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ARMY FLIER

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CELEBRATING ARMY'S DIVERSITY

Event honors Asian-Pacific Islander Heritage

By Nathan Pfau
Army Flier Staff Writer

With the smell of Asian cuisine filling the air, people were able to take a bite of culture during an observance that celebrated the diversity that the Army and nation provides.

Throughout May, Fort Rucker is celebrating Asian-Pacific American Heritage Month, and the observance kicked off with an event to highlight the contributions of Asian-Pacific Americans at the post exchange Friday.

People came out in droves to sample authentic Asian cuisine, learn about the history and contributions of Asian-Pacific Americans, and enjoy music and dance performances.

Sgt. 1st Class David Hedgepeth, 110th Aviation Brigade Equal Opportunity adviser, said the event provides an opportunity for education to the community on the contributions of Asian Americans and Pacific Islanders who have made an impact on American culture.

"Asian Americans and Pacific Islanders are part of our community and it is important we honor their heritage," he said. "This is a great opportunity to highlight the contributions that Asian Americans and Pacific Islanders have made in our military and in America."

PHOTOS BY NATHAN PFAU

Melanie Turner, former military family member, performs a traditional Hula dance during the Asian-Pacific American Heritage Month kickoff celebration at the post exchange Friday.

Master Shifu and Po, characters from the film "Kung Fu Panda," visit with family members.

The U.S. has recognized the month of May as Asian-Pacific American Heritage Month since 1977 as a time to acknowledge the achievements and contributions to the American story by Asian Americans, Pacific Islanders and native Hawaiians, said Staff Sgt. Kris Souza, A Company, 1st Battalion, 223rd Aviation Regiment, adding that this month's theme for the observance is "Walk together, embrace differences, build legacies."

"The phrase reflects the aspirations of many Asian American-Pacific Islanders who help shape this nation," he said. "While these communities have roots that expand the globe,

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PHOTOS BY NATHAN PFAU

Chaplain (Capt.) Juan Castro, U.S. Army chaplain, works with Jackie Paul-Stevens, licensed professional counselor, in the round pen at the Fort Rucker Riding Stables as he commands Old Mist to run throughout the pen using his body language during an equine-assisted therapy training session April 28.

NOT HORSING AROUND

Equine therapy aims to help Soldiers, families

By Nathan Pfau
Army Flier Staff Writer

There are countless methods of therapy used to help Soldiers and family members through difficult times, but helping agency personnel on Fort Rucker aren't horsing around when it comes to providing the best treatment for those under their care.

Fort Rucker unit ministry teams and Lyster Army Health Clinic behavioral health personnel were provided hands-on training in equine-assisted therapy at the Fort Rucker Riding Stables April 28 where they worked with horses to learn various therapeutic benefits of caring for horses, herd psychology and exercises in horsemanship, according to Chaplain (Capt.) Joe Sherwin, 1st Battalion, 14th Aviation Regiment battalion chaplain.

"(This therapy) exposes Soldiers and spouses to an alternative treatment method that uses natural horsemanship and herd psychology exercises in the development of skills and strategies for dealing with problems, such as relationship issues, stress management, (post traumatic stress disorder), dependency issues, autism, overcoming fears, and other behavioral and developmental issues," said Sherwin.

Chaplain (Capt.) Juan Castro, U.S. Army chaplain, gives a hug to Blackjack during the therapy.

Throughout the training, the ministry teams and caregivers learned about the fundamentals of taking care of a horse and how they can find the process to be therapeutic. Throughout the day, they worked with a horse doing ground exercises in the round pin to build trust and communicate with the horse through body language.

Jackie Paul-Stevens, licensed professional counselor and avid horse rider, was on hand to provide the training and show the caregivers how the equine therapy can help in the healing process for patients, especially those who are returning from deployments and trying to readjust to life stateside.

"This is a place where you can feel like you've got some power," she said. "For a one-year deployment, it takes approximately three years to recover from a stimulus, such as those fight or flight situations that they often encounter during a deployment.

"When Soldiers do back-to-back deployments, they don't get that decompression," said Paul-Stevens. "(Equine therapy) can provide a positive stimulus because the (Soldier's) physiological needs aren't being met with they come home, and this is a fabulous outlet for them."

Although the training is meant to benefit caregivers, such as medical professionals and chaplains who work directly with Soldiers and families, it's

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PREVENTION

Fire department more than just fighting fires

By Nathan Pfau
Army Flier Staff Writer

When people think of fire fighters, they tend to immediately think of fire trucks, axes and water hoses, but Fort Rucker firefighters are more than just that.

The primary role of the Fort Rucker Fire Department is to provide protection for service members, family members, contractors and visitors to the installation, said Jeremy Evett, Fort Rucker fire chief.

But there is more to being a firefighter than just fighting fires, he added.

The fire department is responsible for responses to basically any type of emergency – structural fires, aircraft fires or crashes, confined space rescues, emergency medical responses, hazardous material responses, and, most recently, emergency water responses because of the increased activities on the lakes during the warmer months, said the fire chief.

"We like to think that we're more than just (fighting fires)," Evett said. "We also provide a myriad of services to the community by providing things like child car seat installation certification for new parents, blood pressure checks for people, and even provide CPR and AED instruction for different units on post."

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PHOTO BY NATHAN PFAU

Zach McDaniel and Josh Miller, Fort Rucker firefighters, demonstrate proper CPR techniques on a training manikin at the Fort Rucker Fire Station last year.

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PERSPECTIVE

3rd Offset Strategy 101:

What it is, what tech focuses are

By Katie Lange
DOD Live Blogger

(Editor's note: This originally appeared as a DOD Live blog. For more blogs on military matters, check out http://www.dodlive.mil/.)

There's been a lot of talk about a Third Offset Strategy at the Defense Department lately. It's part of Defense Secretary Ash Carter's plan to make sure the U.S. military remains the world's finest fighting force.

The Third Offset Strategy has a number of parts to it, so at first glance, it may appear complicated. The following breaks down some of the more technical aspects into layman's terms.

Basically, an offset strategy is part of a long-term competitive strategy – a peacetime competition between rival defense establishments that aims to generate and sustain strategic advantage. Offset strategies are not about formulating a general unified theory for armed conflict. They instead aim to bolster and extend U.S. conventional deterrence against great powers able to produce or acquire technologically advanced weapons systems.

It's how we strengthen our military's competitive edge. Offset strategies are not solely about technological approaches, although all offset strategies have a powerful technological component. They are about finding the right combination of technologies, and operational and organizational constructs to achieve decisive operational advantage and thus bolster conventional deterrence.

AIR FORCE PHOTO

The Sodium Guidestar at the Air Force Research Laboratory's Starfire Optical Range resides on a 6,240 foot hilltop at Kirtland Air Force Base, New Mexico.

It's something the U.S. has done successfully twice before.

The First Offset began during the early 1950s at the start of the Cold War. The Soviet Union had a geographical advantage over the U.S. in Western Europe, so America exploited its nuclear superiority to overcome it, miniaturizing nukes to about the size of a football. It was an effective strategy until the Soviets caught up.

That's when the U.S. moved into the Second Offset of the 1970s and 1980s, where America focused on conventional munitions with near-zero miss, precision-guided weapons and the joint battle networks that employed them. The key drivers to this strategy were information technologies and the digital microprocessor that changed the game in terms of sensors and the weapons carried by our platforms.

Since then, however, there's been a reemergence of great power competition – particularly with China and Russia. Simply put, both are catching up in military capabilities, and both are investing heavily in Second Offset technologies, as well as cyber and electronic warfare that could erode the enormous advantages the U.S. has enjoyed in conventional warfare.

So, it's time for a Third Offset Strategy. As it has been in the past, technological and operational innovation will be the key to it. Maintaining – and in select areas, extending –competitive, technological and operational advantages is not a purely quantitative contest vis-à-vis these nations. Rather, the U.S. must seek asymmetric advantages that capitalize on its strengths and exploit adversary weaknesses.

The Third Offset Strategy harnesses the country's intellectual activity in a way that transcends any particular technological trend. But research points in the direction of five common technological-operational components.

Deep-learning systems

These machines would be used for indications and warnings in cyber defense, electronic warfare attacks and large-density missile raids when human reactions just aren't fast enough. They would also be used for big-data analytics – for example, a deep-learning system might be able to analyze 90,000 Facebook posts made by ISIL in one day, crunch that data and find patterns from it, pulling out what might be of use.

The Defense Advanced Research Projects Agency is also working on two programs, Adaptive Radar Countermeasures and Behavioral Learning for Adaptive Electronic Warfare. They can, for example, help EA-18G pilots whose equipment has sensed an unknown radar signal figure out how to take care of it during the mission instead of having to bring that information back to its base for analysis.

Human-machine collaboration

This teams up human insight with the tactical acuity of computers by allowing machines to help humans make better, faster decisions. Pairing the two will combine the ability of humans to think on the fly with the quick problem-solving methods of artificial intelligence.

Current examples of this are unmanned underwater vehicle systems and the Aegis weapon system – a naval system that uses computers and radar to track and guide weapons to destroy enemy targets.

There's also the F-35 which, when fully developed, will be a flying sensor that can take in a huge amount of data, analyze it and then display it on pilots' helmets, allowing them to make better decisions.

Human-machine combat teaming

While the above collabora-

SEE STRATEGY, PAGE A4

Rotor Wash

"Lake Fest will officially kick off the opening of swim season on Fort Rucker May 21 from 11 a.m. to 5 p.m. on West Beach at Lake Tholocco. What are some tips you can provide to help people stay safe when taking to the water?"

Dustin Yates, military family member

"Use plenty of sunscreen if you're going to be in the sun a lot."

Martin Reed, veteran

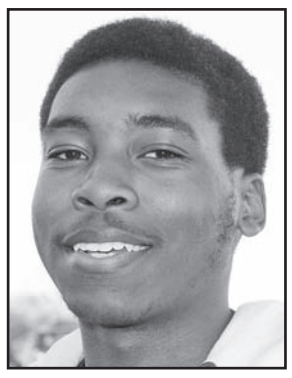
"Don't eat before going into the water."

Maria Shriver, military spouse

"If you have kids, make sure to keep an eye on them."

Brandon Boyle, military family member

"Don't try to swim for too long or in water too deep."



Derek Miller, military family member

"Make sure you're confident in your swimming ability before going in the water."

