightly from year to year with the cost of uniform items.

Toups and Chance actually went to clothing sales stores this year to check the price of every item before finalizing the pamphlet.

Chance also wanted to inform Soldiers that when new clothing items are developed to replace current clothing items, the Soldiers aren't "coming out of pocket" when purchasing the new items. The current CRA already covers the cost of replacing clothing items as they reach the end of their useful life. "Wear-out" periods for the current items will generally match the useful life of that item.

For instance, the new Army Physical Fitness Uniform will debut in military clothing and sales stores sometime in the first quarter of fiscal year 2015. Following the CRA pamphlet, the current IPFU components have a useful life of between 12 and 24 months.

Soldiers will likely have up to 24 months to phase the new APFU into their clothing bag. Over that 24-month time period their CRA will provide them with enough funds to replace two short-sleeve T-shirts, two long-sleeve T-shirts, two pair of shorts, one jacket and one pair of pants.

The clothing allowance is also only provided to Soldiers who are on active duty for more than 180 days, Toups said, because after their initial issue, they are expected to maintain their own clothing bag. National Guard and Army Reserve troops get "issue in kind," Toups said, explaining that they are issued uniforms that are expected to last three years, but sometimes replaced more often depending on "fair wear and tear."

Soldiers in their first three years of enlistment receive a reduced annual amount, or "basic" CRA. Soldiers begin receiving the standard CRA after their third anniversary of continuous active service, Toups explained.

Rather than printing a huge supply of the CRA pamphlets, Toups and Chance want to save trees and funding by distributing the pamphlet via the Internet and through NCO leadership courses.

Chance said a number of the Army's Warrior Leader Courses are already asking for the pamphlet.

Chance provided the CRA pamphlet to senior NCOs attending the Force Management Course at Fort Belvoir, Va., two weeks ago. He also provided the pamphlet to leaders attending a briefing at Fort Myer about updated Army Regulation 670-1.

Shift: Future depends on people, not only machines

Continued from Page A1

the repository with training products and that's being pushed out to commanders right now.

Another initiative is the Project Warrior Program. The idea is to bring more experienced and the best instructor pilots and maintenance and safety instructors into TRADOC. They must also have the right fit, he said. The idea is to improve quality of instruction and provide the right mentors for young lieutenants and warrant officers.

Human Resources Command and brigade commanders are leading that effort, hand-selecting the best off the flight lines.

People priority

The most important task at hand, Lundy said, is figuring out "how to develop and keep the best talent."

"We need to have the right people in the right place, so we'll be looking at skills and developing and maintaining the most talented," he said.

Sadly, about 10,000 people will leave Army Aviation in the next five years, some involuntarily and through no fault of their own, Lundy said.

"We've got to honor the service of those leaving our ranks and ensure we transition them right," he emphasized.

There's "a lot of concern in the force" regarding not only the drawdown, but ARI, as "we transition from different airframes across the components," he said.

Making ARI a success – and it will be a success, he said – will take "a lot of engaged leadership from HRC and the Branch brigade commanders.

"There will be a period of risk as this transition takes place," Lundy said, adding that during this period, "we have to ensure we don't lose our readiness." Timing, synchronization, and detailed work among leaders across the components will make that happen, he said.

Lastly, he added, "It's not all about the machines that we fly, it's also about Soldiers and their leaders."

Heat safety tips

- Limit your outdoor activity to morning and evening hours.
- Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. Try to rest often in shady areas.
- Protect yourself from the sun by wearing a wide-brimmed hat and sunglasses. Also, apply sunscreen of SPF 15 or higher. The most effective products say "broad spectrum" or "UVA/UVB protection" on their labels.

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Year: Awardee strives to help others

Continued from Page A1

better place to live and raise a Family," she said. "(Cardona) is a humble, hard working, devoted servant who sets an example to follow in volunteerism."

Cardona volunteers for many reasons. The most important, he said, is knowing that he is serving and doing something special for others. That it is a great feeling when he gives himself to a good cause.

Cardona said the smiles that come from others' faces are more than enough reward.

"(Volunteering gives me) the satisfaction that my efforts are accomplishing something special by making a difference in people`s lives and the community," he said.

He and his Family spend anywhere from two to six hours a week volunteering.

"We are grateful for all we have been given and we recognize the importance to remember that not everyone is as fortunate as we are," he said. "My wife and I instill in our children to give back the kindness that has been given to our Family."

Cardona is involved in many organizations around the county, from the local schools to Habitat for Humanity.

"He frequently participates and assists in Family Services' programs – setting up food drives and collecting thousands of non-perishable food items and money. (Cardona) also volunteered with Coffee County Family Services as a volunteer income tax assistant and food drive coordinator," said Goolsby.

Cardona is an active Coffee County Habitat for Humanity board member – attending monthly meetings to assist with the business of the county unit.

In addition to the many hours devoted to obtaining property and raising funds, Cardona actively recruits volunteers and joins them, on many weekends, during the home building process, said Goolsby.

He is also a member of the Enterprise Civitan Club, and last year helped in the partnership with Habitat for Humanity for an auction fundraiser – raising $6,500.

"He helped everywhere from raising money by selling Vidalia onions, Boston butts and ribs, to being actively involved in the club's annual dinner auction," said Goolsby.

He also volunteered time, energy and enthusiasm for Enterprise City Schools to improve the lives of the students and enhance the schools' environment, continued Goolsby.

According to Goolsby, his past activities at the schools include tutoring, teaching a second language, raising money, creating a school newsletter, planting a garden, heading a Box Tops for Education Program, coordinating school field trips, participating in school physical education events, coordinating scientists and subject matter experts to brief students on science-and technology-related subjects, providing scholarship information and guidance to prepare students for college, and working concessions and ticket stands, as well as the doors at events.

"His primary volunteer work with the Enterprise City Schools last year was being the liaison of the Enterprise Civitan Club to the Enterprise High School Junior Civitan Club," she said.

"The club was very active in 2013, and he attended monthly meetings, coordinated club activities and ceremonies with outside entities," she continued. "His contributions were essential to the club being awarded Honors Club of Distinction, an Environmental Awareness Campaign, the Social Causes Awareness Campaign, Junior Civitan Online Banner Patch Award and Junior District Officer of the Year."

Cardona added that people can learn a lot from volunteering, and that the most important gift a parent can give to a child is the gift of instilling selfless service.

"You not only acquire new skills and meet people that have the same passions that you do, but you recognize that there are individuals living in our communities that constantly struggle to make ends meet, and that by our actions we can make a difference in their lives," he said.

Reality: Alcohol, drug abuse affects more than Soldiers

Continued from Page A1

The show will run Tuesday and Wednesday during three separate times: 8-10 a.m., 10 a.m. to noon and 1:30-3:30 p.m., at the post theater, and is available to Soldiers, Army civilians, military spouses, retirees and college-age military Family members.

"It's an outstanding message that they are telling and I'm happy that we can finally train a two-hour block that won't just be slide after slide of PowerPoint presentation," said Lynn O'Brien, ASAP prevention coordinator. "This type of training is just years ahead of other types of training because of the interactivity that the (comedians) have with the audience members. It's captivating.

"The interaction is what is key about this performance because it keeps the audience engaged, gets them up and relates to them," she continued. "It doesn't even seem like training because they talk about things that are relatable to their audience, and that's a good thing because it's hard to reach a target audience that you can't identify with, but these guys can."

The comedy duo uses comedy to captivate their audience, but also highlights the importance of alcohol and drug awareness, and the affect it has on others, said O'Brien.

This will be the second time the installation has hosted this type of unconventional training, but this time is different in that the show will be able to reach a larger audience.

"The event we offered in December was just a small opportunity that we fell onto by chance, and we didn't have the chance to give it the widest distribution," said the ASAP prevention coordinator. "This time, we were able to book them, and we're finally going to be able to reach the audience that we need to with a message that will be entertaining and isn't preachy."

ASAP was able to conduct a survey of about 100 people from the previous performance, and O'Brien said the responses were overwhelmingly positive, so it was no question whether to bring the show back to the installation.

"The message really reached the audience, so now we're able to get this performance in advance for the whole installation to be able to attend," she said. "The coordination has really come together and we're almost at capacity. I think this will be our best one yet."

This time around, O'Brien said she wanted to include military spouses and college-age military Family members because alcohol and drug abuse is not something that only Soldiers encounter.

"The reason we wanted to include college-age Family members is because it's not a question of if they will encounter alcohol or drugs, but when, and we want to advocate responsibility to them," she said. "A one-time try from a curious person could land them into an addiction for life that they could possibly not be able to overcome without professional help, and that's something we want to help prevent."

Not only does the show provide a positive message that has the potential to save lives, but it also fulfills required training hours for Soldiers and DA civilians.

Army regulation requires that active-duty Soldiers have a minimum of four hours of drug and alcohol prevention training, and DA civilians are required two hours, said O'Brien.

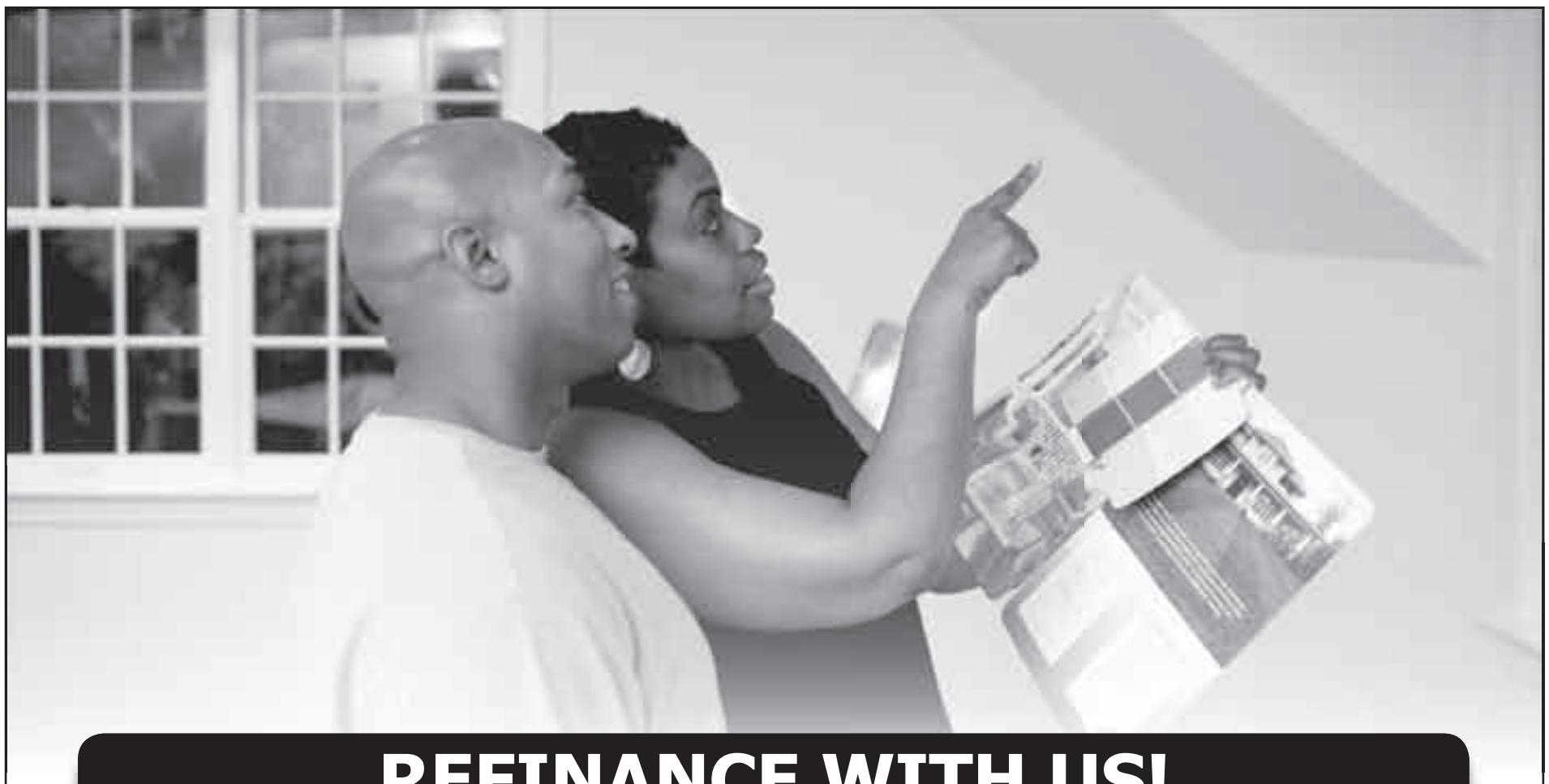
"If you're a DA civilian, you will meet your annual requirement in one training course, and if you're active-duty military you will meet 50 percent of the required training, so you can get a lot of it out of the way," said the prevention coordinator.

Admission is free, but seating is limited, so people should register to get a seat, she said. Also, besides just seating and controlling the environment, registering ensures that people get the appropriate training credit that they need.

"This is just a great way to teach people to be aware of what their surroundings are and to be smart about the choices they make," said O'Brien. "People should register to come out, but we wouldn't turn anyone away. We will gladly seat people if we have the seats available, but they're filling up fast."

To register, email Rebecca.l.obrien10.civ@mail.mil.

Download our online PDF edition at www.armyflier.com.



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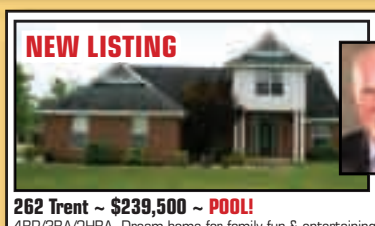
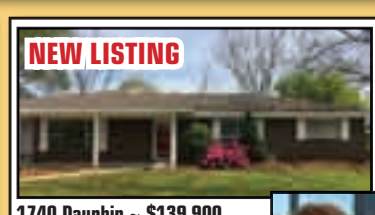
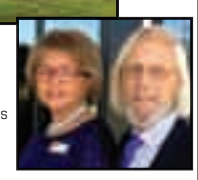


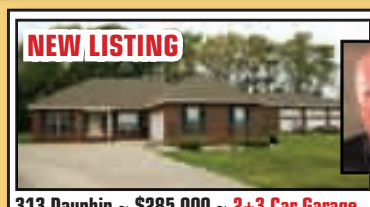
NEW LISTING

262 Trent ~ $239,500 ~ POOL!
4BR/3BA/2HBA. Dream home for family fun & entertaining! Foyer, formal dining extra closet. Cozy living area with gas log fireplace. Eat-in kitchen with breakfast bar. Bonus room could be used as office or den & has private exit to deck/backyard. Master suite downstairs & 3 additional bedrooms upstairs. One upstairs bedroom has private access to full bath & huge walk-in closet, would make a great playroom or teenagers dream bedroom! Sunroom, inground salt pool & patio. **BOB KUYKENDALL 369-8534** *MLS# 20140623*

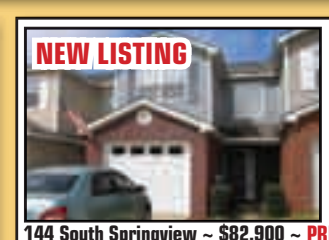
NEW LISTING

1740 Dauphin ~ $139,900
This property is ready for you, please don't miss it. The owners did all the updates with LOVE, new flooring, new kitchen counter tops, ceiling fans & lot's more!!! Large backyard with workshop. **FRAN & DON KALTENBAUGH 790-5973**
MLS# 20140638



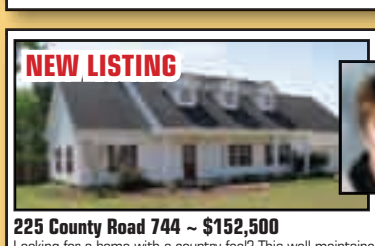
NEW LISTING

313 Dauphin ~ $285,000 ~ 2+3 Car Garage
3BR/2BA brick home with open floor plan. Formal dining room, eat-in kitchen & breakfast area. Master bath with whirlpool tub, double vanity, separate shower & walk-in closet. Spacious living room has gas fireplace. Gorgeous decorator colors & molding throughout, trey ceilings in living room & master bedroom. Nice neighborhood. Large detached brick garage/work shop with 3 garage doors (with openers) & a finished office/man cave with electricity, full bath & cable-in!!!! **BOB KUYKENDALL 369-8534** *MLS# 20140638*



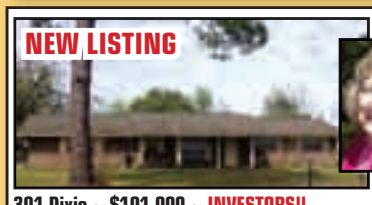
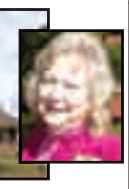
NEW LISTING

144 South Springview ~ $82,900 ~ PRICED TO SELL!
OPEN HOUSE SUNDAY 2-4!!!
Super clean 2BR/2.5BA townhouse in great community complete with clubhouse & pool. Minutes from Ft Rucker. Updated kitchen with all appliances to include washer & dryer. New "wood look" tile, carpet, fresh paint & 2" faux wood blinds throughout. **SAM HELMS 798-3357. DIRECTIONS:** Dunwoody Subdivision: Rucker Blvd toward Ft Rucker, right on Freedom Dr., right on Hampton, left of S Springview, home on right. *MLS# 20140647*



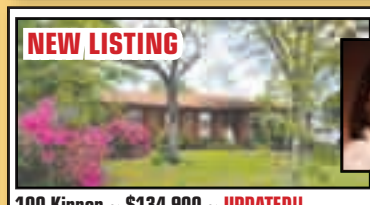
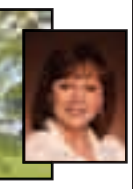
NEW LISTING

225 County Road 744 ~ $152,500
Looking for a home with a country feel? This well maintained 3BR/2BA house if for you. Enjoy sitting in your rocking chair on the spacious front porch, have your own veggie garden or simply enjoy private back yard. Cul-de-sac street just minutes from Ft Rucker, restaurants & shopping. **SAM HELMS 798-3357** *MLS# 20140650*

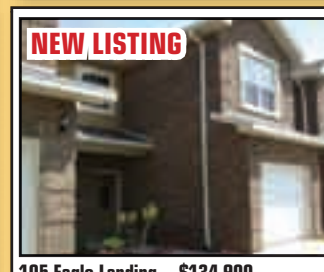
NEW LISTING

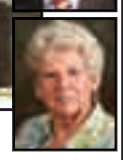
301 Dixie ~ $101,000 ~ INVESTORS!!
House with pool on the way to Ft Rucker.
ANGIE GOODMAN 464-7869 &
AGNES KARVONEN 406-9752
MLS# 20140655

NEW LISTING

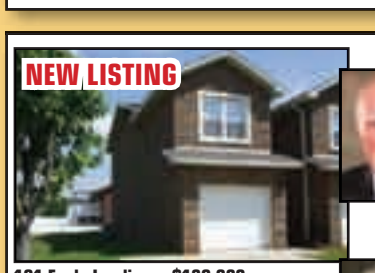
100 Kinnon ~ $134,900 ~ UPDATED!!
Updated home in an established neighborhood convenient to Hillcrest Elementary & Dauphin Jr High. Over 2,200 sq ft, 4BR/2BA, great updated kitchen with pull out pantry & granite countertops. Island can be repositioned as you choose. Living room being used as dining room & eat-in kitchen has room for table & chairs also. 1-car garage has been enclosed for playroom & storage & can be easily converted back into a garage. Wonderful, cozy family room with wood burning fireplace. 2-story barn has electricity & is plumbed for a bathroom. New roof in 2008. **JAN SAWYER 406-2393** *MLS# 20140669*





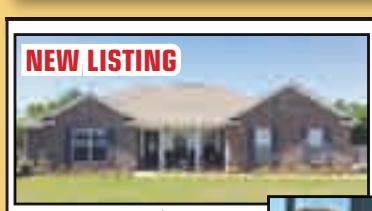
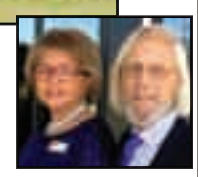
NEW LISTING

105 Eagle Landing ~ $134,900
NEW CONSTRUCTION!
Enjoy the comfort of this spacious, newly constructed brick townhome. Each bedroom has its own full bath. Lawn care, pool & club house are all included in HOA. **BOB KUYKENDALL 369-8534 & AGNES KARVONEN 406-9752** *MLS# 20140676*



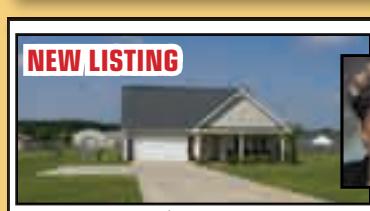
NEW LISTING

101 Eagle Landing ~ $130,000
NEW CONSTRUCTION!!
Beautiful end, brick townhome with extra parking pad. Enjoy evenings on the balcony off the master bedroom. Each bedroom has the convenience of full bath & walk-in closets. **BOB KUYKENDALL 369-8534 & AGNES KARVONEN 406-9752** *MLS# 20140673*

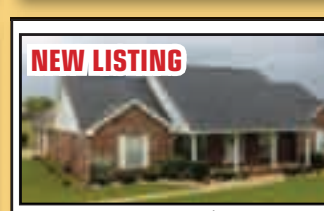
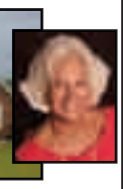
NEW LISTING

407 Homestead ~ $249,900
4 BEDROOMS!!
Like new condition. 4 large bedrooms, 3 full bathrooms & a large lot. 5 minutes from Ft Rucker gate. **FRAN & DON KALTENBAUGH 790-5973** *MLS# 20140728*



NEW LISTING

51 Highway 167 ~ $199,900 ~ 1.5± ACRES!!
Country living convenient to town. Nearly new on approximately 1.5 acres. Wonderful open floor plan. Extra-large workshop with garage door opener & covered patio. **PAT LEGGETT 406-7653** *MLS# 20140726*

NEW LISTING

876 County Road 722 ~ $237,000
Don't pass this up because this home offers the best of both worlds, country style living & only 10 minutes from town. Beautiful 4BR/2BA brick home sits on 1.81± acres. Enjoy relaxing on the front porch in your rocking chairs rain or shine. Your front door leads in to a large foyer & grand living room with crown molding, tray ceilings & a beautiful gas log fireplace, perfect for entertaining. French doors provide access to the covered patio. This home features all new hardwood. **EVELYN HITCH 406-3436** *MLS# 20140701*

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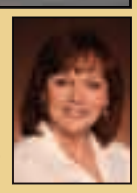
156 COUNTY ROAD 737

DIRECTIONS: *From Rucker Blvd, turn on Freedom Road. Follow around past Wakefield on the left & Hampton Place on the right. County Road 737 turns right just past Hampton Place.*



$64,900 ~ Ideal location on this great property. Sleepy Hollow, off Freedom Rd is convenient to Enterprise, Ft Rucker & Level Plains/US 84. This really well maintained 3BR/2BA would make an excellent rental property, retirement home or starter home. Kitchen has lots of counter space & cabinets, all 3 BRs have walk-in closets, there is a separate laundry room & the huge living room easily accommodates a big screen TV. Large corner lot includes 2 parcels, a shed & chain link fence for pets. **JAN SAWYER 406-2393**

144 SOUTH SPRINGVIEW

PRICED TO SELL!! ~ NEW LISTING

DIRECTIONS: *Dunwoody Subdivision: Rucker Blvd toward Ft Rucker, right on Freedom Dr., right on Hampton, left of South Springview, home on right.*

$82,900 ~ Super clean 2BR/2½BA townhouse in great community complete with clubhouse & pool. Minutes from Ft Rucker. Updated kitchen with all appliances to include washer & dryer. New "wood look" tile, carpet, fresh paint & 2" faux wood blinds throughout. Priced to sell! **SAM HELMS 798-3357**

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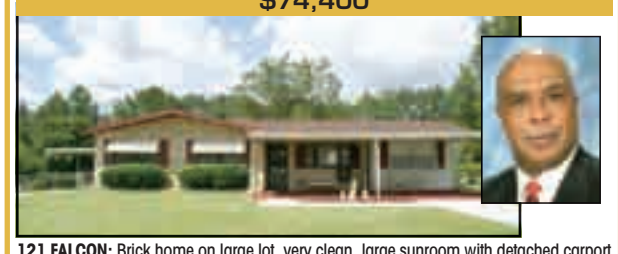
$74,400



121 FALCON: Brick home on large lot, very clean, large sunroom with detached carport & garage with office or sewing room. Well maintained. **JIMMY JONES 406-1752**

5± ACRES ~ HOUSE ~ BARN

3965 COUNTY ROAD 655 ~ $193,000: 5± acres with lovely 3BR/2BA home with large den, living room, large laundry room. Above ground pool, large deck with hot tub. Barn, workshop, outbuildings, cover for camper. Great place to live. **ANGIE GOODMAN 464-7869**

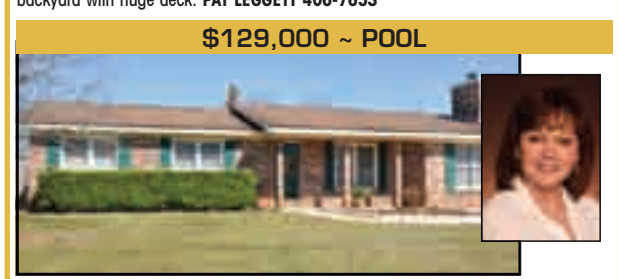
$179,000

98 NORTH EDWARDS ~ NEWTON: Small town living but convenient to Dothan, Ozark, Enterprise & Ft Rucker. Has beautiful hard floors in living room, dining room & family room. Family room has a gas log fireplace. Large kitchen with an island with sink. Heated & cooled Florida/sun room. Master bedroom has 10 ft ceilings with wide crown molding. The 2-car attached garage has front & back garage doors. **MARY JONES 790-2933**

NEW LISTING ~ 4 BEDROOM

205 WALNUT ~ $129,900: Excellent location, wonderful home, 4BR/3BA, convenient to schools, fresh paint & floor covering, some hardwood floors. Nice tree shade in backyard with huge deck. **PAT LEGGETT 406-7653**

$129,000 ~ POOL



2900 ROCKY HEAD: What a great place to call home! Remodeled 3BR/1½BA home with a 20x40 inground salt water pool. Backyard is quite an oasis in warm weather. The lot is deep & an area is available beyond the pool/patio for a garden, pet run, playground or whatever you might choose. New roof in 2007, new pool liner & salt system in 2009. Huge laundry room right off the cozy den/family room with beautiful fireplace. Tile countertops in large, open kitchen with pantry. Don't miss this one! **JAN SAWYER 406-2393**

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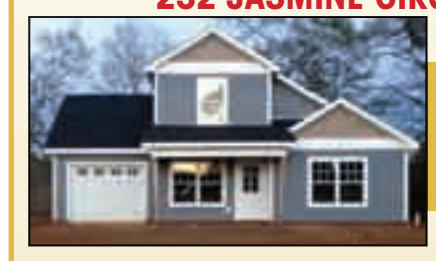
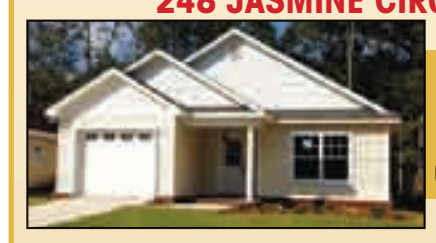
THE COTTAGES AT WOODLAND PARK: Tucked in the woods off Boll Weevil Circle. While providing privacy, they offer the convenience to schools, shopping, golf, restaurants & minutes from Fort Rucker. Security system, stainless appliances, natural gas heat/cooking/water heater, low E windows, irrigation system, 2" faux wood blinds, framed mirrors in bathroom & tray ceiling in grandroom.

NEW CONSTRUCTION
232 JASMINE CIRCLE



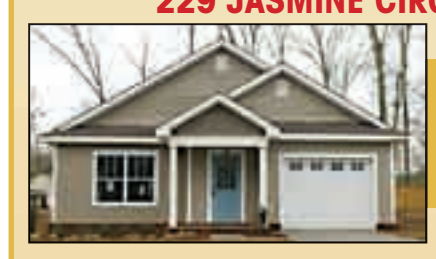
Two story
3BR/2.5BA
$165,500

NEW CONSTRUCTION
248 JASMINE CIRCLE



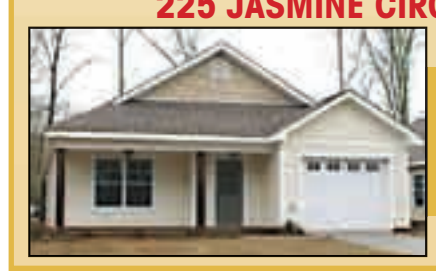
One story
3BR/2BA
$152,500
Hardwood in foyer, kitchen & grand room

NEW CONSTRUCTION
229 JASMINE CIRCLE



One story
3BR/2BA
$151,500

NEW CONSTRUCTION
225 JASMINE CIRCLE



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CH-47 Chinooks, assigned to the 160th Special Operations Aviation Regiment, perform deck landing qualifications aboard the Navy amphibious assault ship USS Peleliu (LHA 5). Peleliu is conducting sea trials in preparation for an upcoming deployment.