COMMAND

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FORT RUCKER COMMANDING GENERAL

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SALUTING SERVICE

Post honors more than 500 combined years of service

By Jim Hughes
Command Information Officer

With more than a combined 500 years of service to the country, 19 Soldiers and one civilian, retired during a ceremony Friday at the U.S. Army Aviation Museum.

The following are excerpts from the narratives read on each retiree during the ceremony.

PHOTOS BY JIM HUGHES

Back row: Sgt. 1st Class Eric Hendrickson, CW4 Carlos D. Jones, CW4 Gary W. Dye, Maj. Steven O. Eastman Jr. and Sgt. 1st Class Quinton E. Courson Jr. Front row: Sgt. 1st Class Kenneth W. Burlingham, Master Sgt. John A. Dolan, CW4 Jeffrey S. Turner, Command Sgt. Maj. Jean P. Thomas Jr. and Sgt. 1st Class Donald J. Remily.

Back row: CW5 William L. Buchanan, CW4 Jeffrey Fullam, CW5 Paul D. Clark, Command Sgt. Maj. William S. Hayes and 1st Sgt. Rodney M. Jackson. Front row: CW2 Henry B. Wilson, Sgt. 1st Class Jamil M. Wilson, 1st Sgt. Mark T. Clarke and Kitty Keener.

Maj. Steven O. Eastman Jr.

Eastman, CJ34 deputy director of anti-terrorism and force protection, Yongsan, South Korea, entered military service in 1992 as a tank and wheeled vehicle mechanic. He was commissioned in 1999 into the Aviation Branch. He said the highlights of his career were his time in Iraq helping the Iraqi people learn to properly secure its border, and leading and assisting the outstanding trainers of the Aviation Branch at Fort Rucker. He and his wife, Malou, plan to reside in either Enterprise, or Midland, Michigan.

CW5 Paul D. Clark

Clark, Aviation Branch safety officer, entered military service in 1984 as a supply logistician and then completed initial entry rotary wing training in 1987. He is rated in the AH-64 Apache. He has two sons who are in the active Army, and a daughter in seventh grade. He plans to reside in Dothan.

CW5 William L. Buchanan

Buchanan, Army Combat Readiness Center G7 senior safety adviser, entered military service in 1989 as a warrant officer candidate and graduated from flight training in 1990. He said the highlights of his career were being promoted to chief warrant officer 5 and serving as an accident investigator-G7 instructor at Fort Rucker. He and his wife, Suzanne, plan to reside in Huntsville.

CW4 Jeffrey S. Turner

Turner, Army Ground Safety Officer Course deputy chief, entered military service in 1988 as a power generation equipment mechanic. In 2000, he became an ordnance warrant officer. He said the highlight of his career was being a military history instructor in support of the Warrant Officer Career College. He and his wife, Mary, plan to reside in Monroeville.

CW4 Carlos D. Jones

Jones, senior instructor and writer with Headquarters and Headquarters Company, Warrant Officer Career College, entered military service in 1988 as a paralegal specialist. He became a warrant officer in 2000. He said the highlights of his career were earning his second master's degree and working on the International Security Assistance Force Joint Command Staff under the legal officer as deputy executive officer. He plans to reside in San Antonio, Texas.

CW4 Jeffrey Fullam

Fullam, course director for the Warrant Officer Intermediate Level Education Course with the WOCC, entered military service in 1989 as a Bradley Fighting Vehicle turret mechanic. He became a warrant officer in 1998. He said the highlight of his career was his assignment as the brigade maintenance officer on Fort Bliss, Texas. He and his wife, Debbie, plan to reside in Enterprise.

CW4 Gary W. Dye

Dye, operations officer and unit trainer for B Co., 2nd Battalion, 228th Aviation Regiment, entered military service in 1989 as an Air Force aircraft technician. He became an Army warrant officer in 1996. He said the highlight of his career was being a part of a team of professionals while defending this great nation. He and his wife, Gwen, plan to reside in Dothan.

CW4 Jason G. Starr

Starr, battalion safety officer and UH-60M instructor pilot with the 1-212th Avn. Regt., entered military service in 1994 as a fire support specialist. He became a warrant officer in 2000. He said the highlight of his career was receiving the Broken Wing award for his actions during a main rotor blade failure under zero illumination at 6,500 feet over the Red Sea. He plans to reside in Coffee Springs.

CW2 Henry B. Wilson

Wilson, instructor and writer with the 110th Aviation Brigade Night Vision Device Branch, entered military service in 1995 as a cannon crewmember. He became a warrant officer in 2006. He said the highlight of his career was leading a section of artillery Soldiers into combat in support of Operation Iraqi Freedom. He and his wife, Vanessa, plan to reside in Ozark.

Command Sgt. Maj. Jean P. Thomas Jr.

Thomas, commandant at the NCO Academy at Fort Rucker, entered military service in 1984 as an infantryman and later re-enlisted as an avionics mechanic. He said the highlight of his career was serving as the commandant of the NCO Academy and training the Army's future leaders. He and his wife, Lori, plan to reside in Enterprise.

Command Sgt. Maj. William S. Hayes

Hayes, battalion command sergeant major with the 1-14th Avn. Regt., entered military service in 1985 as a quartermaster and later reclassified as an Aviation operations specialist. He said he couldn't select just one highlight of his career due to the many relationships he'd established over the years with friends and family. He and his wife, Daphny, plan to reside in Alabama.

1st Sgt. Mark T. Clarke

Clarke, ground accident investigator with the CRC, entered military service in 1987 as a wheeled vehicle mechanic. He said the highlight of his career was being stationed at Fort Bragg, North Carolina, where he met his wife, Denise. They plan to reside in Enterprise.

1st Sgt. Rodney M. Jackson

Jackson, operations NCO in charge for the 1-212th Avn. Regt., entered military service in 1989 as a tactical transport Black Hawk helicopter mechanic. He said the highlights of his career were meeting and marrying his wife, Claudia, and having two wonderful children. They plan to reside in Dallas, Texas.

Master Sgt. John A. Dolan

Dolan, air traffic control senior sergeant for Air Traffic Services Command, entered military service in 1996 as indirect fire infantryman and later reclassified as an Aviation operations specialist. He said the highlights of his career were marrying his wife, Paula, and supporting his country in the fight against terrorism. They plan to reside in Dothan.

Sgt. 1st Class Kenneth W. Burlingham

Burlingham, maintenance supervisor for the U.S. Army Air Ambulance Detachment (Flatiron) and the 1-223rd Avn. Regt., entered military service in 1982 as an infantryman and later reclassified as a Black Hawk mechanic. He said the highlight of his career was marrying his wife, Jacquelin. They plan to reside in Ozark.

Sgt. 1st Class Quinton E. Courson Jr.

Courson, senior supply sergeant with the 3rd Battalion, 7th Special Forces Group, Eglin Air Force Base, Florida, entered military service in 1991 as an equipment records and parts specialist and later reclassified as an automated logistics specialist. He said the highlight of his career was marrying his wife, Melody. They plan to reside in Fort Walton Beach, Florida.

Sgt. 1st Class Eric Hendrickson

Hendrickson, Aviation Center Logistics Command, entered military service in 1996 as a cannon fire direction specialist and later reclassified as an Apache mechanic. He said the highlight of his career was marrying his wife, Jennifer. They plan to reside in Dothan.

Sgt. 1st Class Donald J. Remily

Remily, battalion medical operations sergeant with the 3-7th SFG at Eglin, entered military service in 2001 as a preventive medicine specialist and later qualified as a special forces medical sergeant. He said the highlights of his career were marrying his wife, Jamie, and having a child. They plan to reside in Augusta, Georgia.

Sgt. 1st Class Jamil M. Wilson

Wilson, NCOIC of the Directorate of Simulation, entered military service in 1993 as a personnel administrative specialist and later reclassified as an Aviation operations specialist. He said the highlight of his career was developing and mentoring all the Soldiers he came into contact with throughout his career. He plans to reside in Orlando, Florida.

Kitty Keener

Keener, management analyst at the U.S. Army Aviation Center of Excellence G8 Accounting and Financial Systems Division, entered civil service in 1992 as an office automation clerk in Illesheim, Germany. She came to Fort Rucker as a medical records clerk at Lyster Army Health Clinic in 1994. She said the highlight of her career was serving as the agency program coordinator for the Government Travel Card Program for USAACE cardholders. She and her husband, Tony, plan to continue to reside in Enterprise.

News Briefs

National Day of Prayer service

The Fort Rucker Religious Service Office will host the National Day of Prayer service today at noon in the Headquarters Chapel, Bldg. 109 on Shamrock Street. The Headquarters Chapel will also be open from 8 a.m. to 5 p.m. for people who prefer to pray alone or in small groups. Chaplaincy officials invite Fort Rucker community members to attend to pray for the world, the nation, the state, the local community, and Soldiers and families.

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

College graduation

The Army Continuing Education System will host the Fort Rucker Post-wide Graduation Celebration May 13 at 11 a.m. at the post theater. The ceremony is for students – service members, veterans, family members and civilians within the Fort Rucker community – who graduated or will graduate during the 2015/16 school year from an accredited college, whether local or online. Friends and family are invited, as well, and a reception will follow the ceremony.

For more information, stop by the Fort Rucker Education Center, Bldg. 4502 on Kingsman Street, or call 255-9288.

Resident survey

Corvias Military Living is asking all residents to complete the 2016 Headquarters Department of the Army Residential Communities Initiative Resident Survey. The survey gives on-post residents an opportunity to provide feedback to the Army, RCI and Corvias Military Living on how their housing needs are being met.

An electronic survey will be emailed to all residents May 5. Residents who do not receive a survey or who have questions should contact their community office. Residents must fill out and submit the online survey by June 6.

The survey should take less than 20 minutes to complete. It will ask questions on topics such as residents' evaluation of their present home, community amenities, resident activities, the community maintenance team and property management team, among others.

All survey answers are strictly confidential and residents are urged to offer honest responses. Personal data is not tabulated and the survey does not identify the resident in any way.

Memorial Day ceremony

Fort Rucker will host its Memorial Day ceremony May 27 at 8:30 a.m. at Veterans Park, located in front of the U.S. Army Aviation Museum near the Daleville Gate.

Commissary employment program

The Pathways Summer Employment Program is under way. Announcements for the Pathways Program at the Fort Rucker Commissary are listed on the USAJOBS website at www.usajobs.gov. Students who will be in the Fort Rucker area between May 16 and Sept. who are interested should submit an application before Saturday.