VICE CHIEF:

Army Aviation needs its innovators to stay

By David Vergun
Army News Service

NASHVILLE — Despite a shrinking budget and drawdown, Army Aviation needs to retain its most valuable resource – its bold and innovative Soldiers, said the Army's vice chief of staff.

Those Aviators are preparing the Army for its next fight, said Gen. John F. Campbell during his keynote address May 5 to the Army Aviation Association of America, opening its two-day 2014 Mission Solutions Summit at the Gaylord Opryland Hotel.

"While we may get smaller, we cannot sacrifice readiness and innovation," Campbell continued, citing innovations that occurred after past wars during drawdowns.

Two of Army Aviation's important developments, the Black Hawk and Apache helicopters, occurred in the years following Vietnam.

PHOTO BY DAVID VERGUN

Army Vice Chief of Staff Gen. John F. Campbell, who delivered the keynote address to the two-day Army Aviation Association of America 2014 Mission Solutions Summit at the Gaylord Opryland Hotel in Nashville May 5, awards the Quad A Outstanding Aviation Unit of the Year Award to the 160th Special Operations Aviation Regiment, the Night Stalkers, for innovation and courage. Accepting the award were Col. John R. Evans Jr. (center), CW5 Ivan S. Murdock (right) and Command Sgt. Maj. Gregory M. Chambers (left).

Campbell said the Army needs to retain its leaders and innovators, like retired Army CW5 Stephen L. Davidson, who developed night vision goggles. Davidson also developed new tactics and techniques for more effective armed scout helicopter operations from sea-based platforms in the Persian Gulf during the "tanker wars."

Quad A will be inducting Davidson into its Hall of Fame during this year's Quad A Summit.

The Army can't rest on its laurels, and must continue to adapt and innovate to stay three steps ahead of potential adversaries, Campbell continued.

"We must change in order to maintain the tactical overmatch necessary to remain the greatest Army and the greatest Aviation force in the world," he said.

Leaders need to step up and lead the way as the Army transitions its armed reconnaissance mission from the Kiowa Warrior to the Apache attack helicopters,

SEE INNOVATORS, PAGE B4

CUTTING EDGE

Aviators eager to witness birth of Future Vertical Lift

By David Vergun
Army News Service

NASHVILLE — Pilots want to fly it, mechanics want to maintain it, but no one knows for sure what the Future Vertical Lift aircraft will look like or what its characteristics will be once it cracks its shell and hatches.

But there's one thing Soldiers are sure of: The Future Vertical Lift will be Army Aviation's golden egg.

As of now, it's in the embryonic stage of development, and like happy parents, Army Aviators were excited to talk May 6 about their nascent conceptual flying machine at the two-day 2014 Mission Solutions Summit of the Army Aviation Association of America.

FVL's banal program name – the Joint Multi-Role helicopter program – belies the advanced capabilities it promises to deliver. The hoped-for features will be enough speed, lift, lethality, range, survivability and low sustainment costs to replace the already aging fleet of Black Hawk and Apache helicopters. A heavy version could replace the Chinook.

While the Black Hawk, Chinook and Apache are continually getting upgrades, it's the same old 1960s technology airframe underneath all those bells and whistles. With FVL, it's a completely new airframe and helicopter, and the Army wants to do this right.

That delivery capability is so important to the Army that despite operating in a fiscally constrained environment, Lt. Gen. James Barclay, deputy chief of staff, G-8, emphatically declared to Aviators at Quad A that "we are committed to moving forward with the Joint Multi-Role FVL type platform."

Army Aviators are not the only ones excited to witness the hatching of FVL. Industry partners are just as eager to experience it and be called the parents.

There are now four vendors – Bell Helicopter, Boeing-Sikorsky (combined efforts), AVX Aircraft and Karem Aircraft – providing capabilities and details of their designs to the JMR-FVL, a process called initial design and risk review.

That process will conclude this summer and down-selection will begin. The down-select means two vendors will be eliminated while two move forward to build FVL demonstrators to be used through 2019, and at some point a vendor or combination of vendors will get the contract.

"It's going to be critical over the next 12 to 14 months to make sure the requirement is properly designed," Barclay said, referring to the initial design and risk review.

He added that Army Training and Doctrine Command is also examining the requirements.

SEE EDGE, PAGE B4

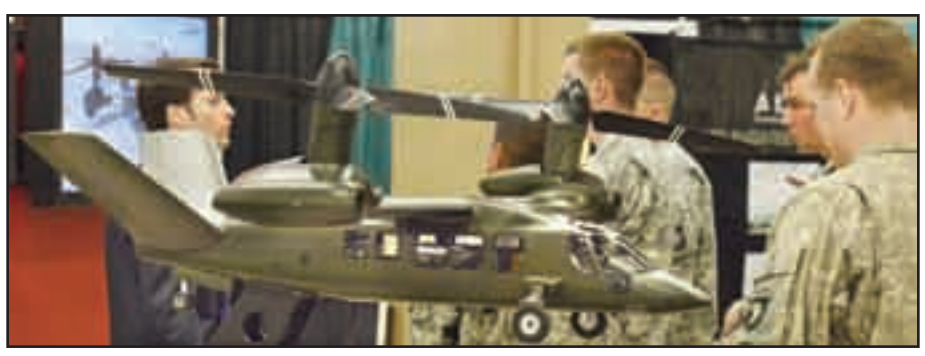

PHOTO BY DAVID VERGUN

Bell Helicopter displays its version of the Future Vertical Lift aircraft, as an industry rep talks to Soldiers during the two-day Army Aviation Association of America 2014 Mission Solutions Summit at the Gaylord Opryland Hotel in Nashville, May 6, 2014.

PHOTO BY DAVID VERGUN

Capt. Ralph Salazar, research test pilot with Army Air Medical Research Medical Laboratory at Fort Rucker, shows the new Tactile Situation Awareness System. The device is embedded with sensors that vibrate in different areas of the body if the pilot is drifting or unintentionally changing altitude.

RISING ABOVE

Aviation soars despite plummeting budget

By David Vergun
Army News Service

NASHVILLE — Army Aviation's funding is down to bare bones, but its portfolios make up the largest portion of the Army's research, development and acquisition budget, said the service's top RDA official.

Heidi Shyu, assistant secretary of the Army for acquisition, logistics and technology, spoke May 5 at the Gaylord Opryland Hotel during the 2014 Mission Solutions Summit of the Army Aviation Association of America.

Before explaining how the money will be spent, she provided a reality-check look at an important part of the budget.

In 2012, the projected RDA budget for the entire Army, including Aviation, in fiscal year 2015, was anticipated to be $32.6 billion, she said. Even with the current budget compromise, the actual RDA budget for fiscal year 2015 is now under $21 billion in the proposed budget sent to Congress.

"We had to make difficult decisions about modernization and priorities across the board," she emphasized, adding that "Aviation assets are absolutely critical enablers across the spectrum."

To give as much bang for the buck as possible, "we're being strategic and decisive in these uncertain times, focusing our resources on what matters the most," Shyu said before going into specifics about exactly what the Army is doing.

The Army is steering away from year-to-year contracts and aiming for multi-year procurement, she said. This is a "win-win" for government and industry, with the Army getting up to 15 percent or more discount for multi-year and industry partners getting more stability for their workforce and predictable funding, part of which they can then reinvest

SEE AVIATION, PAGE B4

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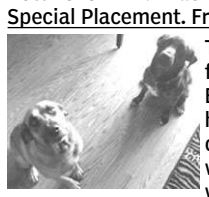

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Innovators: Cooperation aids UAS growth, success

Continued from Page B1

teamed with unmanned aircraft, he said.

"It's never been about the systems, it's about the people," Campbell continued. "We need our best pilots to stick with the Army through this transition, even if it means having to change aircraft."

Industry partners, many of whom are former Army Aviators, also need to stay in the fight, Campbell said.

The press commonly criticizes the military acquisition and military-industrial complex as "slow and unresponsive. But when we work together and put our minds to it, we can accomplish anything," Campbell said.

For example, he cited the rapid introduction of the common missile warning system in 2005. This system went from nonexistent to fielding in 18 months and "it's been credited with saving countless lives," he said.

The cooperation between Army and industry has also resulted in the unmanned aircraft system fleet, increasing from just 45 in 2001 to more than 7,500 today, he said, adding that 90 percent of UAS missions flown were in direct support of combat missions.

"Unlike the other service, we do not see manned and unmanned aircraft in competition, but rather in cooperation for a common goal from the corps down to the squad level," Campbell said.

Success of the UAS program also should go to Army civilians who have been at the forefront of innovation, he said, people like Richard W. Kretzschmar, deputy project manager, Unmanned Aircraft Systems Project Office, U.S. Army Program Executive Office, Aviation, Redstone Arsenal.

Kretzschmar managed the development, production, testing, fielding and sustaining of the Army's entire UAS fleet, as well as its Ground-Based Sense-and-Avoid system and other programs.

He also led development of a number of recent innovations, "all of this during a year when there was a freeze in civilian pay and furloughs," Campbell added.

Campbell awarded him the Joseph P. Cribbins Department of the Army Civilian of the Year Award following the keynote address.

Two weeks ago, Campbell said he visited Afghanistan where he saw "the incredible work Army Aviation is doing, flying in the harshest conditions imaginable to man."

Too often, Soldiers take Army Aviation for granted, he said, citing 207 Distinguished Flying Crosses awarded to Army Aviators since Sept. 11, 2001, for actions in Afghanistan and 118 for actions in Iraq.

Aviation: Divestment key to Army resource conservation

Continued from Page B1

into research and development.

For example, multi-year contracts are now being used to modernize Black Hawk and Chinook helicopters with things like cockpit digitization and improved turbine engines, she said.

Divestment is another strategy being used to free up dollars for mission-critical systems.

The Army is on a fast track to divest its aging systems, such as many of its single-engine aircraft, which have high sustainment costs, she said. Plus, they're no longer needed from a tactical or strategic sense.

Resetting aircraft from Afghanistan is eating a lot of the budget. Resetting an aircraft takes three years from the time it leaves theater. Funding to do this depends on getting continued overseas contingency operation funding from Congress. Any shortfalls in OCO funding will affect this effort, she warned.

This fiscal year, the Army will reset 270 aircraft, and next fiscal year, will reset 252, she added.

Modernization of existing platforms to increase capabilities through incremental upgrades takes another chunk of money. "This is where the bulk of Aviation dollars will be spent this FY," she said.

For example, the Improved Turbine Engine Program is a great leap forward to the next-generation engine, which will reduce fuel consumption 25 percent, increase performance, improve reliability and lower maintenance by 35 percent, she said. ITEP also will increase engine life by 20 percent and decrease horsepower-to-weight ratio by 65 percent.

Another slice of the budget is new capabilities. "This is where we're taking some risks," she said. The aim is to "not start new programs we cannot afford to finish."

While there's some risk involved, they are calculated, she said, giving specific examples.

The Army is investing in systems like the Joint Air Ground Missile. "JAGM will enable us to counter moving targets as well as increase lethality," she said.

Another, the Air Crew Integrated Helmet System, is made from a high-performance, advanced-composite material that will increase protection, while being 20 percent lighter in weight, she said.

The helmet system also includes laser eye-protection visors, as well as a communication enhance-and-protection system, which allows a dismounted aircrew to hear and localize sounds while off the aircraft and during escape-and-evade actions, she said. The system also includes new facial shields that protect the aircrew from ballistic threats.

Edge: Future Vertical Lift aircraft vital to Aviation, Army

Continued from Page B1

That effort and follow-on efforts with the demonstrators will take a lot of resources and some risk as well, said Keith Flail, a program director with Bell, although he added that the government will share 50 percent of the cost.

Flail had a small mockup and a full-size mockup set up in a huge exhibit hall in the basement of the Gaylord Opryland Hotel. Soldiers and others flocked to the FVLs, although most of the older pilots realized they'd probably never fly one because of the lengthy design, test and procurement process.

PHOTO BY DAVID VERGUN

Abe Karem, president of Karem Aircraft, is shown here beside the Karem Future Vertical Lift aircraft mockup at the two-day Army Aviation Association of America 2014 Mission Solutions Summit at the Gaylord Opryland Hotel in Nashville May 6.

The other vendors were there in the big basement, as well, with their mockups and industry reps, including Abe Karem, president of Karem Aircraft.

He said the competition among vendors was friendly, preferring to call them "candidates."

Karem said he thinks FVL will be in Army Aviation units starting in 2030.

Barclay, however, was not as optimistic.

Adding several qualifiers to his remarks, Barclay said, "From my perspective, I think it's going to be somewhere probably in the mid- or late-30s as we move forward. I don't think that timeline is changed. We kind of played with the 2030 mark on the wall, but I think we've always kind of been honest with ourselves with 2035 to 2040 timeframe at looking at that next piece of Aviation future."

Barclay has seen enough programs and systems go through the process to realize that things don't just happen overnight.

But another Aviator disagreed vehemently with Barclay, albeit in a friendly fashion.

"We're shooting for late 20, early 30 on future vertical lift," said Brig. Gen. Michael Lundy, commanding general, U.S. Army Aviation Center of Excellence and Fort Rucker, speaking in the session that followed Barclay's.

"I've got the bully pulpit, so I can throw that one out," he added in jest.

But he was not joking about how vital FVL is, not just for Aviation, but for big Army.

With passion, he said, "I understand we've got fiscal constraints, but we've got to shorten the acquisition cycle. There's lots of mature technology out there right now that we can get to FVL early.

"So we'll look at requirements, take it through the joint community," he continued, "but we've got to move faster on it, figure out solutions to get our feet in the water, because if we don't get our feet into the water, it's going to die, in my opinion."

IRON MAN
Special Operations Command leads development of suit

Story on Page C3

MAY 15, 2014

PHOTO BY SARA E. MARTIN

Children play with the water cannons at the Splash! Spray Park last year. Splash! is now open on the weekends and opens Wednesdays-Mondays starting May 26.

SPLASH! Park, Lake Tholocco open up as Rucker welcomes SWIM SEASON

By Nathan Pfau
Army Flier Staff Writer

Summer is on its way and Fort Rucker is getting ready to officially open swim season.

With swim season about to kick off, the Directorate of Family, Morale, Welfare and Recreation wants to make sure that people on the installation know where they can and can't swim, as well as to keep safety in mind before they hit the water, said Amanda Orduno, DFMWR aquatics manager.

> "Safety is first and foremost."
>
> — AMANDA ORDUNO
> DFMWR AQUATICS MANAGER

Splash! is one of Fort Rucker's most well-known swim spots, and it's finally open for the season. Currently only open weekends from 11 a.m. to 5 p.m., the park will open six days a week from May 26 to Aug. 3, Wednesdays-Mondays.

"Splash! is the biggest recreational pool that we have and we've got a lot of recreational aspects there for Families," said Orduno. "We've got the spray park for the kids, a flume slide, a rock wall and a diving board. We've also got the Tiki Bar for the adults, too."

Splash! is now open to the public and admission is based on military or civilian status. Season passes are also available, as well as pool party reservations.

For more information, call 255-9162.

Another outdoor pool that will be opening for the summer is Flynn Pool, an outdoor 50-meter pool that will only be open for military physical training, fitness programs and swim classes, starting May 26.

Flynn Pool is not open to the public and is for military ID card holders only. As the outdoor pool opens, the indoor pool at the Fort Rucker Physical Fitness Center will close until Aug. 3.

West Beach at Lake Tholocco is Fort Rucker's largest and most popular summer recreational swim area, said Orduno, and will officially open for the summer during Lake Fest Saturday, which will run from noon to 6 p.m.

After the weekend festivities, West Beach will open Fridays-Tuesdays from 11 a.m. to 6 p.m. starting May 24 through Aug. 5., and is open to the public. Admission is based on age: 2 and younger is free, ages 3-9 is $1.50, ages 10-17 is $2.25, and ages 18 and older is $3.

Although fun in the sun is the name of the game when it comes to swimming recreation on Fort Rucker, Orduno stressed that safety is No. 1.

"There are no places on Fort Rucker that are swim-at-your-own-risk, and Lake Tholocco is no exception," she said. "Safety is first and foremost."

FILE PHOTO

Capt. Brandon Mace and his wife, Krissi, work the pedals of a paddle boat while their children ride on the back at a previous Lake Fest on Lake Tholocco.

West Beach at Lake Tholocco is the only place that people are authorized to swim in the lake, and Lake Tholocco is the only lake on the installation that people are authorized to swim.

Lifeguards are stationed at all authorized swim locations during operating hours, so swimming is not authorized during off-duty hours, due to safety, said the aquatics manager.

Additionally, some changes have been made in regards to safety regulations when visiting Fort Rucker's swimming areas.

"Army regulation now requires that people utilizing the swimming facilities on the installation must only use U.S. Coast Guard-approved flotation aides," said Orduno. "Any that are considered blow-up devices will not be allowed at the facilities, and that is for the safety of the patrons."

U.S. Coast Guard-approved life jackets are available for children at any of the recreation facilities, so Families who don't have the proper flotation aids can have them provided, she added.

Another change to ensure the safety of Fort Rucker's patrons is the height requirements for the slides at both Splash! and West Beach.

Children must be at least 36 inches tall to ride the slides, and they must be able to swim on their own," said Orduno.

"We want to make sure that our lifeguards don't have to catch any children at the bottom of the slides because that takes their focus away from their duties of watching over the rest of the swimming area," she said. "We just want to make sure that our lifeguards can give their full attention during operational hours to make sure patrons stay safe while swimming."

For more information, call 255-9162.

Local youth earns Eagle Scout rank

Leaves mark on community by creating running, walking trail

PHOTO BY NATHAN PFAU

Nathan Pool, of Boy Scout Troop 77 Enterprise, receives a garrison commander's coin from Col. Stuart J. McRae, Fort Rucker garrison commander, after he earned his Eagle rank during a ceremony at the U.S. Army Aviation Museum Saturday.

By Nathan Pfau
Army Flier Staff Writer

Many skills are learned in the Scouts, from learning how to build a fire to building a raft, but for some, the most lasting lessons are self-discipline and leadership.

That's what becoming an Eagle Scout meant for Nathan Pool, of Boy Scout Troop 77 Enterprise, who earned his Eagle rank during a ceremony at the U.S. Army Aviation Museum Saturday.

"It really feels good because I've been working on (obtaining my Eagle rank) for a long time, so finally being able to achieve it is a great feeling," said Pool. "The process has been tough because (being in an Army Family), we've had to move around a couple times during the process, so each time I sort of had to start with a blank slate and regroup to get back to this point."

Pool, 15, has been a part of the Scouts for more than nine years since he joined the Cub Scouts as a Tiger Cub at age 6. Since then, he's gone on to earn 29 merit badges, served his troop in various leadership roles and completed a major community project on Fort Rucker for Soldiers, Families and civilians to enjoy.

Pool said becoming an Eagle Scout is something he'd always thought about and would do anything to achieve.

"I remember as a young Scout looking up to Eagle Scouts and thinking that's what I wanted to be," he said, adding that the most challenging part of the journey was organizing his Eagle project.

For his project, Pool decided he wanted to do something that would make an impression, so he set out to build a nature trail on Fort Rucker that people could enjoy for years to come.

"This project, to me, was really a big deal because now I can come back in 10 or 20 years with my Family and be able to show them that I did this," he said. "I saw that this would benefit the community and give people a way to get outside and enjoy the outdoors. To have such a lasting impression like that here on Fort Rucker is a really cool feeling."

The main trail is about three-quarters of a mile long and branches off to subsequent trails throughout the land, said Pool.

The trail also loops around a food plot that

SEE EAGLE, PAGE C6

On Post

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

FILE PHOTO

Lake Fest

Lake Tholocco will play host to the 13th annual Lake Fest at West Beach Saturday from noon to 6 p.m. The event will help to kick off summer with a day of games, swimming, vendors and inflatables, and also a sandcastle contest and volleyball tournament. The event will also feature free use of life jackets, canoes and paddle boats. Admission is free and the event is open to the public.
For more information, call 255-1749.

Newcomer's Welcome

Army Community Service hosts the Newcomers Welcome Friday from 8:30–11 a.m. at The Landing. Active duty military, spouses, foreign students, Army civilians and Family members are all encouraged to attend the event. A free light breakfast and coffee will be served. For free childcare, register your children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the event.

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

Spring Fling Skate Night

When school finally lets out, Mr. DJ will turn it up at the Fort Rucker School Age Spring Fling Skate Night, Friday in the school age center gym. Safety skate will take place 6:15-7:15 p.m. with a $2 admission charge. Regular skate will take place 7:30-9:30 p.m. with a $5 admission charge. This event is open to child, youth and schools services-registered members only. There will be door prizes and refreshments.

For more information, call 255-9108.

Let the Good Times Roll

The Fort Rucker Youth Center will hold a roller skating event, Let the Good Times Roll, Saturday from 5-10 p.m. in the school age center gym. The event is open to child, youth and schools services-registered members in grades six-12 only, but members will be allowed to bring one non-registered guest. The event will feature roller skating games, food and door prizes.

For more information, call 255-2260.

Atlanta Motor Speedway tickets

Atlanta Motor Speedway offers special ticket prices to all military personnel and their Families through Aug. 12 at Fort Rucker Leisure Travel Services. The race will take place Aug. 29-31. Available tickets will be for the NASCAR Nationwide Series Qualifying, NASCAR Nationwide Series Race and the NASCAR Sprint Cup Series Race. Service fees may apply. All sales are final and no refunds or exchanges are given.

For more information, call 255-2997 or 255-9517.

International spouses get together

Army Community Service will host its International Spouses Get Together May 23 at 9 a.m. in the Allen Heights Community Center to help those who may need help understanding the American culture and military life. Spouses can meet other spouses from other countries, and gain support and knowledge with finding the resources for obtaining U.S. citizenship, education, drivers licenses and more. Multilingual volunteers are available.

For more information, call 255-3735.

Baby sign language class

The Fort Rucker New Parent Support Program, and Alabama Institute for the Deaf and Blind will host a free baby sign language class May 22 from 9-11 a.m. at The Commons. The class will teach expectant parents, and those with young children, how to communicate with their child and avoid frustration associated with language development. Pre-registration is required by Monday. Space is limited to the first 15 participants to register. The class is open to active-duty and retired military, Department of Defense employees and their Family members.

For registration, childcare and more information, call 255-9647.

Summer reading program registration

Registration for the Center Library's summer reading program, "Paws to Read," will take place May 27-June 20. To take part, children must be completing grades kindergarten through ninth, and parents or children must have a Center Library membership. Registration must be completed by close of business June 20.

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

Right Arm Night

The Landing Zone will host Right Arm Night May 29 from 4-6 p.m. Right Arm Night is an Army tradition, promoting a night of camaraderie and esprit de corps as leaders come together and treat those who help them accomplish the mission. Complimentary appetizers will be served while supplies last. Right Arm Night is held every month, and both military and civilians are welcome. For more information, call 598-8025.

Get REAL

Army Family Team Building will host its free workshop, Get REAL – Rucker Experience Army Learning – May 30 from 8:30 a.m. to 2:30 p.m. at The Commons in Bldg. 8950. The workshop, designed to help clear up confusion about Army life, includes information on topics that include: acronyms, Army customs and courtesies, military ranks, community resources and more. Advanced registration is required and it is open to active-duty and retired military, Department of Defense employees and their Family members.

For registration, childcare and more information, call 255-9637.

Today's Mom Nutrition Workshop

The Fort Rucker Family Advocacy New Parent Support Program is partnering with the Expanded Food and Nutrition Education Program - Alabama Cooperative Extension System to host Today's Mom, a four-class nutrition workshop Thursdays in June from 9-10 a.m. at The Commons, Bldg. 8950. The event is designed for people who are pregnant or expecting to have a baby in the future. Topics covered will include food safety, healthy eating, dealing with pregnancy discomforts and feeding baby, and the event will also feature free take home items at each class, games and recipe tastings. The workshop is open to active duty and retired military, Department of Defense civilian employees and their Family members. People must pre-register by June 2, and space is limited to the first 15 participants to register.

For registration and childcare information, call 255-9647 or 255-3359.

Financial readiness training

Army Community Service will host financial readiness training June 6 from 7:20 a.m. to 4:15 p.m. at the Soldier Service Center, Bldg. 5700, in Rm. 284. Personal financial readiness training provides a practical approach to help Soldiers manage their money more effectively. The training is required for all first-term junior enlisted Soldiers (E-1 through E-4). Spouses are welcome to attend.

For more information, call 255-9631 or 255-2594.

DFMWR Spotlight

FORT RUCKER Movie Schedule for May 15 - 18

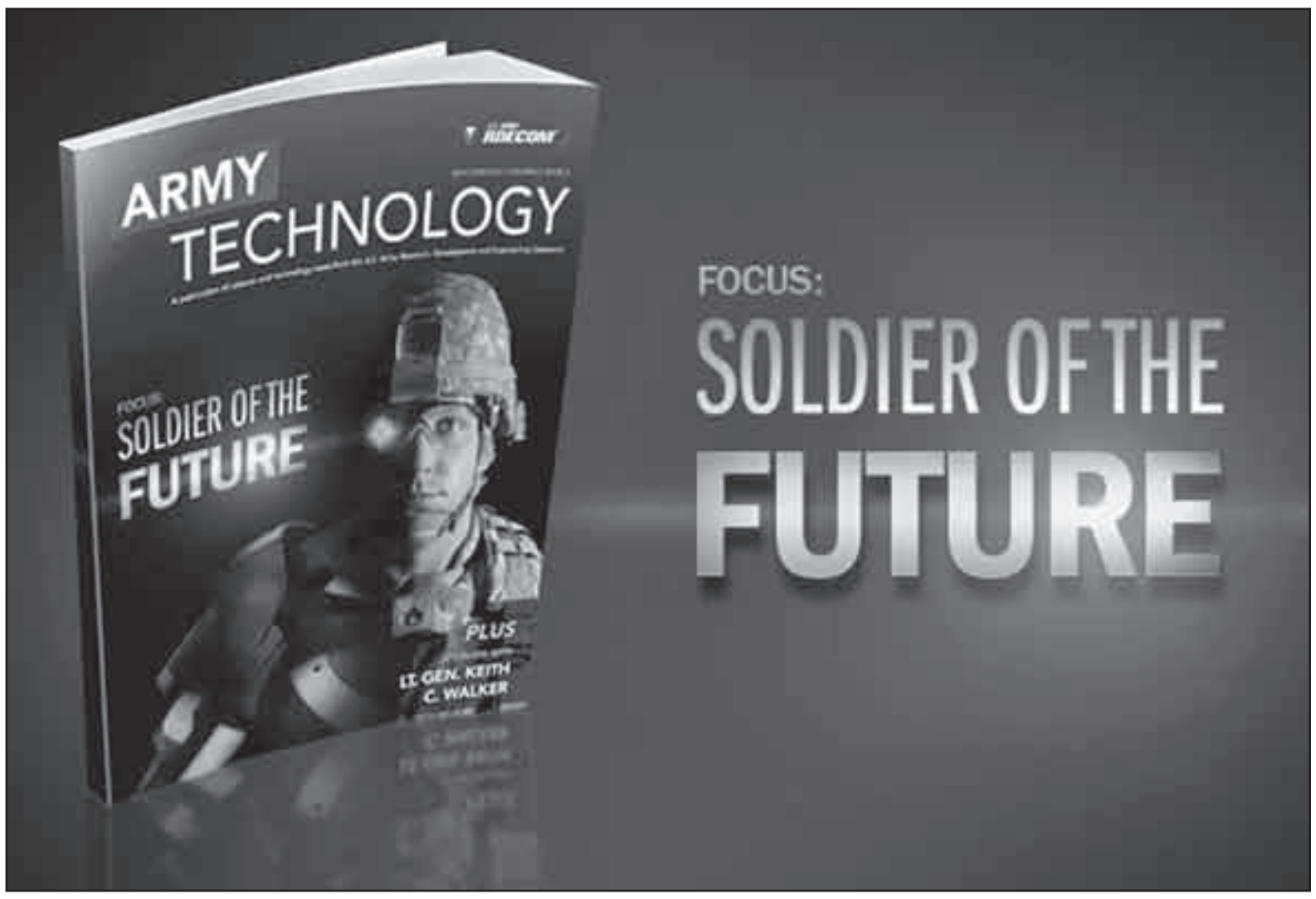
Thursday, May 15	Friday, May 16	Saturday, May 17	Sunday, May 18
Tyler Perry's Single Moms Club (PG-13) ....7 p.m.	Divergent (PG-13) ....7 p.m.	Draft Day (PG-13) ....7 p.m.	Heaven is For Real (PG) ....2 p.m.