This summer employment program is for students of all ages – they do not have to attend college in the Fort Rucker area, but rather can be visiting the area during the summer timeframe, according to commissary officials.

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.

Surveys make a difference

People who receive Army Provider Level Satisfaction Surveys in the mail after an appointment at Lyster Army Health Clinic should not throw them out – they should fill them out. The surveys help provide feedback on people's clinic experience, and help bring money back to the facility to help provide beneficiaries excellent care and service.

Resiliency Resources

The Lyster and Fort Rucker Resiliency Resources mobile device app is available for free in Android and iPhone mobile app stores. The app can help people find information for Fort Rucker, including addresses, phone numbers and event information, and also information such as where running trails are located, if there is a 5k race coming up, when Bible studies occur and more.

EARTH DAY

Climate change affecting Army training

By C. Todd Lopez
Army news Service

WASHINGTON — For the Big Green Machine – America's Army – climate change, efforts to prevent it or to at least adapt to it are about more than saving Mother Earth or even the whales.

It's about training, training space, how the Army fights, how often the Army will be called upon to fight in the future and where, said Richard G. Kidd IV, who serves as the deputy assistant secretary of the Army for energy and sustainability.

April 22 was Earth Day. The day has been observed annually since 1970. In conjunction with that observance, Kidd, along with his counterparts from the Navy, the Air Force and the Department of Defense discussed service-related perspectives on climate change during a panel discussion April 26 in the Pentagon.

PHOTO BY C. TODD LOPEZ

Richard G. Kidd IV, who serves as the deputy assistant secretary of the Army for energy and sustainability, discusses the Army's perspective on climate change during an April 26 presentation at the Pentagon.

Climate changes training

A very visible effect of climate change on Soldiering, Kidd said, involves how weather affects a unit's ability to prepare for its combat mission.

Kidd said the Army needs to train. Following 14 years of counter-insurgency in Iraq and Afghanistan, the Army is looking to build readiness across the "full spectrum of operations," also referred to as "decisive action in support of unified land operations." That readiness has been tagged as the No. 1 priority for the Army by its chief of staff, and large-scale training at the Army's combat training centers are a key part of that effort.

"Without access to ranges and land, the Army's readiness suffers," Kidd said. "One of our key areas of training is Fort Irwin, California, where we do bridge-level maneuvers."

Kidd said Fort Irwin suffered three years of drought and so the ground there was unprepared for substantial rainfall. "Then suddenly we got all that water – in one day. It washed out brigade-sized live-fire training complexes across Fort Irwin."

The rain at Irwin, he said, "exceeded the ability of the land to absorb that water, it created flash floods and erosion, which destroyed the ranges: control towers, firing platforms and target berms that come up. Much of that was destroyed. We couldn't use those ranges for training. And that's a unique asset in the Army. It affected the training cycle. And there was a significant cost to fix that."

Kidd also pointed to flooding at Fort Eustis, Virginia; to melting permafrost up in Alaska which affected the ability of Soldiers there to use firing platforms; and to erosion of tank trails at Fort Benning, Georgia.

At Fort Benning, "a lot of the tank trails on the installation have eroded significantly," Kidd said. "We've always had an erosion problem. But it's accelerated in the past year due to the shift in rain patterns and the amount and intensity of the rain fall."

Too hot to train

Soldiers, Kidd said, are subject to heat stress, and their performance decreases with increased heat.

Army Technical Bulletin MED 507 spells out various temperature categories and the level of intensity of activity that can safely be performed during those temperature conditions. A Category IV temperature condition, for instance, is defined as being between 88-89.9 degrees. A Category V temperature condition is above 90 degrees.

The bulletin offers specific types of activity that can be performed during different temperature conditions, as well as recommendations for durations for those activities. Such activities include patrolling, calisthenics, low crawling, field assaults, walking on loose sand with a load and construction of defensive positions.

Climate change affects the number of days in certain regions of the country that are classified as either Category IV or Category V days. And that affects the Army's ability to train in those areas.

Citing a temperature chart for Fort Stewart, Georgia, Kidd said "if you take a middle-road estimate of future climate change, we're going to go from around 80 days a year of Category IV or Category V weather to 130 days a year of Category IV and Category V."

Fort Stewart is just 150 miles southeast of Fort Jackson, South Carolina, where the Army trains as many as 35,000 basic trainees each year.

"Can we really train Soldiers if roughly half of our training days are going to be Category IV or Category V, where we have to curtail or eliminate their outdoor activity?" he asked.

More fights possible

The phrase "win in a complex world," is all over the Army, he said. Factors that make the world "complex" include population growth, increasing consumption, urbanization, transitions in energy and the spread of technology, for instance.

"But the one item that cuts across all of those trends is climate change," Kidd said. "For the Army what does that mean for plans and operations?"

Kidd pointed out that in any particular state, "governance capacity" describes the ability of a government to provide public goods and services to their citizens and constituents.

The effects of climate change, he said, such as rising sea levels, or scarcity of fresh water, for instance, can overwhelm the capacity of a government to provide the services it is supposed to, and that makes for failed states.

"If a state can't meet those requirements, it tips over," Kidd said.

Areas with failed states, or other "ungoverned" areas, he said, leave a vacuum that is ripe for takeover by terrorists. "These are the spaces that are the Petri dishes that nurture these threats."

Kidd referred to the area from sub-Saharan Africa up into central Asia as an "arc of instability."

"These are the same countries that are going to be the most adversely affected by climate change," he said. "The effects of climate change, along with other global trends, have the potential to overwhelm the governance capacity of states in this region. And when that governance capacity gets overwhelmed, you have the opportunity for insecurity – an unstable, uncontrolled space. And from that could come terrorism, crime, civil war and all of these other security threats."

When that happens, he said, "The decision will have to be made by the civil command authority: is that worth the intervention for the U.S. military?"

Climate change, he said, can mean increased engagement by American Soldiers.

With that in mind, Kidd said, such problems can be inoculated against with the Army's regionally aligned forces concept, with development of host-nation capacity, strategic engaging by combatant commands, as well as with involvement by other government agencies, such as the U.S. Agency for International Development. All are examples of how America can contribute to bolstering governance capacity to avoid future failed states.

Where are the bullets?

In 2011, a tsunami, triggered by an earthquake, caused the failure of the Fukushima Daiichi nuclear power plant in Eastern Japan.

Japanese manufacturers who relied on power produced at Fukushima were themselves responsible for producing a small plastic part that is used to attach automobile dashboards to the chassis.

"Every car has these grommets in them," Kidd said, adding that Japanese manufacturers of those parts produced the preponderance of them, globally. "So When Fukushima went out, BMW lines in Europe shut down."

He said that today, major consulting firms in the private sector now consider supply chain resiliency for the companies they consult for.

"Private industry is thinking about the potential disruptions to supply chain," Kidd said.

But for the Army, he said, "we don't think enough about our supply chain and our suppliers and their vulnerability to disruptive events. Where are the vulnerabilities in the Army supply chain, to extreme weather, or in particular, to water-driven events?

"We need to get a better understanding of the vulnerabilities in our supply chain," Kidd concluded.

He added that the Army does spend a great deal of time and effort on ensuring the adequacy and security of its supply chain.

"But we need to integrate climate change considerations into our ongoing processes," he said. "We have initiated this effort within the last two years. Specifically, we have developed and are constructing a range of water savings features across our industrial facilities focused on the very large amount of water used in manufacturing."

Earth Day

"For the military, it's about national security," Kidd said of Earth Day. "The effects of climate change and environmental degradation are going to increase our requirements while also imposing more constraints on our training and readiness, and use of scarce dollars. The sooner we get started, the more prepared we will be and the less costly it's going to be to adapt."

Strategy

Continued from Page A1

tion helps humans make better decisions, human-machine combat teaming actually works with the unmanned systems to perform operations.

Two current examples of this are the Army's AH-64 Apache and Gray Eagle unmanned aircraft system, and the Navy's P-8 aircraft and Triton UAS. Both are designed to operate together.

There are also swarming UAS, like the Perdix mini-drone, which has a 3D-printed airframe and electronics made from cellphones. Only about a foot long, the Perdix can be launched from a UAS and fly in close proximity to several identical drones, communicating with them to complete a mission.

Assisted human operations

These are pretty easy to understand – they're wearable electronics, combat apps, heads-up displays and even exoskeletons that can help warfighters in all possible contingencies.

At the Air Force Research Lab, researchers are perfecting skin biosensors that look and feel like an adhesive bandage, except they're equipped to read all sorts of data, like your heart rate, hydration level and other vital signs.

Basically, assisted human operational components will be like that back-up sensor in your car that beeps when you're getting close to hitting something – it's assisting you in driving the car.

Network-enabled, cyber-hardened weapons

This component is also pretty simple – it's the prioritization of cyber-security.

Everything's online today, which means every weapon and system will have to be prepared for cyber-attacks. For example, the DOD is modifying existing systems, like the small-diameter bomb, to operate completely without GPS if an enemy is somehow able to deny it service.

While the Second Offset Strategy had only one opponent – the Soviets – the Third Offset Strategy will focus on the advanced capabilities that multiple opponents might eventually bear in a high-end conflict. If U.S. stays ahead of them in that game, it can give it an edge across all military operations.

There's a lot more to the Third Offset Strategy, of course, that will be discussed as people figure out how to use the above systems and operate them together. But, for now, just know that the integration of human thinking and artificial intelligence is going to be the key to the Force of the Future.

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Diversity

Continued from Page A1

their success stories are uniquely American.

"Generations of Asian Americans and Pacific Islanders have helped develop and defend the United States, often in the face of tremendous racial and cultural prejudice," continued Souza. "Despite these difficulties, these men and women struggled, sacrificed and persevered to build a better life for their children and all Americans."

Throughout the observance people got the chance to learn about Asian Americans and Pacific Islanders who fought in various conflicts throughout the nation's history. In addition to a lesson in history, people also got the chance to sample different Asian cuisines from all over the world, watch performances of traditional Hawaiian music and dance, learn about Chinese art and calligraphy, and mingle with people from different cultures from around the world.

James Denison, veteran, said throughout his years of service, working with Soldiers of different backgrounds and cultures helped his unit become a more cohesive team.

"You need to have those different cultures and outlooks because I think that homogeneity can only breed ignorance," he said. "There is always more than one way to look at a situation, and having the viewpoint of someone who comes from a completely different background than you is something that's invaluable.