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

IRON MAN

Special Operations Command leads development of suit

By Donna Miles
American Forces Press Service



COURTESY PHOTO

The May/June 2014 issue of Army Technology Magazine focuses on the Soldier of the future. Download the current issue by visiting http://usarmy.vo.llnwd.net/e2/c/downloads/343461.pdf.

ABERDEEN PROVING GROUND, Md. – The U.S. Special Operations Command is using unprecedented outreach and collaboration to develop something special with revolutionary capabilities.

The Tactical Assault Light Operator Suit is the vision of Navy Adm. William H. McRaven, SOCOM's commander. He challenged industry and defense representatives at a SOCOM conference in May 2013 to come up with the concepts and technologies to make the suit a reality. The goal is to offer operators better protection, enhanced performance and improved situational awareness.

McRaven spoke more recently at a February National Defense Industry Association Special Operations/Low Intensity Conflict symposium in Washington, D.C.

"The TALOS program is a collaboration of efforts," McRaven said. "We are teaming with 56 corporations, 16 government agencies, 13 universities and 10 national laboratories. We are leveraging the expertise of leading minds throughout the country to redefine the state of the art in survivability and operator capability.

"This innovative approach brings together the brightest minds in a national effort and we are already seeing astounding results in this collaboration. If we do TALOS right, it will be a huge comparative advantage over our enemies and give our warriors the protection they need in a very demanding environment."

Exactly what capabilities the TALOS will deliver is not yet clear, explained Michael Fieldson, SOCOM's TALOS project manager. The goal is to provide operators lighter, more efficient full-body ballistics protection and super-human strength. Antennas and computers embedded into the suit will increase the wearer's situational awareness by providing user-friendly and real-time battlefield information.

Integrated heaters and coolers will regulate the temperature inside the suit. Embedded sensors will monitor the operator's core body temperature, skin temperature, heart rate, body position and hydration levels. In the event that the operator is wounded, the suit could feasibly start administering the first life-saving oxygen or hemorrhage controls.

Fieldson admitted that the analogy to the suit that the Tony Stark character wore in the "Iron Man" movies may be a bit of a stretch. The TALOS, for example, isn't expected to fly.

But beyond that, there's little that Fieldson – or anyone else at SOCOM – is ready to rule out.

In a departure from past practices of introducing new products piecemeal, adding bulk and weight to operators' kit, the TALOS will be a fully integrated "system of systems," Fieldson said. To offset the weight of computers, sensors and armor that make up the suit, operators will have an exoskeleton – a mechanism that carries the brunt of the load.

"The intent is to have this fully integrated system, so you can provide the most capability at the lowest impact to the Soldier," Fieldson said. "We think there is some efficiency to be gained if all the equipment is fully integrated as opposed to different components that are simply assembled on the human."

Keeping the systems and the exoskeleton powered will require more than today's batteries can deliver. So, along with the TALOS technologies, SOCOM is calling on the scientific and technical community to come up with reliable and portable power sources.

"We are really looking at stretching the bounds of science and technology," Fieldson said.

That's led SOCOM to reach out to partners within DOD as well as industry and academia for help in pushing today's technological limits.

The command is working with the Defense Advanced Research Projects Agency, as well as U.S. Army Research, Development and Engineering Command centers like Natick, Mass., and the Army Research Laboratory in Adelphi, Md., among other DOD organizations, to tap into projects already under way.

DARPA, for example, is making headway on its Warrior Web project, designed to boost troops' stamina and carrying capacity without sacrificing speed or agility. The concept includes a lightweight undersuit that would augment the efforts of the wearer's own muscles.

"Many of the individual technologies currently under development show real promise to reduce injury and fatigue and improve endurance," said Lt. Col. Joseph Hitt, DARPA's Warrior Web program manager. "Now we're aiming to combine them – and hopefully some new ones, too – into a single system that nearly every Soldier could wear and would provide decisive benefits under real-world conditions."

The Natick lab is busy identifying high-technology armor and mobility technologies with plans to integrate them into a first-generation TALOS system ready for demonstration by the end of June, reported Greg Kanagaki, project engineer for Natick's Unmanned Equipment and Human Augmentation Systems Team.

Natick personnel also are serving as subject-matter experts for the TALOS project, particularly in the areas of mobility, human performance and thermal management, Kanagaki said.

> "We are really looking at stretching the bounds of science and technology."
>
> — MICHAEL FIELDSON
> SOCOM TALOS PROJECT MANAGER

Meanwhile, RDECOM officials say their programs have a direct application to TALOS as well.

"[The] requirement is a comprehensive family of systems in a combat armor suit where we bring together an exoskeleton with innovative armor, displays for power monitoring, health monitoring, and integrating a weapon into that – a whole bunch of stuff that RDECOM is playing heavily in," said Army Lt. Col. Karl Borjes, the command's science adviser.

"RDECOM cuts across every aspect making up this combat armor suit," he said. "It's advanced armor. It's communications, antennas. It's cognitive performance. It's sensors, miniature-type circuits. That's all going to fit in here, too."

SOCOM has called on the private sector, too, inviting not just its traditional industry partners, but also those who have never before worked with the command, to participate in the TALOS program.

"There is no one industry that can build it," Army Command Sgt. Maj. Chris Faris, SOCOM's senior enlisted adviser, said during a panel discussion at the command's MacDill Air Force Base, Fla., headquarters, as reported by the Defense Media Network.

The outreach has generated a lot of interest. SOCOM's TALOS planning session this past summer attracted representatives of 80 colleges, 10 universities and four national laboratories. At a demonstration in July, 80 companies demonstrated technologies ranging from advanced body armor, some using liquids that turn solid on impact, to power supplies to exoskeleton mechanisms.

SOCOM's goal, Fieldson said, is to have a TALOS prototype within the next year and to have the suit ready for full field testing within five years. That timetable is revolutionary for the military research, development and acquisition world, even for rapid-equipping programs.

As the only combatant command with acquisition authority, SOCOM is able to accelerate the TALOS project, Fieldson explained. The command's acquisition executive and research and development staff share a building at MacDill, which he said promotes close collaboration and speedy decision-making.

"We have access that is nontraditional and that absolutely helps us," Fieldson said. "We can bounce ideas back and forth against the leadership and ensure that what we are doing makes sense. I think that is critical to trying to develop this system within the timeline we are working toward."

Also, in a departure from traditional development projects, SOCOM's Acquisition Center staff established an innovation cell to lead the effort, advised by operators and focused on transforming business processes to solve the extreme integration challenges associated with TALOS.

"Because of the technical challenges and the compressed timeline, we are going to take more ownership on the government side than we typically take," Fieldson said.

"We are going to go in and make some decisions that we sometimes rely on industry partners to make for us," he said. "That allows us to reach out to a broader audience. That way, if there is a great idea in some nontraditional organization, we can integrate it" without relying on a commercial company to do so.

"We are really changing the process," Fieldson said. "And the reason we are doing that is to try to streamline the overall effort and drive down both the cost and the schedule. That way, we get the best possible equipment to our force as quickly as possible."

Although the TALOS is initially intended for special operators involved in high-risk missions, it has implications for the conventional force as well, Fieldson said.

"We have a long history at SOCOM of developing things first and then the technology moving out to the broader force," he said. "We fully expect that to happen with this one as well. I think there will be a lot of spinoff technologies that the broader force will be able to use."

Meanwhile, McRaven remains the suit's No. 1 proponent.

"I'm very committed to this," he told industry representatives at a July planning forum. "I'd like that last operator that we lost to be the last operator we lose in this fight or the fight of the future. And I think we can get there."

Summer safety key to fun in the sun

Gulf Shores and Orange Beach Tourism
Press release

Sun, sand, surf and sea make coastal Alabama a warm and inviting hotspot for Families throughout the year, especially during the summer season.

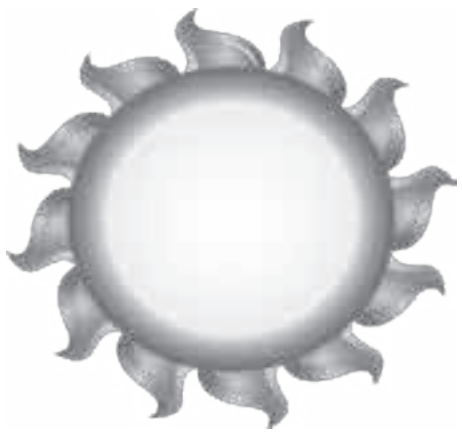
Although Gulf Shores and Orange Beach provide a prime spot for soaking up the sun and diving into an array of attractions, there are a few coastal occurrences to be aware of to make each guest's experience as enjoyable as possible.

"Many of our summer guests come back year after year, or even different times of the year for different activities," said Colette Boehm, special projects director for Gulf Shores and Orange Beach Tourism, "and some are discovering our destination for the first time. Whether they feel right at home on our beaches or they are from a land-locked area visiting for the first time, we want their stay to be a positive, memorable experience. To accomplish that, we like to remind them to keep safety in mind while they're here and to have a healthy appreciation for the wonderful natural resources we all love here."

A few tips and practices can help make each beach trip safe and sound this summer.

One of the most valuable safety tips to be aware of can be found flying along the area's beachfront – flags. The following guidelines apply to the flags on Alabama's beaches:

- **Double Red:** water closed to the public (note that the beaches remain open)
- **Red:** high hazard (high surf and/or strong currents)
- **Yellow:** medium hazard (moderate surf and/or currents)
- **Green:** low hazard (calm conditions, exercise caution)
- **Purple:** dangerous marine life



Storms and other coastal occurrences may cause dangerous conditions such as rip currents, also known as riptides. When a red flag is flying, high surf and rip currents are present. If you are caught in a current, relax as much as possible and swim parallel to the shore until you are free from the current. Note that a rip current could still be present under the surface even if the top appears calm.

While tanning is a popular beach activity, it is vital to always use and regularly reapply sunscreen during all outdoor activities. Do not be fooled by the shade of an overcast day — the sun's rays can actually be more harmful when the sky is overcast.

Hydration is a must when hanging out in the heat, and the best way to do so is to drink water and sports drinks containing electrolytes. Some beverages, especially those containing alcohol, can cause dehydration.

Coinciding with the state's motto, "Alabama the Beautiful," coastal Alabama prides itself on having clean beaches. Help keep Alabama's beaches beautiful by disposing of trash and recycling when possible.

The sand dunes covered in sea oats along Alabama's 32 miles of beachfront not only provide an excellent background for Family photos, but also provide a habitat for coastal critters such as nesting sea turtles and the Alabama Beach Mouse. Help preserve this habitat by not disturbing, walking on or littering the dunes and not picking the sea oats which hold them in place.

Orange Beach is known for some of the finest fishing on the Gulf Coast. While fishing this summer by charter, personal vessel, pier or from the beach, protect Alabama's marine life by recycling used or broken fishing line.

With the sinking of The LuLu on Memorial Day weekend, Alabama marked the map as a diving destination. When boating and fishing along the coast, be aware of dive safety rules. The State of Alabama requires divers to prominently display a dive flag and to stay within a 50-foot radius of it. Boaters are to stay at least 100 feet away from a displayed dive flag.

The coast is home to many marine creatures, including dolphins. Viewing these whimsical creatures on a dolphin cruise or even from a condo balcony or waterfront restaurant can be magical, but feeding them is harmful to their health, natural habitat and behavior. Some of the area's dolphin cruise captains are certified by Dolphin SMART, a program promoting the protection of wild dolphins. For more information on this program, visit www.sanctuaries.noaa.gov/dolphinsmart. To view a public service announcement from the National Oceanic and Atmospheric Association about not feeding these creatures, go to www.dontfeedwilddolphins.org.

Among the wonderful wildlife inhabiting the Gulf's waters are jellyfish, which can leave behind an unwelcome mark. If you encounter a jellyfish sting, there are simple solutions to take away the sting and get you back to fun and sun. As tempting as it may be, do not use fresh water or rub the affected area – that will only make things worse. Simply wash the area with salt water or alcohol to shut down the stinger and remove the nuisance with tweezers if it becomes visible.

Green, Kemps Ridley and Loggerhead sea turtles inhabit Gulf waters and nest from May 1 through Oct. 31. While volunteers with Share the Beach, a program that works to provide protection for and education about these endangered and threatened sea turtle species, monitor the nests, it is important to be aware of these creatures. To learn more about the program or to report turtle activity, visit www.sharethebeach.com.

For more information on this Family beach destination, visit www.gulfshores.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

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 on Sundays and games and TVs are available for entertainment. Open to all. Post can host parties, weddings, hails and farewells. For more information, call 598-6211, 598-1297 or 598-6211/379-9187.

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

MAY 16 — The Tri-State Community Orchestra presents "Baroque to Broadway" at the Dothan Cultural Arts Center. Admission is $12 for adults and $10 students. For more information, visit www.tristatecommunityorchestra.org.

MAY 26 — Wiregrass Area eighth annual Memorial Day Ceremony will take place at 10 a.m. at Sunset Memorial Park. All are invited to attend. For more information, call 983-6604.

ONGOING — Ballroom dancing lessons will be offered every Tuesday night at 6:30 p.m. at the Cultural Arts Center. Lessons will teach the Fox Trot, East Coast Swing, Rumba and Waltz. The cost will be $2 per person per night. For more information, call 791-9407.

ONGOING — The Tri-States Coin Club meets the third Monday night of each month at 7 p.m. in the back room of Interco Coins located at 2314 Ross Clark Circle. Described as fun for all ages, event begins with a short meeting followed by a coin auction. For more information, call 393-2376.

ONGOING — People are invited to play ultimate flying disc with the Dothan Ultimate Discers on Optimist Field on Thursdays at 7 p.m. and Sundays at 2 p.m. Described as co-ed fun for everyone from age 10 to 100 with no prior experience required. For more information, call 615-3760.

ONGOING — The Wiregrass Museum of Art hosts "First Saturday Family Day" the first Saturday of every month at 10:30 a.m. The event is recommended for elementary school aged children. For more information, visit wiregrassmuseum.com or call 794-3871.