"There were so many times where we wouldn't have thought outside of the box just because we never experienced anything other than what we know," Denison continued. "I think it's great that we recognize this type of diversity. It's not about celebrating what makes us different, but about celebrating what differences bring us together."

The kickoff event was just the start of observances throughout the month, said Hedgepeth.

The Center Library will host an origami class and book reading Friday from 10-11 a.m., and government I.D. card holders and their families are invited to attend a free tour of the Confucius Institute of Troy University May 13. The bus departs from the U.S. Army Aviation Museum at 9 a.m. and returns at about 3:30 p.m. Attendees only need money for lunch. People must register and the deadline to register is Tuesday. Seating is limited and on a first-come, first-served basis.

For more information, call 255-2669.

Prevention

Continued from Page A1

About once a month, the department will head out to different facilities and set up blood pressure check stations to help bring awareness on the importance of staying healthy and up-to-date on well being.

"We just want to be able to help and sometimes we might be able to discover a problem that somebody wasn't aware of," he said.

The fire department is also committed to outreach, in addition to their normal duties, said Evett. One of the biggest outreach events it conducts is Fire Prevention Week, which occurs in October.

"That's a big push for us because we dedicate a week to visiting with the schools on post, the commissary and other facilities to promote fire safety," because the easiest fire to put out is the one that never gets started, he said.

This type of outreach and providing services such as the CPR training are important because first responders and emergency personnel can only provide their services when they arrive on the scene of an emergency, and in life or death situations, Evett said precious seconds matter.

"When an emergency happens, depending on the situation, you don't have a lot of time to respond," said the fire chief. "The individual who has been trained in those skills is more confident and is more readily available to provide that critical incident response long before any emergency services that have been contacted can get there. That time can make the difference between life and death."

Evett recalled a story at one of the installation newcomers briefings where an elderly woman began to complain that she wasn't feeling well and, before anyone could react, the woman had fallen to the ground.

"Luckily, two of my inspectors were there and performed CPR on her, and were able to revive her. By the time the ambulance arrived, she was alert and conscious," he said. "Without that quick action, the consequences could have been dire for her. It's for situations like that that we do this."

Evett said the woman was lucky that trained professionals were there to help her, but that might not always be the case, which is why it's important to educate the public on things they can do to help before emergency responders can arrive.

"We want people to be prepared," he said. "Should they experience an emergency, they would have the knowledge to know what to do and have the confidence to be able to do it."

For the most part, Fort Rucker is a quiet installation, but despite that fact, Evett said the fire department is ready to respond at a moment's notice.

"Through our fire prevention office, we conduct a lot of the outreach and education to the general public, so essentially, we put out more fires on this installation before they happen than we ever have to respond to," he said. "Fire prevention is a very important part of that. We're fortunate here that we have a good team and we have a great community with great patrons and occupants on the installation who are all doing the right thing."

Therapy

PHOTO BY NATHAN PFAU

Spc. Brittany Troha, B Company, 1st Battalion, 145th Aviation Regiment, works with Jackie Paul-Stevens, licensed professional counselor, in the round pen at the Fort Rucker Riding Stables.

Continued from Page A1

ultimately focused on patient care by demonstrating that there are multiple approaches to assisting Soldiers and families in a therapeutic environment, said Sherwin.

"This training highlights the interdisciplinary approach to caring for the Soldier and family," said the chaplain. "It demonstrates the connection between the physical and the spiritual in providing a holistic approach to therapy and counseling," adding that highlighting these new types of therapy can prove to be an invaluable resource for Soldiers and family members who might not respond to other traditionally therapy methods.

Sherwin said he was first exposed to this type of therapy during his time training at Joint Base San Antonio, Texas, where caregivers were using horses to work with wounded warriors. It was there he met with Paul-Stevens and her husband, CW5 Vance Paul.

"Over dinner, she shared her heart for this alternative therapy method and how they were able to successfully implement it in the local area," said the battalion chaplain. "I toured their equine farm and stables later and proposed creating this training as a means of exposing Soldiers, family members and caregivers to this alternative therapy."

For more information on equine-assisted therapy on Fort Rucker, call 255-5048.

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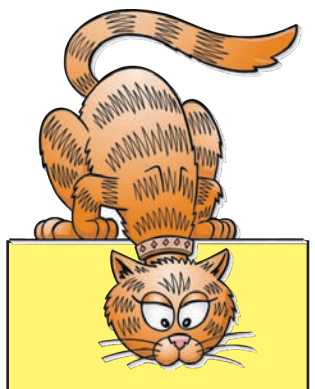

Adopt a pet

For more information about animal adoptions, call the Veterinary Clinic at 255-9061. The Stray 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 Veterinary Clinic.

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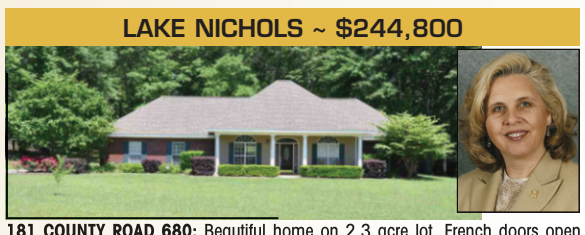

181 COUNTY ROAD 680: Beautiful home on 2.3 acre lot. French doors open onto a huge & gorgeous screened patio that looks out onto a large wooded backyard. Current owners have created a nice walking trail through the woods. If peaceful country living & privacy are what you seek, then this house is perfect! The floor plan is great for everyday living & entertaining. There's plenty of room for a large family or lots of guests. With acceptable offer, owner will install a closet in the 4TH bedroom which has been used as a den. **ROBIN FOY 389-4410**

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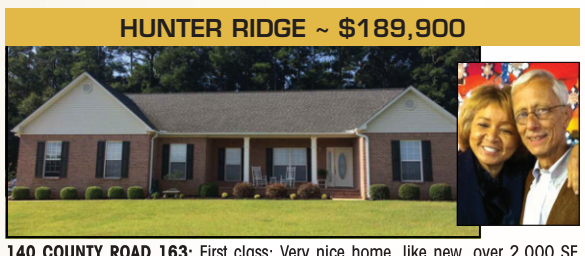

140 COUNTY ROAD 163: First class: Very nice home, like new, over 2,000 SF. Move-in ready, updated throughout & has granite countertops. Feels like home, don't miss!! **FRAN & DON KALTENBAUGH 790-5973**

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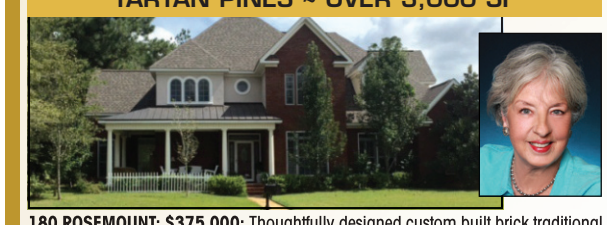
6BR/6BA!

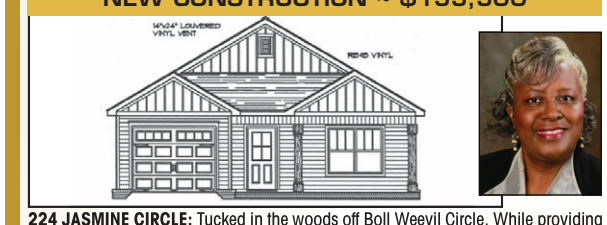
835 NORTH CLAXTON ~ $215,000: One-of-a-kind home sitting on about an acre with a small pond & it features 6BR/6BA, formal living/dining room combo, large den with doors out to patio for entertaining, eat-in kitchen & large laundry/mud room with lots of cabinets & sink. Carport separates the house from a bonus room that would be great for entertaining or exercising. Floors are hardwood, ceramic tile & carpet. You have to make your appointment to see this house because it is bigger than it looks. **EVELYN HITCH 406-3436**

TARTAN PINES ~ OVER 3,000 SF



180 ROSEMOUNT: $375,000: Thoughtfully designed custom built brick traditional 2-story set at end of cul-de-sac. Covered front porch wraps around to sunroom, screen porch overlooking patio & landscaped backyard. 2 double-sided gas fireplaces, 4BR/2.5BA, formal dining & breakfast room, large kitchen w/stainless appliances & beautiful glass front cabinets, 2 story family room…over 3,100 SF. Impeccable condition, quality & superb comfort. **JUDY DUNN 301-5656**

NEW CONSTRUCTION ~ $155,500

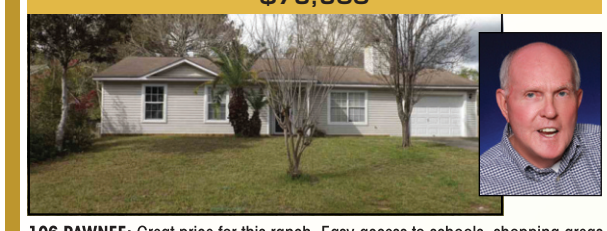


224 JASMINE CIRCLE: Tucked in the woods off Boll Weevil Circle. While providing privacy, they offer the convenience to schools, shopping, golf, restaurants & minutes from Ft Rucker. Security system, wood floors, stainless appliances, natural gas heat/cooking/water heater, low E windows, irrigation system, 2" faux wood blinds, framed mirrors in bathroom & tray ceiling in grandroom & fence across back property line. *(Winterberry Plan)* **MARGE SIMMONS 477-1962**

WORKSHOP ~ $239,900

110 STONEHEDGE: This is the only home in Legacy Farms with a workshop so come see it today. Fresh interior paint & new carpet! Very nice 4BR/2BA with a large, level lot, attractive landscaping in the front yard & plenty of room for a pool in the backyard. The detached 2-car garage/workshop makes an awesome man cave! The bonus room could be an office/computer room, craft room, or whatever you might need. Enjoy entertaining under the covered patio with extended area for grilling. Children's playset conveys. Gutters. **JAN SAWYER 406-2393**

$75,500



106 PAWNEE: Great price for this ranch. Easy access to schools, shopping areas in town. It features 3BR/2BA, fireplace, fenced yard. With some TLC this can be a perfect home for first time buyer or an excellent rental property. Alabama Right of Redemption may affect this property. **BOB KUYKENDALL 369-8534**

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BALIKATAN

U.S. conducts combined-joint operation with Philippine counterparts

By Navy Petty Officer 2nd Class Jerome D. Johnson
Defense Media Activity - Hawaii

JAMINDAN, Philippines — At the break of dawn April 14, a Philippine army platoon and a U.S. Army platoon from 2nd Battalion, 3rd Infantry Regiment, geared-up on Antique Airfield to conduct the final mission of Operation Handa Koa, part of this year's Balikatan exercise.