ONGOING— Landmark Park has a reptile feeding at 4 p.m. every second Sunday of each month. Children and adults can learn why these animals are important to the environment. The program is free with paid gate admission. For more information, call 794-3452 or visit www.landmarkpark.com.

ONGOING — The Tri-State Community Orchestra rehearses every Thursday evening from 6-8 p.m. at the Dothan Cultural Arts Center. They welcome all string, brass, woodwind, and percussion players ages 16 and up. For more information, visit www.tristatecommunityorchestra.com or call 585-4903.

ENTERPRISE

NOW THROUGH JULY 15 — Sept. 12 and 13 the Wiregrass Decorative Painters Chapter is sponsoring a two-day oil painting seminar taught by Bill Bayer. The seminar will be held at the First United Methodist Church's Gathering Room. The cost is $85 per day and covers all oil paints, brushes and prepped canvases. The seminar is open to the public. Pre-registration is required and the deadline is July 15. For for information, call 393-2191 or 406-0593.

ONGOING — The American Legion Post 73 meets at the American Legion/Doer's Shrine Club building at 200 Gibson Street on the fourth Saturday of each month, beginning at 8 a.m. The building is across the street from the Lee Street Baptist Church. For more information, call post commander Jerry Goodson at 347-5961 or 447-8507.

ONGOING — Veterans of Foreign Wars Post 6683, John Wiley Brock Post membership meetings are at the post headquarters, on County Road 537, every third Tuesday of the month at 7 p.m. For more information, call Connie Hudson at 406-3077, Randy Black at 393-6499 or Bob Cooper 347-7076, or visit the VFW Post 6683 on Facebook.

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 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 — Disabled American Veterans Chapter No. 99 maintains a DAV service office in the New Brockton Police station every Tuesday and Wednesday from 10 a.m. to noon. All veteran services provided are free. For more information, call 718-5707.

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

OZARK

ONGOING — The Ann Rudd Art Center is offering free art lessons for children ages 5 and over. The Young Student class is held Saturdays from 10 a.m. to noon, and the Adult/Teen Class from 12:30-3 p.m. Slots are on a first come, first served basis. For more information, call 774-7922.

PINCKARD

ONGOING — The public is invited to the Cross Country Workshop every Sunday at 6 p.m. at the Pinckard United Methodist Church.

For more information, call 983-3064.

SAMSON

ONGOING — 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, finger foods, and refreshments.

For more information, call Janet Motes at 808-8500.

Beyond Briefs

Friday Fest

Friday Fest in downtown Panama City is Bay County's largest street festival with more than 200 show cars, 50 vendors and live bands — filling up six blocks of Harrison Avenue on the first Friday of each month from 6-10 p.m. Local shops and restaurants stay open late.

Hog Wild BBQ

The Hog Wild Backyard BBQ will take place May 17 in downtown Mobile. There will be free barbeque samples, child activities, live music and more. For more information, visit www.facebook.com/HogWildBackyardBBQ.

Fiesta Celebration

From May 18 to June 7 Families can enjoy treasure hunts, sand sculpting contests, boat and street parades, and more in Pensacola. For more information, visit fiestaoffiveflags.org.

Gate-to-Gate Run

Eglin Air Force Base's 29th annual Memorial Run/Walk will be held May 24, taking off from the start/finish line at Unity Park at 7:30 a.m. Race is open to the public. Runners, walkers and teams are invited to register at www.active.com. Cost for pre-registration is $25 through May 10 and $30 until May 16. There will be no registration available race day. Following the race, participants are invited to enjoy free food and beverages and live entertainment. For more information, visit www.wksm.com.

Blue Star Salute

May 17, Armed Forces Day, The 10th annual Blue Star Salute will be held at USS Alabama Battleship Memorial Park in Mobile. The public is invited to join in honoring those who are serving, those who have served and those who have fallen in military service.

The day's events will begin with the Alabama's Fallen Heroes Memorial 5K Run at 7:30 a.m. The opening ceremony will begin at 10 a.m. Live entertainment will be provided throughout the day along with veteran service organizations with informational booths set up as well as activities for children and several food vendors. For more information, visit www.gulfcoastnewstoday.com.

Forgotten Coast Paddle Jam

Paddle Jam, May 16-18 in Franklin County Fla., is a festival celebrating the Forgotten Coast through paddle sports, music and food. Paddle Jam is a "fluid festival" with events happening at various locations in Apalachicola and St. George Island. During Paddle Jam an attempt to set a new Guinness Book World Record for the largest floating gathering of kayaks will be made. Attendees can also register for activities such as eco tours into the Apalachicola River system and paddling adventures in the Gulf or bay to the barrier islands. The event showcases live, local music and local food, races, lectures, and shopping. For more information, visit www.paddle2love.com.

Army: *Commissary, TRICARE adjustments needed to retain readiness*

By Gary Sheftick
Army News Service

WASHINGTON – Slowing the growth of military pay and housing allowances, reducing commissary subsidies and adjusting TRICARE costs will save $31 billion over the next five years and enable readiness to be maintained, senior leaders told lawmakers.

"First, we are not advocating direct cuts to troops' pay," said Army Chief of Staff Gen. Ray Odierno at a Senate Armed Services Committee hearing on military compensation May 6.

The general testified along with his counterparts from the Joint Chiefs of Staff and the Chairman of the Joint Chiefs of Staff Gen. Martin E. Dempsey.

Under the proposed fiscal year 2015 budget, military pay would increase only 1 percent for Soldiers next year, and compensation would be frozen for general officers.

"Taking care of Soldiers is not just about providing them competitive pay and compensation benefits," Odierno said at the hearing, "it's also about having the right capacity in order to sustain reasonable personnel tempo, invest in the most modern equipment and maintain the highest levels of readiness."

The compensation proposal would restructure TRICARE into a single plan. TRICARE Prime, Extra and Standard would be consolidated. Seniors older than 65 enrolling in TRICARE for Life would be required to pay modest annual enrollment fees.

U.S. SENATE SCREEN CAPTURE

Chief of Staff of the Army Gen. Ray Odierno testifies to the Senate Armed Services Committee May 6 during a hearing on military compensation as Chairman of the Joint Chiefs of Staff Gen. Martin Dempsey looks on.

The proposal would also adjust pharmacy co-payments for retirees and active-duty Families, phased in over the next 10 years. Changes would provide incentives for beneficiaries to use mail-order and generic drugs, according to the Joint Chiefs' written statement to the committee.

Enrollment fees for TRICARE for Life would only apply to those who turn 65 after the Defense Authorization Act becomes law, according to the Joint Chiefs.

The costs for military health care have risen from $19 billion in 2001, to $48 billion in 2013. Fundamental structure of the TRICARE health insurance program has not been revised since its inception in the mid-1990s, according to the Joint Chiefs of Staff statement, which went on to say the program needs simplifying and modernizing.

"We have not requested changes to military retirement benefits," the Joint Chiefs said in their submitted testimony. "We are awaiting the results of the Military Compensation and Retirement Modernization Commission before considering reforms in that area. But, we want to reiterate our ardent support of the principle of grandfathering for any future changes to military retirement plans."

The fiscal year 2015 budget proposal would reduce subsidies to commissaries over the next three years, but it would not specifically direct the closing of any commissaries.

The Department of Defense operates 245 commissaries worldwide, and spends about $1.4 billion per year to pay for employee and overhead costs. The budget proposal would cut $200 million of that subsidy from next year's budget, and by 2017, phase out $1 billion in commissary subsidies. That would leave about $400 million a year to pay the overhead costs of 67 overseas commissaries and 25 in remote U.S. locations.

If the plan is fully implemented, commissary shoppers will still receive an average 10 percent discount compared to most private-sector grocery stores, according to the Joint Chiefs of Staff statement. It added that the level of savings may increase further through efficiencies implemented by the commissaries.

The fiscal year 2015 proposal would also gradually slow the growth rate of tax-free basic allowance for housing, until BAH ultimately covers about 95 percent of the average service member's housing expenses. The cost of renter's insurance would also be eliminated from BAH.

"The proposal will result in an average 6 percent increase in out-of-pocket cost from today," the submitted testimony stated, "but far less than the 18 percent out-of-pocket cost in the 1990s."

The changes would be phased in over several years.

"Failure to approve this compensation package will require us to take $31 billion in savings over the Future Years Defense Program out of readiness, modernization and force structure," the Joint Chiefs said in their submitted statement. It pointed out that just for next year, not adopting the recommendations would require DOD to cut $2.1 billion somewhere else in the budget.

Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday

Headquarters Chapel, Building 109
8:00 a.m. Multi-Cultural Worship Service

Main Post Chapel, Building 8940
9:00 a.m. Catholic Mass Sunday
11:00 a.m. Traditional Worship Service
12:05 p.m. Catholic Mass (Tuesday - Friday)
4:00 p.m. Catholic Confessions Saturday
5:00 p.m. Catholic Mass Saturday

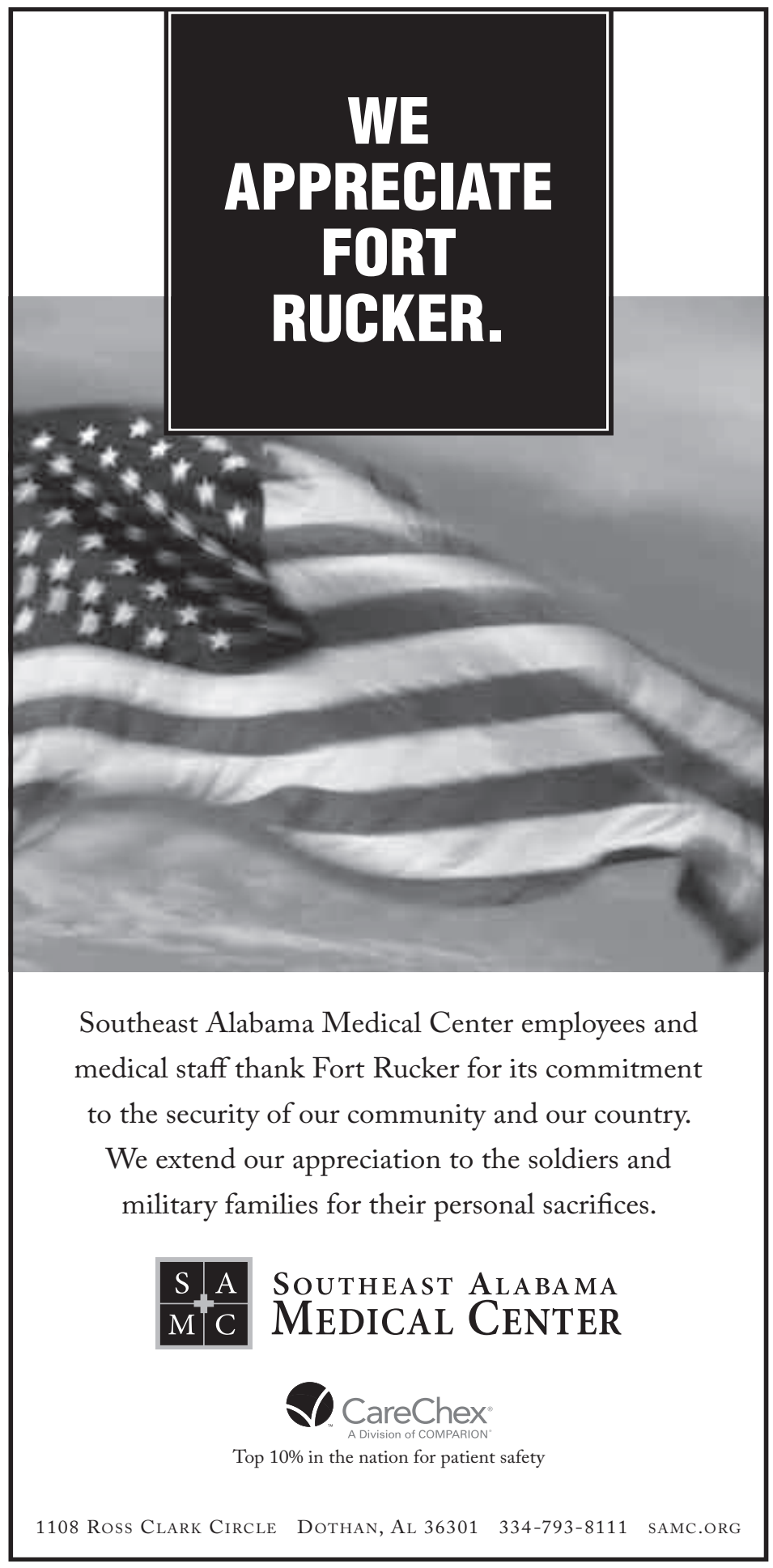
Wings Chapel, Building 6036
08:00 a.m. Latter-Day Saints Worship Service
9:30 a.m. Protestant Sunday School
10:45 a.m. Wings Contemporary Worship Protestant Service
1:00 p.m. Eckankar Worship Service (4th Sunday)

Spiritual Life Center, Building 8939
10:45 a.m. CCD (except during summer months).

BIBLE STUDIES

Tuesday-
9:00 a.m. Protestant Women of the Chapel, Wings Chapel
5:30 p.m. Youth Group Bible Study, Spiritual Life Center
6:00 p.m. Protestant Women of the Chapel, Wings Chapel
7:00 p.m. Adult Bible Study, Spiritual Life Center

Wednesday-
11:00 a.m. Above the Best Bible Study, Yano Hall



Eagle: Scout sees trail as a lesson in responsibility

Continued from Page C1

animals use to feed that can provide some sightseeing for people interested in wildlife, added Nathan's father, CW4 Scott Pool, 1st Battalion, 212th Aviation Regiment.

"There are so many different types of trees, birds and wildlife out here for people to see," he said. "There are certain merit badges (in Boy Scouts) that have to do with the identification of different (plants and wildlife), and this will be a good place for people to come for that."

The process to get started took time and, in order to get approval for the trail, Nathan and those involved had to write up a plan stating what the project was and how it would benefit the community.

Nathan, along with his Family and groups of volunteers, cleared out the main trail with mowers and marked them with posts. Other trails and trees were trimmed by hand, and the work was daunting, but no matter the obstacle, nothing was going to keep him from finishing what he started, he said.

"As a Boy Scout, this teaches me a sense of responsibility," said Pool. "I can come out here and see that (the trail) is being used and know that it made some sort of impact on the community – it makes me feel like I'm part of something."

For Nathan, the hardest part was organizing and keeping the project and people involved on task, but the lessons and skills he learned from following through with his commitment is something he said he'll be able to use throughout the rest of his life.