The team of Soldiers boarded two CH-47 Chinooks and four UH-60 Black Hawks to launch an air assault. Together, they trekked through the jungle to reach their main objective, codenamed Rhino.

"We started off with a combined-joint amphibious assault on the island itself and then a Marine air assault onto Antique Airfield. The combined Marines then took control of the airfield expand the lodgment and conducted a defense," said Army Capt. James Hodges, 25th Infantry Division assistant operations officer.

"We then conducted an air landing with U.S. Army forces and Philippine army forces via C-130 to occupy the airfield, and then conducted air assaults from the airfield to a northern objective on Panay itself. Simultaneously, we had Philippine special forces conduct reconnaissance missions on the same two objectives to the north," Hodges added.

PHOTO BY NAVY MASS COMMUNICATION SPECIALIST 2ND CLASS JEROME D. JOHNSON

A CH-47 Chinook lands on Antique Air Field to off-load Soldiers assigned to 2nd Battalion, 3rd Infantry Regiment during Balikatan 2016.

Working together

The first phase of the operation began on the island of Luzon, which included numerous days of planning and synchronization at Camp Emilio Aguinaldo. A combined-joint U.S. and Philippine forces team then worked together to project assets from Luzon to conduct a large-scale operation on the island of Panay.

"As we transitioned out of the initial projection phase-down to our initial staging base, it gave us the opportunity to do final rehearsals here on the airfield and then understand a little more about the operational environment that we were going to go into specifically to the island of Panay, and then conduct the air assault today on the objective," said Lt. Col. Jared Bordwell, Task Force Patriot commander.

Soldiers from 2nd Battalion, 3rd Infantry Regiment had the opportunity to work closely with their Philippine army counterparts at Fort Magsaysay before executing their mission on Panay. The Soldiers conducted jungle survival training, close quarters training and counter improvised explosive device training.

"The initial phase back at Magsaysay is when we started to understand each other and gain that appreciation for capabilities, as well as form that camaraderie between the two forces," Bordwell said. "An infantryman is an infantryman. So the (Philippine soldiers), and their capabilities and our capabilities – as we understood each other a little bit more – they meshed very well with actions on the objective. It was just like having two U.S. platoons or having two (Philippine) platoons out there. Both company commanders did an incredible job of planning, synchronizing and really enabling that communication during the actions on to facilitate the execution of the mission."

By training together, the U.S. and Philippine Soldiers developed tactics, techniques and procedures, and built partnerships.

PHOTO BY JOHN PENNELL

A CH-47F Chinook from B Company, 1st Battalion, 52nd Aviation Regiment flies through the Alaska Range April 24. Three crews from the U.S. Army Alaska Aviation Task Force spent a week in Talkeetna training in high-altitude flying through the mountains, and continued a longstanding partnership with the National Park Service to shuttle equipment and supplies to the Park Service base camp on Kahiltna Glacier for the upcoming climbing season on Denali.

1st Air Cavalry Brigade brings air mobility to Saber Junction 16

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

HOHENFELS, Germany — The 3rd Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, Task Force Spearhead – the regionally allocated force attached to the 12th Combat Aviation Brigade – recently completed its mission of providing Aviation support to the 173rd Airborne Brigade during Saber Junction 16 March 31-April 24 at the Joint Multinational Readiness Center.

The 3-227th Avn. Regt. conducted air assaults, sling load operations, medical evacuations and provided mission command of eight AH-64 Apaches from A Company, 1-3rd Avn. Regt. and of two CH-47 Chinooks from 1-214th Avn. Regt.

PHOTO BY CAPT. JAYMON BELL

Sgt. 1st Class Sheron Stewart, a UH-60 Black Hawk mechanic with 3-227th Avn. Regt., 1st Air Cav. Bde., scans the horizon during an air-assault mission supporting the 173rd Airborne Bde. during Saber Junction 16 over Hohenfels, Germany, April 18.

Task Force Spearhead moved over 450 passengers, flew 430 hours, moved 27,876 pounds of equipment and completed over 56 air movement requests. The highlight of Saber Junction was the three company-sized air assaults that were conducted at night. Each serial included six UH-60 Black Hawks, two CH-47 Chinooks and four AH-64 Apaches.

The nighttime company air assaults were in preparation for Anakonda 16 where 3-227th Avn. Regt. will conduct battalion-size movements.

A Co., 1-3rd Avn. Regt. conducted 24-hour attack-Aviation operations for the 13 days of the exercise. The mission set covered the entire spectrum of unified land operations with joint air attack teams, deliberate attacks, screen missions, recon missions and air assault security. Six crews of Aviators would cover the missions throughout the day and night.

"The Task Force quickly met the challenge of integrating into the scenario with a light infantry unit," said Capt. Trey Wheeler, an Apache pilot and company commander for A Co. "Our coordination increased as the mission progressed."

H Co., 1-214th Avn. Regt. also provided two CH-47 Chinooks to perform heavy lift

SEE MOBILITY, PAGE B4

WILDFIRE

JTF-Bravo firefighting ops wrap up in Panama

Joint Task Force-Bravo
Press Release

DARIÉN PROVINCE, Panama — Members of Joint Task Force-Bravo partnered with Panamanian Public Forces to contain multiple life-threatening wildfires April 17-18.

The fires, which are believed to have started April 4, grew exponentially, prompting the government of Panama, via the U.S. Embassy, to request an aerial support package from JTF-B consisting of aircraft from the 1st Battalion, 228th Aviation Regiment, Soto Cano Air Base, Honduras, to help contain the blazes.

About 45,000 people reside in the Darién Province, so stopping the spread of the fire from the undeveloped swampland and forests to residential areas was of utmost importance.

"There are populated areas out there where hundreds of fires were burning around and I think we kept some of them at bay," said Capt. Eric Rathbun, commander of A Company, 1-228th Avn. Regt. "We dropped approximately 100,000 gallons of water between our package of one CH-47 (Chinook) and two UH-60 (Black Hawks)."

Panamanian Servicio Nacional Aeronaval Col. Gustavo Perez, chief of firefighting operations in the Darién province, said the three 'birds' the 1-228th Aviation brought – along with their Bambi Buckets that were refilled in the area's many bodies of water after each pass and dump – were ideal for this operation because of their ability to access areas unreachable by land firefighting crews and the volume of water each aircraft's Bambi Bucket can drop on a single pass.

"JTF-B forces have come to Panama before, but this was the first time I've worked with them for (a fire-fighting operation)," said Perez. "It was a really good opportunity to work together and I want to say 'thank you' to everyone who

SEE WILDFIRE, PAGE B4

AIR FORCE PHOTO BY STAFF SGT. SIUTA B. IKA

A CH-47 Chinook assigned to the 1st Battalion, 228th Aviation Regiment out of Joint Task Force-Bravo at Soto Cano Air Base, Honduras, prepares to land at a forward area refueling point in Honduras April 14.

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ANNOUNCEMENTS

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LOST: Diamond ring lost about 6 weeks ago at Goldfingers on 231 North. It was my wife's engagement ring I gave her 68 years ago...lots of sentimental value. If found please call 334-793-3155. Reward offered.

YARD & ESTATE SALES

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Wildfire

Continued from Page B1

helped us for all your hard work."

Lt. Col. Daniel Moore, 1-228th Avn. Regt. commander, expanded on the Panamanian colonel's comments about developing a strong working relationship between the two forces.

"This was definitely a combined effort with JTF-B working in support of Panamanian forces. We were just the guys out here supporting their effort and assisting them with the fires," Moore said. "We learned a great deal about coordinating with Panamanian forces and doing crisis-action planning with them. The team did an outstanding job, and it definitely was a combined effort in both the planning and execution."

The Panamanian firefighting operation comes less than a month after the 1-228th Avn. Regt. sent air assets to help contain a fire near the town of Tela, Honduras.

"JTF-B has been in the Central American region for a very long time. There was a time when it was involved in supporting the fight against communism," said John Feeley, U.S. Ambassador to Panama. "If you take a look at what JTF-B's mission is today, it is directly in support of providing better lives for Central Americans. Whether it's disaster relief, fighting criminal organizations, counter narcotics, logistics, or training with the partner nations of Central America, JTF-B is a jewel in the crown of the American military presence in Latin America."

The ambassador concluded, "I hope we can count on them for a long time to come."

AIR FORCE PHOTO BY STAFF SGT. SIUTA B. IKA

A UH-60 Black Hawk launches from the helipad of the USS Lassen during deck landing qualifications off the coast of Honduras April 14.

Mobility

Continued from Page B1

operations.

The rotation to the Joint Multinational Readiness Center focused on the basics associated with conducting operations in an austere environment. This began with the Task Force tactically occupying the assembly area at night using night-vision devices.

Saber Junction 16 included nearly 5,000 participants from 16 allied and European partner nations.

Saber Junction 16 is U.S. Army Europe's annual combat training center certification exercise designed to evaluate the readiness of one of its two combat brigades to conduct unified land operations with an emphasis on tactical interoperability among allied and partner-nation forces.

PHOTOS BY CAPT. JAYMON BELL

Paratroopers from the 173rd Airborne Brigade scan the Bavarian countryside during an air-assault operation.

Spc. Joseph Parnell, a UH-60 Black Hawk mechanic, and a member of the Bulgarian special forces discuss placement options for employing a Blaser R93 sniper rifle on a Black Hawk.

RESILIENCE
Veterans heal through 100-plus mile bike ride
Story on Page C3

MAY 5, 2016

FUN In The SUN

Lake Fest celebrates 15 years of family fun

By Jeremy Henderson
Army Flier Staff Writer

It's beginning to feel a lot like summer, but cool water and free fun are just around the corner.

The Directorate of Family, Morale, Welfare and Recreation hosts the 15th annual Lake Fest May 21 from 11 a.m. to 5 p.m. at Lake Tholocco's West Beach.

"Lake Fest is a great way to celebrate the beginning of summer," Kristi Fink, DFMWR special events coordinator, said. "There are a lot of fun and free activities.

"Two of my favorite activities are the sand castle contest and the frozen T-shirt contest," she added. "Building a sand castle together as a family creates memories to last a lifetime. We will also have a volleyball tournament, so grab some friends and get a team together. Families are always on the go, so busy with everyday activities. Fort Rucker Lake Fest brings families together for a fun-filled, free day at the beach."

Participation in the sand castle contest and volleyball tournament is free and there is no need to register in advance, Fink said. The sand castle contest is 12-3:30 p.m.

"We have award categories for individuals and families building sand castles," Fink said. "I would suggest bringing buckets and shovels, but we will have some available on a first-come, first-served basis."

The volleyball tournament begins at noon and lasts until all games are completed. Each team must have at least four people.

"If someone does not have a team, they can check in at the registration table and be added to a team," Fink said.

Canoes and paddle boats will be available to use for free. Children under the age of 16 must be accompanied by an adult while using a canoe or paddle boat. All patrons will need to wear a life jacket.

This year's Lake Fest also features a car show. All vehicles are welcome. Registration is from 10 a.m. until noon and it costs $10 per vehicle. The car show takes place from noon-4 p.m. with an awards presentation immediately after the show.

Lake Fest is free and open to the public. Families need only bring money to purchase food from vendors on site.

"Please make sure to bring sunscreen and life jackets, although we will have life jackets available for use, but it is first come, first served," Fink said. "Patrons should also bring what they need for a day at the beach. Towels, beach chairs, umbrellas, etc. We do not allow pets and glass containers."

About 1,500 patrons attended last year's Lake Fest. Fink said she believes the car show will draw an even larger crowd this year.

For more information, call 255-1749.

PHOTOS BY NATHAN PFAU

Erica McMannes, military spouse, pulls on a frozen T-shirt with her son, Kilian, during the frozen T-shirt contest at last year's Lake Fest.

Then-Second Lt. Damien Watkins, D Company, 1st Battalion, 145th Aviation Regiment, goes up for a spike during last year's Lake Fest.

Families enjoy a day out on the lake in canoes and paddleboats.

ACS class, seminar help clear financial hurdles

By Jeremy Henderson
Army Flier Staff Writer

Purchasing a home can be a challenging process, but a Fort Rucker Army Community Service seminar could be the key to clearing hurdles and building a solid financial future.

The Home Buying Seminar takes place May 10 from 6:30-8:30 p.m. at The Commons, Bldg. 8950, and registration is required by Friday.

"Purchasing a house as an investment," Mike Burden, ACS Financial Readiness Program manager, said. "Because Soldiers move frequently, they take on the risk that their property will increase in value in a relatively short time before they move to another post."

The seminar, which is open to everyone, will cover a variety of topics ranging from "why buy a house" to applying for a mortgage and closing on your home, Burden said.

"Buying a house is usually the most expensive purchase we make," he said. "This seminar will not only discuss the changing realities in the market, but will also discuss changes required by new legislation regarding documentation.

According to Burden, the seminar can help first-time buyers avoid mistakes, such as not making a down payment.

"Many Soldiers have not saved for a mortgage and use the VA home loan guaranty benefit, which enables a mortgage without a down payment or primary mortgage insurance payment," he said. "It may not be the best option depending on their overall situation and the uncertainty of property values.

Burden added that the seminar

can also help first-time buyers avoid purchasing a larger home than they need, getting a mortgage for the entire amount approved by the mortgage company regardless of their budget or value of the house and help them understand the

Although the Home Buying Seminar focuses on purchasing a home, the attendees should also consider attending the upcoming ACS Financial Wellness Class, Burden added.

"(The Financial Wellness Class) will focus more on renting versus buying a home as it relates to the military life style and our financial goals," he said.

The class, which takes place May 17 from 6-7 p.m. at The Commons, Bldg. 8950, will cover numerous tips for achieving financial wellness. Registration is required by May 16.

According to Burden, the class includes topics such as our attitudes towards money, financial goals related to life goals, renting versus buying a home, new versus used vehicles, managing credit cards and long term investment options.

"This presentation will focus on security and freedom of choice when it comes to money management and how it relates to our financial goals," he said. "Our life and financial goals change as life happens including building long term wealth and providing for a comfortable retirement."

The financial wellness class will also offer tips to address common financial mistakes for individuals, couples and families.

"Common mistakes include not having realistic and measurable financial goals; living beyond their financial means and making poor financial decisions to use credit to purchase expensive homes, vehicles and consumer goods based on their need to appear wealthy – and spouses not communicating regarding their financial situation, individual financial goals, and how their financial situation and financial goals impact their spouse and family," Burden said.

For anyone unable to attend to the class or anyone who feels uncomfortable stepping forward to ask for financial help, Burden urges them to reach out.

"Embarrassment, pride and fear of ridicule are the primary reasons individuals do not seek financial help until they are in a financial crisis," he said. "It takes considerable courage to admit we need help with our finances. For those not willing to attend a class, they can contact the ACS Financial Readiness Program at 255-9631 to schedule a confidential appointment with an accredited financial counselor."

Burden said patrons need only bring their willingness to share their knowledge and experiences.

Other upcoming financial readiness events include Credit Reporting 101 on July 7. Topics will include: how credit reports impact people's financial futures, building and maintaining a good credit history and effectively disputing credit report errors.

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

VOLUNTEER OPPORTUNITIES

Survivors Fallen Heroes 5K Fun Run
Duties: Volunteers are needed to help with setup breakdown of run site, assist with awards presentation, and assist with passing out water and ribbons to participants. For more information, call 255-9637.

Research Volunteer
Duties: Need an active-duty Soldier to rate a set of combat-related pictures to help understand the magnitude of normal emotional responses to scenarios and objects associated with deployment – no combat experience needed. For more information, call 255-6851.

Training File Clerk
Duties: File correspondence, cards, invoices, receipts, and other records in alphabetical or numerical order. Add new material to file records and create new records. Answer questions about records and files. Eliminate outdated or unnecessary materials, destroying them or transferring them to inactive storage, according to file maintenance guidelines and legal requirements. Find and retrieve information from files in response to requests from authorized users. Keep records of materials filed or removed. Perform periodic inspections of materials or files in order to ensure correct placement, legibility and proper condition. Place materials into storage receptacles, such as file cabinets, boxes, bins or drawers. Read incoming materials in order to determine how and where they should be classified or filed. Perform general office duties, such as copying and operating office machines. If interested, call 255-1898.

Army Family Team Building Instructor
Duties: Prepare for and teach at least one class each quarter, following the instructor instruction and lesson plans provided in the AFTB Instructor Guides. Attend quarterly AFTB Council meetings. Ensure students complete class evaluation forms and forward to the AFTB program manager. Maintain personal records, documenting volunteer hours training received and awards received. Serve as a spokesperson for the AFTB program. Attend professional development. Report safety issues to the ACS volunteer coordinator. Adhere to guidance outlined in Army Regulation 608-1 and AFTB standard operating procedure. If interested, call 255-1429.

On Post

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

International Spouses Get Together

Army Community Service hosts its International Spouses Get Together the first Friday of every month at 9 a.m. at the Allen Heights Community Center. According to ACS officials, the get together is a place for spouses to find support, and help with finding resources for obtaining U.S. citizenship, education, drivers licenses and more. Multilingual volunteers are available.

For more information, call 255-3735.

Asian-Pacific Islander Story Time

The Center Library will celebrate Asian-Pacific Islander Heritage Month with story time Friday at 10:15 a.m. There will be guest readers, a paper-folding craft and displays. The event is open to authorized patrons and is Exceptional Family Member Program friendly.

For more information, visit the library or call 255-3885. Open to authorized patrons and EFMP friendly.

ACS needs assessment survey

Army Community Service is conducting a needs assessment now through May 15. People's responses will assist ACS in developing programs that meet the needs of the Fort Rucker community. The survey is available at https://www.surveymonkey.com/r/6YMW8QP, or paper copies are available through ACS.

For more information, call 255-9641.

Mothers Day Brunch

The Landing will host its Mothers Day Brunch at The Landing Sunday from 10 a.m. to 2 p.m. The brunch will include: omelet bar, meat carving station, dessert bar and more. Each mother will receive a free flower. Costs are $18.95 for adults, $8.95 for children ages 6-12, $4.95 for ages 3-5 and ages 2 and under eat for free. The military family special includes two adults and up to two children eating for $49. Reservations are not required, but are highly encouraged. The brunch is open to the public.

For more information or to make a reservation, call 598-2426.

Family member resilience training

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

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

Home buying seminar

Army Community Service will host a home buying seminar Tuesday from 6:30-8:30 p.m. at The Commons, Bldg. 8950. Topics will include: reasons for buying a house, financial goals, credit history, Veterans Affairs mortgage insurance, types of mortgages, shopping for a mortgage, applying for a mortgage and closing on a home. People need to register by Friday. Free childcare will be available for those who register.

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

Tot Time

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

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

Spouse Sponsorship Survey

Army Community Service is conducting a spouse sponsorship program survey now through May 31 to determine if a need for a spouse sponsorship program exists at Fort Rucker. The program would provide an opportunity for incoming spouses to connect with other spouses who can provide assistance with their family's transition to Fort Rucker. People can make their voices heard by taking the survey at https://www.surveymonkey.com/r/W9TRQ3N.

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session May 12. People who attend will meet in Rm. 350 at 8:40 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about 11 a.m. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.

For more information, call 255-2594.

Children's healthy nutrition workshop

The Army Community Service New Parent Support Program will host a healthy nutrition workshop May 13 from 9-11 a.m. at the Munson Heights Community Center. Parents will learn tips for developing healthy eating habits for ages birth to 5, converting picky eaters and more. People need to register by Friday. The workshop is open to all active-duty and retired military, DOD employees and their family members.

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

Mother Daughter Tea Party

Army Community Service's Family Advocacy Program will host its Mother-Daughter Tea Party and Cookie Swap May 14 from 10:30 a.m. to 12:30 p.m. at The Commons. Attendees are asked to bring a batch of their favorite cookies to share. The event will feature crafts, games, goody bags for children and a gift for the moms. People need to register by Monday, and attendance is limited to the first 24 people to register.

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

Renaissance Festival trip

MWR Central will host a trip to the Renaissance Festival in Fairburn, Georgia, May 14. The weekend theme is Celtic Heritage. The festival includes Haggis eating, bag piping, Irish dancing, and more. Prices are $41 for adults, 13 and older; $32 for children 6-12; and $25 for children under 6. Price for the trip will include tickets to the Renaissance Festival and transportation to and from Fort Rucker. The trip will depart Fort Rucker at 5:30 a.m. May 14, travel to the festival and depart from the festival grounds at 6:30 p.m., with a planned return time of around 10:30 p.m. Space on the trip is limited to 42 people. The deadline to register is May 12.