"The most important lesson I feel that I've learned is self-discipline and leadership," he said. "Throughout my time in scouting, I've learned skills from first aid to how to build a raft, but the leadership skills and moral skills I feel are the most important and most lasting that I've learned."

COURTESY PHOTO

Pick-of-the-litter

Meet Stinky Poo, a 6-7 year old, playful Pomeranian gal up for adoption. She gets along with other dogs and is housebroken. She is described as being a social butterfly and is a love bug who loves to give kisses. She also does a great begging dance. 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 www.facebook.com/fortruckerstrayfacility/ for constant updates on the newest animals available for adoption.

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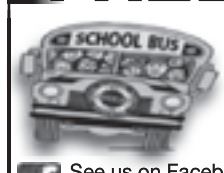

MONDAY - FRIDAY
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SOUND MIND
Brain Health Consortium just a beginning
Story on Page D3

MAY 15, 2014

IRON AVIATOR

Soldiers compete for coveted title

By Sara E. Martin
Army Flier Staff Writer

Complete with a makeshift swimming pool and Soldiers dressed as minions from "Despicable Me," Class 1401 of the Aviation Captains Career Course was ready to compete for one of Fort Rucker's most coveted titles.

Four teams and five individuals competed against each other May 7 during the AVC3 Iron Aviator competition as a way to come together, build camaraderie and create one last memory before graduation, said Capt. Lisa Halvorson, AVC3 instructor.

"This is just a fun event and it culminates their time here at the Captains Career Course. It's an end-of-course competition that everyone loves to get involved in," she said. "It's more about fun than it is an actual competition."

Although the competition is meant for fun and camaraderie, the events it is comprised of aren't to be taken lightly – 4 ½-mile ruck march, a 300-meter swim, an 8.8-mile bike ride and a 2.3-mile run to finish.

For most, the toughest event of the competition is the ruck march, during which the competitors must carry about 30 pounds of equipment and a gun through a wooded trail, and even a water obstacle.

Those competing in teams designated one person to participate in each event, but those competing individually had to complete all events on their own.

Each team and individual was allowed a pit crew to help during the transitions between events, but the job of the pit crew was also about boosting morale and having a good time.

"Each team has a pit crew and we let them make up their own theme," said Halvorson. "They can get as creative as possible, and some of them got pretty creative this year."

Halvorson said it's important for the Soldiers to build on that camaraderie, considering all of the work they put in throughout the course.

"Throughout the year they've had a lot of assignments and requirements that they've had to go through, and they've gone through some very stringent schedules," said the instructor. "These students have been pulled in all different directions throughout the course, so this is just a way for them to come out, relax, have fun with each other and hang out. It's a good note to end on."

PHOTOS BY NATHAN PFAU

Capt. Jeff Godfrey, biker for Team 2, gets ready to cross the finish line with his son, Toby, safely strapped in during the AVC3 Iron Aviator Competition May 7.

Although it's focused more on the fun and camaraderie, all competitions have their winners, and Capt. Dan Keyser came out on top as the Iron Aviator, finishing with a time of 1:45:11, beating the closest individual competitor by more than seven minutes.

Team 3, The Right to Arm Bears, took the title of top team with a time of 1:37:03.

Capt. Teddy Boedikker, swimmer for The Right to Arm Bears, said he was glad to be a part of the winning team, and the competition was a good reason for him to try and get back into exercising.

"I think this is a great event because I haven't had a chance to compete in a race like this since college, so this was a good chance for me to come out and swim for my team – it's a good reason to get in shape," he said.

Capt. Will Eggers, individual competitor, agreed and said the time spent with his classmates made it that much better.

Capt. Christopher Mikula and Capt. Bobby Filipunas , runners for Team 4, race to the finish line dressed as a minion and evil minion from "Despicable Me 2" during the AVC3 Iron Aviator Competition May 7.

"It was just a good workout, and it's nice to come out in the morning and workout and spend time with all of these people," said Eggers, who finished second in the individual competition. "It's just great for camaraderie, and the donuts were fantastic."

RUMBLE IN THE RINK

PHOTO BY SARA E. MARTIN

CW3 Jessica Brewington, A Company, 1st Battalion, 145th Aviation Regiment, and Aquila Lindsey, civilian, try to stop the opposing team's jammer from scoring points.

Derby offers camaraderie, exercise for Soldiers, spouses

By Sara E. Martin
Army Flier Staff Writer

A lot of lumps and bumps were dished out for viewer entertainment Saturday when the Boll Weevil Bruisers went hip to hip with the River Region Rollergirls in a roller derby bout.

Spectators packed Enterprise's Fun Factory during the Battle of the Slam Rockers, where military spouses, civilians and Soldiers wearing Boll Weevil Bruiser jerseys took down the RRR in a devastating bout where they dominated the rink all night long.

The Bruisers started out strong and finished strong, only losing the lead in the game for a few jams.

Even after a teammate went down to injury, the Bruisers were able to keep their composure and discipline, and finished the game strong, winning 129 to 90.

Although the game is a contact sport, many people flock to the growing activity for its ability to provide players a stress outlet, as well as a way to meet new people and live healthier lives, according to members of the team.

"You meet people in this sport that you would have never met otherwise," said CW3 Jessica Brewington, (a.k.a. Luscious Long Legs) A Company, 1st Battalion, 145th Aviation Regiment. "All the players are great and it's like a sisterhood, even with the other teams."

Mindy Boline, (a.k.a M. Kickin`some) Air Force spouse, team assistant coach and league vice president, said she likes the game for many reasons.

"There is also the athleticism of the sport that attracts me, because anyone at any size or shape can play this sport," she

SEE RUMBLE, PAGE D3

Down Time

Super Crossword

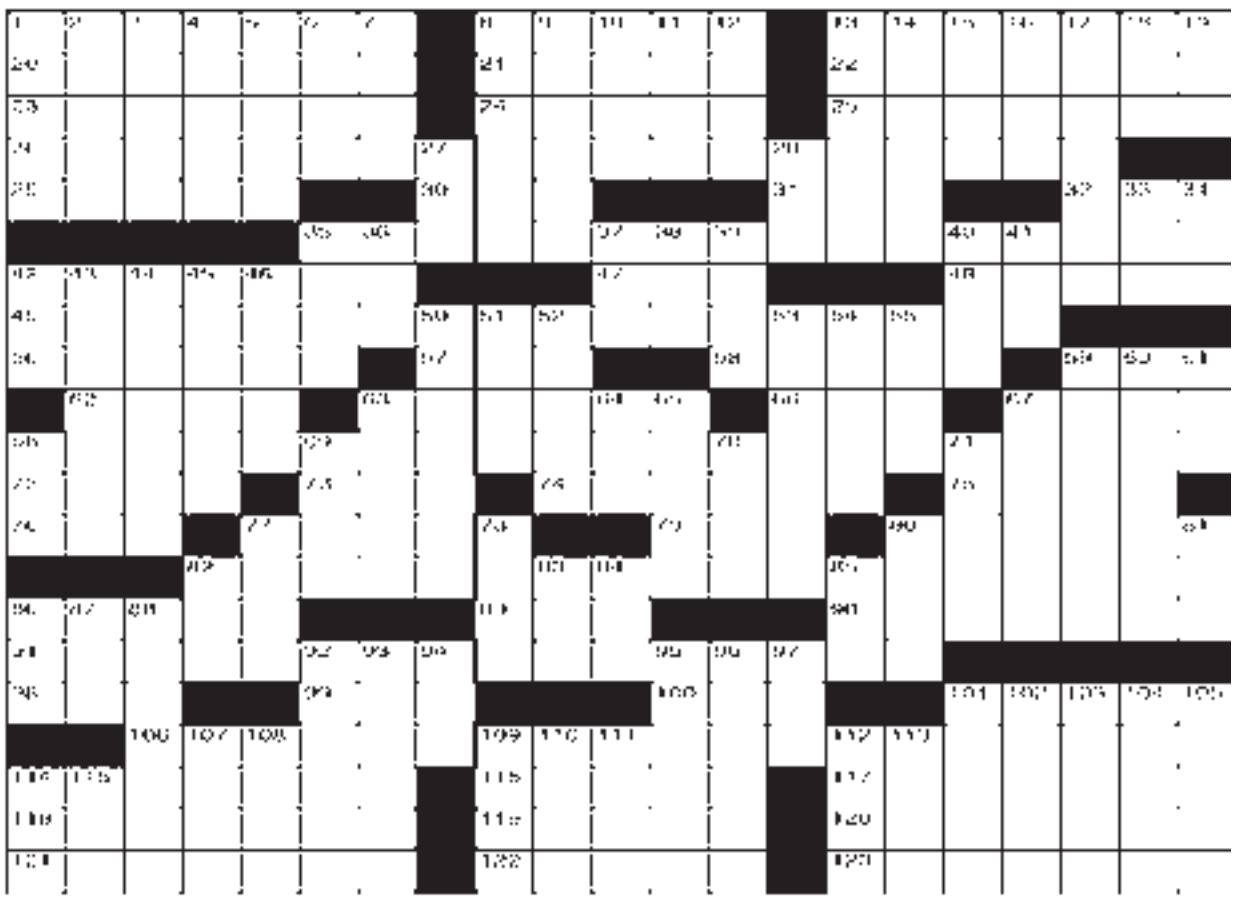
MOVIE HEADS

ACROSS

1 Highly respected opinion
8 Mole: [illegible]
13 Government
20 Opera house in Milan
21 "Jingle!"
22 Disorientations
23 Crabbed [illegible]
24 Moody director [illegible] DeMille
25 Long-running comic strip
26 Start of a riddle
29 Multinational company
30 Yes, in Hong Kong
31 Prefix meaning "egg"
32 Miami Heat's [illegible]
35 Riddle: part 2
42 Valentine's Day [illegible]
47 Fight for [illegible]
48 Headlines
49 Riddle: part 3
55 Royal [illegible]
57 Simon [illegible]
58 "Was [illegible] treasure?"
59 And formally
62 "I had one [illegible]"
63 Amorphous [illegible]
66 Cooker [illegible]
67 Lyrebirds, e.g.
68 Riddle, part 4
72 Rock [illegible]
73 Arachnid [illegible]
74 Last leftover
75 "[illegible] now!" ("All right!")
76 Un-said
77 Positive [illegible]; pastor Norman Vincent
79 Peak PM
80 Tense [illegible]
82 Riddle: part 5
86 Fiddler's [illegible]
100 Riddle: part 6
106 [illegible]
114 Mint [illegible]
116 [illegible]
117 City WSW of Tallahassee
118 [illegible] great John
119 Proval [illegible]
120 [illegible] making a bed
121 Forgives
122 Alternative [illegible]
123 Food [illegible]

DOWN

1 Thing looks
2 Stepping [illegible]
3 "Swing [illegible]" —
4 Actor Brian [illegible]
5 [illegible]
6 Jai — (sport like lacrosse)
7 Wanted
8 Decorations
9 No [illegible]
10 Will to die
11 1950s pop singer Sonny
12 Deposed (pre)
13 Alternative to [illegible]
14 Tolerably [illegible]
16 Filing types: Abbr.
18 Rickshaw [illegible]
17 Pope after Gregory XI
18 Classically [illegible] Apes
19 Sofa with Brooklyn
27 Characters on [illegible]
28 Rocky [illegible]
33 Movement
34 Peck-pulling [illegible]
35 [illegible] say
36 Playwright [illegible]
37 Be on a liner
38 Crucial [illegible]
39 Novelist Jerome [illegible]
40 Kitchen heat source
41 Burial [illegible]
42 Mates of [illegible]
43 Coached
44 [illegible]
45 [illegible]
46 Jewish [illegible] brick
50 Not too [illegible]
51 "[illegible]!"
52 [illegible] (Carol Burnett)
53 [illegible] forced in World War I
54 [illegible]
55 Classical [illegible] Rio [illegible] Soul
59 Interval of [illegible] strips
60 Books with [illegible]
61 Surpassed [illegible]
63 Say "[illegible]"
64 Seventh Greek letter
65 "Me and Bobby [illegible]" (1971 [illegible] Janis Joplin)
67 Bounce-back [illegible]
68 Hoo-ha
69 Watchband [illegible]
70 Sue [illegible] Down
71 [illegible] at home
77 [illegible] platter
78 "Only Time" singer
80 Room for [illegible]
81 New [illegible]
82 Fortune [illegible]
83 Will 70 Down North Carolina's [illegible]
84 Apes
85 R-F lineup
86 TV [illegible]
87 Gag or silver
88 Speak [illegible] Rocky Dog
92 Long look [illegible]
93 Is [illegible]
94 [illegible] vigor
95 Maternal [illegible]
96 Throws [illegible]
97 Albert [illegible]
101 Go-[illegible] club
102 Carol [illegible]
103 Cherish
104 Los Angeles NBAer
105 Ogre [illegible]
107 Rear
108 Andrews Sisters [illegible]
109 Five-faced [illegible]
110 "Would [illegible] to You?" (1985 pop hit)
111 "Sesame Street" [illegible]
112 Tourist's [illegible]
113 Vargas [illegible]
114 Rendition [illegible]
115 [illegible]



See Page D3 for this week's answers.

TRIVIA

Trivia test by Fifi Rodriguez

1. GEOGRAPHY: Where is the Kenai Peninsula?
2. MEDICINE: Bright's disease affects what human organ?
3. FAMOUS QUOTATIONS: What famous Russian novelist once said, "Everyone thinks of changing the world, but no one thinks of changing himself"?
4. MOVIES: What famous 1960s movie featured the character Benjamin Braddock?
5. HISTORY: Which nation established the first permanent European settlement in North America?
6. TELEVISION: What is the name of Sheldon Cooper's girlfriend on "The Big Bang Theory"?
7. FOOD & DRINK: What is sorrel?
8. GENERAL KNOWLEDGE: Who was the founder of the Salvation Army?
9. AD SLOGANS: What brand of detergent advertised its effectiveness against "ring around the collar"?
10. ANIMAL KINGDOM: What is a group of peacocks called?

See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

Wishing Well®

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

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.

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Sound mind

Army Medicine Brain Health Consortium just a beginning

By Mike O'Toole
Army Medical Command

FALLS CHURCH, Va. — With more than 70,000 thoughts a day, one person's brain generates more electrical impulses each day than all the telephones in the world combined.

Army Medicine has taken a major first step in partnering with academia, the healthcare industry and a variety of thought leaders to better understand brain health for Soldiers, the Army Family and society as a whole.