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

Center Library StoryWalk®

The Center Library will host StoryWalk® Saturday from 9-11 a.m. along the Beaver Lake Trail. As part of the Army STRONG B.A.N.D.S. program, Center Library, in conjunction with the fitness center, will host this innovative and delightful way for children and adults to enjoy reading and the outdoors at the same time, according to library officials. Laminated pages from a children's book will be attached to wooden stakes that will be installed along an outdoor path. As people stroll down the trail, they will be directed to the next page in the story. StoryWalk® was created by Anne Ferguson and developed in collaboration with the Kellogg Hubbard Library. The event will be open to authorized patrons, and will be Exceptional Family Member Program friendly.

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

PHOTO BY NATHAN PFAU

Disc golf tournament

A scene from a previous disc golf tournament. The Fort Rucker Physical Fitness Center will host a disc golf tournament May 14 at 9 a.m. at the disc golf course. The tournament will be 18 holes with participants paired randomly, followed by another 18 holes with participants paired by age and score. Trophies will be awarded in various categories. The cost is $20 for people who sign up on or before Saturday and $25 after Saturday. All pre-registered competitors will receive a T-shirt. Competitors registering after Saturday will receive T-shirts while supplies last.
For more information or to sign up, call 255-2296 or 255-2997.

DFMWR Spotlight

Join Family & MWR as We Salute our Military Spouses!

U.S. ARMY MWR

Specials in celebration of

Military Spouse Day May 6th

The Landing Zone

The Landing Zone will be offering a special for military spouses on Friday, May 6. There is no denying that being a military spouse is hard work. Spouses will receive HALF OFF the purchase of their entrée. Spouses must present their dependent military ID. The Landing Zone, (334)598-8025.

Divots @ Silver Wings Golf Course

Divots is excited to offer all Military Spouses HALF OFF the purchase of their lunch on Friday, May 6! Spouses must present their dependent military ID. Divots Restaurant & Grille, (334)598-1632.

Arts and Crafts Center

Arts & Crafts is running a 5% off special on wine box orders taken between May 5–8. Call them at (334)255-9020 or stop by to see the selections.

Rucker Lanes Bowling Center

Bring Your better half to bowl! Calling all Spouses! Bring your "better half" to Rucker Lanes on Friday, May 6, to enjoy 2-for-1 Lunch n' Bowl for all happy couples! Many food options available. Offer includes 2 games of bowling, shoe rental, fountain drink and food selection. Only available at Rucker Lanes Bowling Center. Rucker Lanes Bowling Center, (334)255-9503.

Coffee Zone @ The Landing Zone

On Friday, May 8 stop by The Landing Zone Coffee Zone location and present your dependent military ID to receive HALF OFF the purchase of any specialty beverage or tea/coffee. Spouses must present their dependent military ID. The Coffee Zone, (334)598-8025.

Outdoor Recreation

Celebrate being a military spouse in the great outdoors! Outdoor Recreation will provide one free hour rental of a canoe or kayak to military spouses on May 8. To reserve yours, call Outdoor Recreation, (334)255-4305.

Fortenberry-Colton Physical Fitness Center

If you prefer to hit the gym, head to Fortenberry-Colton PFC for one free fitness class on May 8, on a space available basis. To reserve a spot in the class of your choice, call Fortenberry-Colton Physical Fitness Center, (334)255-3794.

rucker.armymwr.com Fort Rucker MWR

FORT RUCKER MOVIE SCHEDULE FOR MAY 5-8

Thursday, May 5
Eye In The Sky (R) .....*7 p.m.*

Friday, May 6
Captain America: Civil War (PG-13) .....*4 & 7 p.m.*

Saturday, May 7
Captain America: Civil War (PG-13) .....*1, 4 & 7 p.m.*

Sunday, May 8
Captain America: Civil War (PG-13) .....*1 & 4 p.m.*

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

FACE OF AMERICA

Veterans overcome challenges through 100-plus mile bike ride

By Shannon Collins
Department of Defense News

PHOTO BY EJ HERSOM

Retired Army Sgt. Albert Gonzalez sets pace for the Rescue 22 team during the Face of America bike ride.

PHOTO BY EJ HERSOM

Retired Navy Petty Officer 1st Class Jerry Padgett II, front, sets a pace for his team during the Face of America bike ride in Gettysburg, Pa., April 24.

WASHINGTON — More than 700 cyclists, including nearly 175 disabled veterans, rode two routes — either 110 miles from Arlington, Virginia, or 120 miles from Valley Forge, Pennsylvania, -- and met up in Gettysburg, Pennsylvania, as part of World T.E.A.M. Sports' annual Face of America ride.

The cyclists dealt with a bit of cold rain the first day and had a few injuries and mechanical issues, but the sun came out, and they had nice weather for the Gettysburg finish.

The ride is one of the largest annual noncompetitive bicycle rides in the national capital region. It gives veterans of all eras from all over the nation with various disabilities a chance to meet up, make new friends and share resources.

Help with PTSD

For Bill Czyzewski, an Army Vietnam veteran who served with the 11th Armored Cavalry Regiment as a tank loader, cycling became his rehabilitation for his post-traumatic stress.

"I've been riding the past six years and I couldn't believe how much the PTSD went away after I started riding a bike for the first time," he said. "It was amazing."

Czyzewski was shot March 1, 1970, seven months after his arrival in Vietnam. He lost his left leg seven years later. He said World T.E.A.M. Sports encouraged him to do a 60-mile ride. Then he did the Face of America ride, he said, and then the next year, he went cross-country.

"We put our back tires in the San Francisco Bay, came across the Golden Gate Bridge and came right across the middle of the country," he said. "We left May 28 and got to Virginia Beach on July 28. It took us two months."

He said he loves participating in the Face of America ride because now he can help younger veterans with their PTSD.

For former Army Sgt. Albert Gonzalez, who served as a field artillery specialist and has PTSD from his time in Iraq from 2004 to 2005, riding his recumbent bike gives him clarity.

"Riding a recumbent is a lot different than riding an upright bike," he said. "It's like being in a convertible on a country road. I'm just with my Christian music and I'm at peace the whole time."

He said he dedicated his Face of America ride to a fellow San Antonio police department worker who recently took his life. Gonzalez was riding with Team Rescue 22 in memory of the 22 veterans who take their lives each day.

Camaraderie

Gonzalez said he rides with Face of America for the camaraderie.

"This is my third year doing it, and I come for all of the camaraderie, the brotherhood, all the support and everything you get from Face of America," he said. "Being out here with all of my brothers and my friends and new friends that we meet out here, it really means a lot. It's something I plan my vacation time around every year."

He said he also enjoys hearing the stories from veterans from other eras.

"It's great to ride with everybody and to hear the different stories from World War II to Korea to Vietnam, to us telling our stories about Iraq to them," he said. "They learn about us, and we learn about them, the differences in how they were treated and how we're treated. It's a great experience, and it's something that we all share together."

Carl Morgan, a medically retired Army sergeant first class computer specialist and observer controller who has a spinal cord injury, said he also enjoys riding alongside veterans of all eras.

"I've met some World War II vets out here on some rides, so it's just phenomenal to meet all of the great history," he said. "You get some stories out here, and you can see all sides. We all fought for the same cause. It's great."

Morgan, who rides a hand cycle, said he also just enjoys riding.

"The opportunity to come out here and see the countryside, this is what we fought for, and to get a good look at it firsthand, it's great. It's a great ride," he said.

Community support

The riders stopped every 10 to 20 miles along the way for 20-minute breaks and received snacks and cheers from volunteers and community members.

Autumn Schaffer, 8, daughter of Nathan Schaffer, who served in the Army in Afghanistan and Iraq, and her grandmother, Virginia Wantz, stopped by to thank the veterans with their church group at one of the stops in Pennsylvania.

"I think it's really cool that they can still ride bikes," Schaffer said.

"We wouldn't be here if it weren't for them fighting for our country and serving our country," Wantz said. "We're out here to salute them and tell them we appreciate their service."

PHOTO BY SHANNON COLLINS

Virginia Wantz and her granddaughter, Autumn Schaffer, thank medically retired Army Sgt. 1st Class Carl Morgan for his military service at a rest stop in Pennsylvania.

Positive changes

Jose Santiago, A former Army corporal combat medic who has PTSD from his time in Iraq from 2003 to 2004 and a traumatic brain injury, leads a team of about 50 cyclists – 25 percent of them are from Puerto Rico. He said Face of America is like a family reunion and that he has seen the impact rides like Face of America has had on some of his riders.

"Last year, we had a veteran here, he had so much rage and ever since he's been riding, his whole attitude has been changing," Santiago said. "His wife said, 'When he doesn't ride, I can see the attitude. I tell him, 'You need to go ride.' That's pretty neat.'"

Bringing People Together Thru Faith

ARMY FLIER Church Directory

"Be ye followers of me, even as I also am of Christ."
1 Corinthians 11:1

First United Methodist Church
214 S. Main Street • Enterprise
347-3467
Prayer Line 347-3467 ext 321
Service Times:
Traditional - in the Fellowship Hall..... 11:00AM
Contemporary C-3 - in the Fellowship Hall.....8:45AM
The Gathering (Youth) 6:00PM
Sunday School.....9:55AM
Nursery Care .....Every Service

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DOTHAN
Sun 10:30 Service; Wed 6:30 Small Groups
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DOTHANVINEYARD.COM

735 East Lee St
Enterprise, AL
36330
334-347-9530
www.GreenHillPC.org

Grace Baptist Church
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334-774-2311
www.GraceBaptistChurch-Ozark.com