Lt. Gen. Patricia Horoho, the Army surgeon general and commanding general, U.S. Army Medical Command, hosted the inaugural Brain Health Consortium in April at Defense Health Headquarters in Falls Church.

Military professionals, researchers in neurology, neuroscience, psychiatry and psychology, and other clinical and public health experts converged and engaged in challenging, spirited discussions on ways to define and improve brain health. The consortium sets the stage for Soldiers, spouses, and their children to optimize how they think in order to make the very best decisions possible.

In keeping with the event's theme, "Brain Health: Partnering to Explore the New Frontier," subject matter experts' presentations, panel discussions, and breakout sessions explored such topics as Performance Triad (sleep, activity and nutrition) and brain health; readiness and resiliency; cognitive performance; neuroplasticity; mindfulness training, the Human Dimension Program and more.

PHOTO BY DAVID VERGUN

Brig. Gen. Pat Sargent, deputy chief of staff G-3/5/7, U.S. Army Medical Command, speaks at a Brain Health Consortium panel at the Office of the Army Surgeon General in Falls Church, Va., in April.

Within the presentations, perhaps the greatest challenges were the expectations sought by a pair of battle-tested combat leaders – U.S. Army Training and Doctrine Command Commander Gen. David Perkins and Col. Dave Hodne, commander of 1st Brigade Combat Team, 4th Infantry Division.

Perkins, defining his command as the "architects" of the Army, called the brains of its Soldiers the ultimate weapon.

"We are banking on our cognitive capability," he explained.

Hodne spoke of the long-held ethos of "sleep as a crutch" disappearing due to evidence showing its lack not only undermines resilience, but exacerbates conditions like post traumatic stress and suicidal ideation. Both combat commanders stressed mind fitness "to reinforce strategic leadership and address organizational uncertainty."

The question was raised: "What is brain health and how does it relate to military performance?"

Some symposium participants defined a healthy brain as one that could optimize its dynamic range in its ability to adapt to any challenge presented to it, especially the unknown. One participant ventured that a healthy brain, as seen in refinement and efficiency measured in sports performance, "is not noisy," but achieves a state of mindfulness with a "diminishing emotionality" better suited to deal with uncertainty. Other participants defined desired outcomes as "hardiness" and "grit." By the symposium's end, however, there was general agreement that a definition of "brain health" was elusive for the moment, pending additional discussions and research.

Retired Lt. Gen. Eric Schoomaker, former Army surgeon general, echoed the combat commanders' call for their Soldiers to be given a "new set of tools to make judgments," capable of "attentiveness, tolerant of uncertainty, agility and flexibility."

Schoomaker asked how the Army could achieve that.

"We are a requirements-based Army," he said. "The big challenge is taking a range of trainings that can be done to impact the brain and translate that into practical solutions for an Army that demands specific requirements."

One of the civilian participants proposed a "BFT – brain fitness test," which other participants likened to an existing psychomotor vigilance test, administered at different levels to different skill groups, and with competition fostered to excel at the test, with time off as a possible incentive.

Another participant referenced Perkins' call for training that shows "how to adapt to unusual situations," then asked "are we funding the right research?"

Other participants also believed a brain health index for Soldiers and Families would potentially be useful. They added that elements used to define brain health include: measures of cognition; effects of sleep quality and duration, nutrition, and substance abuse; measures of mood and the role of social connectedness. They called for the development of biomarkers to assess brain health.

Recommendations posed by participants include: Having TRADOC make the Performance Triad a part of regular Army training doctrine, with subordinate commanders required to brief their senior leaders as part of their mission analysis; creation of reparative gaming/technology like 'HALO' for Soldiers' use and as a way to incentivize and earn promotion points for completing Performance Triad training. Schoomaker and others called for more consultation from educators and organizational psychologists, because implementing any activity throughout the Army is as much as "training issue" as it is a health issue.

"We can share what we started here," Horoho said in her closing remarks.

The surgeon general recounted the story of Sgt. Brandon Marrocco, who, after losing all of his limbs from a roadside bombing in Iraq, underwent a successful double arm transplant. Someone had a "vision" more than 15 years ago, challenging what is possible that made such a medical milestone a reality.

"Now we are at a similar precipice, we need to be asking the questions and finding answers to something that could make a difference 15-20 years from now," she said. "I'm hoping this is only the beginning."

Rumble: Players find relaxation inside the rink

PHOTO BY SARA E. MARTIN

Pivot Whitney Hildebrand, Army spouse, tries to knock out RRR's jammer from scoring points.

CW3 Jessica Brewington, A Company, 1st Battalion, 145th Aviation Regiment, tries to break through the RRR's blockers to score points.

Continued from Page D1

said. "And it's good for health because many girls lose a lot of weight playing."

Others play because it's something that empowers them, like Deana Porretta, Army spouse and league president.

"I love to play because I do it for myself. This is my time, this is Deana's time – I am not mom and I am not honey. I am Goldie Knocks when I get in my skates and I can just let it all go," she said.

The team is less than a year old and welcomes new players, men and women, even if newcomers know nothing about the sport.

Teams are made up of five ladies roller skating in the same direction around a track.

The bout, or game, is made up of jams, which are short sessions around two minutes long in which both team's jammers, or scoring players, lap members of the opposing team.

According to M. Kickin`some, the team's four blockers attempt to assist their own jammer while hindering the opposing jammer—in effect, playing both offense and defense simultaneously. There are 30-minute halves, and at the end of the bout whichever team has the most points wins.

"The jammers have to make their way through the pack of blockers and go around the track again at the beginning of each jam," said M. Kickin`some. "On their second pass through the pack, the jammers score a point for every blocker's hips on the opposing team they pass."

While this is all going on, the blockers are hip checking, shoulder checking and booty blocking opposing team members.

There are contact rules though, said Luscious Long Legs. There is no elbowing, hair pulling, biting or punching allowed, and the only legal hitting zones are the sides of the body from the shoulder to above the knee.

"Blockers may touch and interact with players from their own team, though," said Goldie Knocks, while explaining position responsibilities. "You will always know the jammer, because she has the star on her helmet. The jammer who makes it through the pack on the first pass legally, and in bounds first, is declared the lead jammer and while lead jammer they can call off the jam before the two minutes ends to prevent the other team from scoring."

The bouts can get feisty, as did Saturday's, with players from both teams spending time in the penalty box for illegal moves. But by the end of the game, all of the girls were smiling and happy to have played together.

The next home game for the Boll Weevil Bruisers will be June 7 against the Mobile Derby Darlings at the Fun Factory in Enterprise.

For more information about joining the team or attending games, visit www.facebook.com/EnterpriseRollerDerby.

Happy 30th

Army 10-Miler registration begins

By Military District of Washington
Press Release

WASHINGTON – This year the Army celebrates the 30th anniversary of its 10-mile race Oct. 12, in the nation's capital.

The Army's annual 10-mile race is produced by the U.S. Army Military District of Washington and attracts 35,000 military and civilian runners from around the world.

Priority registration opened May 6 for U.S. military service members and runners who have participated seven or more times. General registration will open Tuesday.

Runners may register online at www.armytenmiler.com. Registration is on a first-come-first-served basis and the race entry fee is $65. All proceeds benefit Family and Morale, Welfare and Recreation programs for the military.

"The Army 10-Miler is the spirit of sport and the spirit of a nation. Throughout the past 29 years, 317,000 runners have come to our nation's capital to experience this spirit," said Jim Vandak, race director. "The tradition of excellence continues, and to commemorate the 30th anniversary, all runners will receive a long sleeve performance shirt with a special anniversary design."

Race weekend activities include the ATM Expo at the D.C. Armory, live music, youth activities, and the popular Hooah Tent Zone. The expo is open to the general public and will take place Oct. 10-11, and features more than 85 exhibitors and 35,000 attendees. The Hooah Tent Zone is open race day to participating runners and will feature interactive displays and exhibits by Army installations from around the world.

For more information about the Army 10-Miler visit www.armytenmiler.com, or call 202-685-4645. Media interested in covering the Army 10-Miler may contact the U.S. Army Military District of Washington Public Affairs Office by emailing: usarmy.mcnair.mdw.mbx.atm-media@mail.mil.

PHOTO BY GEORGE MARKFELDER

Runners test themselves at the U.S. Army Military District of Washington's 29th annual Army 10-Miler race last year.

SPORTS BRIEFS

Youth kick ball registration

Youth kick ball registration will run from now through May 31 for coed youth, in these age groups: 6-8, Pee Wee League; 9-10, Mites League; 12-14, Junior League; and 15-18, Senior League. Cost is $25 per youth. A current child, youth and school services membership and physical is required upon registration. There will be a parent meeting June 5 at the youth teen center gym in Bldg. 2800.

Also, youth coaches are needed. People interested in being a coach should call 255-0950. Youth kick ball season begins June 23 and runs through July 31, with games Mondays-Thursdays.

For more information and to register, call 255-9638 or 255-2257.

Fiesta Golf Tournament

Silver Wings Golf Course will host a Fiesta Golf Tournament Sunday beginning at 4 p.m. The red ball will rotate among the four players and two low net scores on each hole are used – with one needing to be the red ball. There will be a Mexican-themed dinner after the tournament. Cost is $29 per person, and includes golf fees, carts, prizes, dinner and a non-alcoholic beverage. For those who would like to purchase only the dinner, the cost is $14.95. Reservations are required.

For more information or to register, call 598-2449.

Basketball tournament

The Fort Rucker Youth Center will host a three-on-three basketball tournament May 24 from 4-8 p.m. The tournament will be open to all child, youth and school services members and there is no charge. To participate, youth should sign up at the youth center by May 24.

For more information, call 255-2271 or 255-2260.

Stars & Strikes Memorial Day Bowling

Rucker Lanes Bowling Center will host its Stars & Strikes Memorial Day Bowling May 26 from 10 a.m. to 10 p.m. The event will feature 25-cent games and 50-cent shoe rentals all day.

For more information, call 255-9503.

Flynn Pool opens, indoor closes

Flynn Pool will open starting May 26 for operation Mondays-Fridays from 5:30 a.m. to 7 p.m., and weekends and holidays from 11 a.m. to 5 p.m. Flynn Pool is for fitness swimming, swim lessons and other instructional classes only. In addition, the indoor pool at the Fort Rucker Physical Fitness Center will close May 26 for the summer season and will reopen Aug. 4.

For more information, call 255-2296.

Zumba Challenge

The Fortenberry-Colton Physical Fitness Center will host a two-hour Zumba Challenge May 29 from 5:30-7:30 p.m. The cost will be $3.50, or people may use their Fitness Card. Door prizes will be given and refreshments will be provided. The event is open to all authorized patrons.

For more information, call 255-3794.

Xtreme Army Birthday Bowling

Rucker Lanes will host a month-long Army birthday celebration throughout June. Saturday nights, people can bring their military ID cards for Xtreme bowling, where they will receive a special two-for-$15 rate.

For more information, call 255-9503.

Run/Walk Program

The Fort Rucker physical fitness centers offers a Run/Walk Program. People can run or walk and record their mileage at the front desk of either of the PFCs. This is an ongoing program where each member's mileage total will be posted monthly and members will earn mileage patches based on their totals. People who reach 1,000 miles will win a water bottle.

For more information, call the Fort Rucker PFC at 255-2296 or the Fortenberry-Colton PFC at 255-3794.

Gym Rat workout program

Fort Rucker's physical fitness centers offers the Gym Rat, a new program open to all authorized patrons of both PFCs. People can join the elite with 100 days of fitness. People can obtain signatures from Fort Rucker gym staff on their form every time they work out or attend a group fitness class at either fitness center. When people get 100 signatures, they will receive an exclusive Gym Rat T-shirt.

People can pick up forms from the front desk of either PFC to get started. Boot Camp participation will not be included in this 100-day event, but time in the gym and fitness classes during Boot Camp can be credited. People will have up to 365 days to complete program.

For more information, call 255-2296 or 255-3794.

Disc Golf

The Directorate of Family, Morale, Welfare and Recreation offers Disc Golf – played much like traditional golf, but instead of using a ball and clubs, players use a flying disc. DFMWR welcomes novices and experienced players to bring their friends out and enjoy some friendly competition.

The 18-hole disc golf course is located at Beaver Lake. People can visit the Fort Rucker Physical Fitness Facility to check out a disc and give it a try. There is a $10 deposit required per disc. The Disc Golf course is open to the public. Disc checkout is open to authorized patrons only.

For more information, call 255-2296.

Riding Stables rules

The Fort Rucker Riding Stables staff reminds community members that letting horses out of their stalls can be dangerous to the horses and motorists. Visitors are also reminded to stay on the main roadways, do not approach any of the horses without owners' permission, stay out of the pastures and obey the speed limit of 10 mph at all times.

For more information, call 598-3384.

PUZZLE ANSWERS

Super Crossword

Answers

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

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. Southern Alaska
2. Kidneys
3. Leo Tolstoy
4. "The Graduate"
5. Spain
6. Amy
7. An herb
8. William Booth
9. Wisk
10. An ostentation or muster

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I MILLION DOLLAR ARM - PG
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Sat & Sun: 1:45, 4:00, 7:00 & 9:30
II NEIGHBORS - R
Mon-Fri: 7:10 & 9:10
Sat & Sun: 2:10, 4:10, 7:10 & 9:10

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III CAPTAIN AMERICA: THE WINTER SOLDIER - PG13
Mon-Fri: 6:50 & 9:30 • Sat & Sun: 1:50, 6:50 & 9:30
LEGENDS OF OZ: DOROTHY'S RETURN - PG
Sat & Sun: 4:15
IV THE OTHER WOMAN - PG13
Mon-Fri: 7:00 & 9:20
Sat & Sun: 2:00, 4:20, 7:00 & 9:20

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2D - THURS. @ 7:00 & 3D @ 9:30 — COLLEGE CINEMA
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I GODZILLA - 2D & 3D - PG13
2D: Mon-Fri: 7;00 • Sat & Sun: 1:30 & 7:00
3D: Mon-Fri: 9:30 • Sat & Sun: 4:00 & 9:30
II THE AMAZING SPIDER MAN 2 - PG13
Mon - Fri: 6:50 & 9:30
Sat & Sun: 1:15, 4:00, 6:50 & 9:30
III HEAVEN IS FOR REAL - PG
Mon-Fri: 7:00 & 9:10
Sat & Sun: 2:00, 4:10, 7:00 & 9:10
ANDALUSIA ADVANCE SHOWING GODZILLA PG13 • THURS. 7:00 & 9:30