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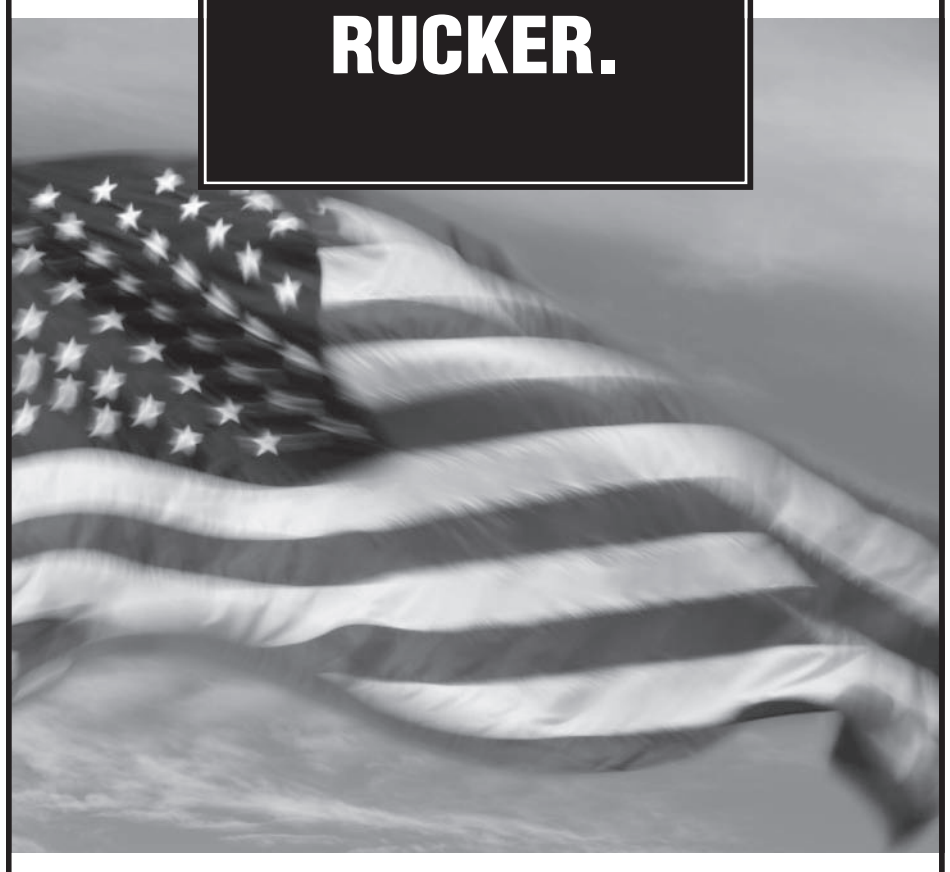

Southeast Alabama Medical Center employees and medical staff thank Fort Rucker for its commitment to the security of our community and our country. We extend our appreciation to the soldiers and military families for their personal sacrifices.

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Hot air balloons to fill Decatur skyline

Army Flier
Staff Reports

Decatur's Point Mallard Park will host the Alabama Jubilee Hot Air Balloon Festival May 28-29.

This festival is one of the largest free hot air balloon gatherings in the southeast, according to organizers. The event will feature more than 60 balloons with races, key grab, tether rides and a balloon glow. There will also be arts and crafts, food vendors, an antique car and tractor show, musical entertainment and children's activities.

For more information, visit http://www.alabamajubilee.net.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

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

DALEVILLE

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

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

DOTHAN

ONGOING — The American Legion Post 12 holds monthly meetings on the second Thursday of each month at 7 p.m. Meetings are held at the VFW on Taylor Road. For more information, call 400-5356.

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

ONGOING — Disabled American Veterans Dothan Chapter 87 maintains a service officer at its office at 545 West Main St. (Mixon Business Center) Tuesdays and Wednesdays from 9 a.m. to 2 p.m. The chapter will assist veterans who were injured or disabled while in military service. DAV service officers help veterans and their spouses with disability compensation claims and other veterans benefits. All veteran services provided are free of charge. For more information, call 836-0217, Ext. 123, or send an email to davchapter87@gmail.com.

ENTERPRISE

MAY 10 — A Disabled American Veterans Mobile Service Officer Van will be at the Enterprise Farmers Market from 9 a.m. to 2 p.m. The van travels across the country to counsel and assist veterans to educate them and their families on benefits and service available to them in thanks for their service. For more information, call the Disabled American Veterans Chapter 9 Enterprise-Coffee County at 308-2480.

MAY 14 — Tartan Pines Golf Course will host the fifth annual Law Enforcement/First Responders Appreciation Golf Tournament May 14 with registration at 11:30 a.m., lunch at noon and a shotgun start at 1 p.m. The tourney will be in a four-person scramble format, entry fee is $65 and the deadline to register is May 11. Fee includes 18 holes of golf, golf cart, range balls, gift bag and prizes. To register or get more information, call 334-389-5890.

ONGOING — Disabled American Veterans Chapter 9 Enterprise-Coffee County meets the second Thursday of each month at 6:30 p.m. at Shane's Rib Shack. For more information, call 308-2480.

GENEVA

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

MIDLAND CITY

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

For more information, call 983-3511.

NEW BROCKTON

ONGOING — Tuesdays and Wednesdays, from 9-11 a.m., Disabled American Veterans Chapter 99 maintains a service office in the New Brockton Police Station at 202 South John Street. The office will assist veterans who were injured or disabled while in military service. DAV service officers help veterans and their spouses with disability compensation claims, Veterans Affairs pensions, death benefits, VA medical care, Social Security disability benefits, veterans job programs, homeless veterans services and other veteran services. All veteran services are provided free of charge. For more information, call 718-5707.

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

OZARK

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

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

PINCKARD

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

SAMSON

ONGOING — The Samson City Council meets monthly the first and third Tuesdays at 5:30 p.m. at the Samson Community Center.

ONGOING — American Legion Post 78 meets monthly on the second Tuesday at 7 p.m.

TROY

ONGOING — Troy Bank and Trust Company sponsors senior dance nights every Saturday night from 7-10 p.m. at the J.O. Colley Senior Complex. The complex is transformed into a dance hall and features music from the 40s, 50s, and 60s with finger foods and refreshments. For more information, call Janet Motes at 808-8500.

WIREGRASS AREA

MAY 21 — Marianna, Florida, will host its sixth annual Armed Forces Day Commemoration May 21 from 9 a.m. to 3 p.m. at the Marianna Municipal Airport. Admission is free. There is a $1 pancake and sausage breakfast for pilots from 8-10 a.m. and a $1-per-gallon fuel discount (general aviation). Pilots can earn WINGS Credit by attending a FAASTeam Aviation Safety Seminar with free dinner May 20 from 6-9 p.m. at 3689 Industrial Park Drive, Marianna. People can register on-line at Faasafety.gov.

There will also be warbird and civilian aircraft displays, a CV-22 Tilt Rotor ground tour briefing, a drawing for 15 free rides in a Vietnam-era UH-1 Huey, and flights in a Cobra gunship for $300. Army Aviation Heritage Foundation pilots will present the flights. Sky Dive Panama City will perform at noon and also the Red Dragon aerial demonstration team.

Wiregrass Chapter 1358 of the Experimental Association will provide free airplane flights for youth ages 8-17. Registration begins at 9 a.m. There will also be food, and arts and crafts vendors and people can take part in the Salute the Wounded 5K Fun Run Challenge.

Beyond Briefs

Calera, Shelby Railroad

Now through Sept. 24, people can board a historical train and enjoy a ride on the old L&N railroad tracks from the 1800s through the forests of Shelby County, and view the artifacts and library that are located in restored depots. Train tickets cost $14 for adults and $10 for children. Museum entry is free of charge.

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

Montgomery Biscuits baseball

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

Yatta Abba Day

Abbeville will host its annual Yatta Abba Day May 7. Yatta Abba is the Creek native American expression for grove of Dogwoods. The Abbe Creek derived its name from the native American word, and hence the town of Abbeville. Each year, the community celebrates the beginning of spring and the blooming of the dogwoods with a local festival filled with entertainment, garden items, art, crafts, children's activities and food vendors. Antique cars, including John Wayne's custom-made station wagon, will also be on display. A sock hop the night before at the community center kicks off the event. Local businesses and restaurants open their doors to the community and to visitors.

For more information, visit http://www.facebook.com/yattaabbaday.

Fido Fest

Montgomery's Shoppes at EastChase will host its Fido Fest May 7 from 11 a.m. to 5 p.m. Fido Fest 2016 will benefit the Montgomery Humane Society, which is committed to improving the lives of dogs in need by providing foster homes, medical care and matching them with their forever friends through adoption initiatives. Fido Fest will include vendors, dog activities, food from local food trucks, a K9 splash zone and more. The live music lineup will include Federal Expression, Blue Yonder, the Good Doctor, John Bull and Clinton Babers. Tickets are $10 each and can be purchased on event brite. People are welcome to bring their dogs, children and chairs to the fest.

For more information, call 334-279-6046, or visit www.facebook.com/events/987699817975413/.

Gulf Coast Triathlon

The Edgewater Beach and Golf Resort in Panama City Beach, Florida, will host the Gulf Coast Triathlon May 7. The GCT swim course is a 1.2-mile open-water swim in the Gulf of Mexico. Wetsuits are allowed and optional as long as the water temperature is below 78 degrees. Athletes will start on the beach and swim one loop of the rectangular course in a clockwise direction. At swim exit, athletes will exit the water and run up to T1. The bike course is an out-and-back course traveling through residential, commercial, and rural areas of Bay County and Panama City Beach. The run is a flat course traveling through beachfront areas.

For more information, such as a complete schedule and entry fees, visit http://www.gulfcoasttriathlon.com/.

Chunnenuggee Fair

Union Springs will host the 37th annual Chunnenuggee Fair May 7 in the downtown area. The event will feature arts and crafts, a fair with live entertainment, food vendors, children's games and rides, door prizes and more.

For more information, call 334-738-4060 or visit www.chunnenuggeefair.com.

The Urban Slide

The Urban Slide is bringing 1,000 feet of slippery sliding to Montgomery May 7-8. The family-friendly event is scheduled for 10 a.m. to 11 p.m. and features a glow-in-the-dark night slide. The slide will be set up downtown on Montgomery Street. A constant stream of water flowing down both channels helps make the slide slippery. The nighttime slide is equipped with LED lights and black lights that will light up the city streets. For more on the Urban Slide, visit www.theurbanslide.com.

The event will also include food trucks, vendors, music playing along the entire slide, a bag check area to secure footwear and other belongings, water-themed games, photo booth and more. Registration ranges from $10-$30.

To register or get more information, visit www.theurbanslide.com/events/montgomery-al/.

Hot air balloon festival

Decatur's Point Mallard Park will host the Alabama Jubilee Hot Air Balloon Festival May 28-29.

This festival is one of the largest free hot air balloon gatherings in the southeast, according to organizers. The event will feature more than 60 balloons with races, key grab, tether rides and a balloon glow. There will also be arts and crafts, food vendors, an antique car and tractor show, musical entertainment and children's activities.

For more information, visit http://www.alabamajubilee.net.

'Hoofing for Heroes'

Theatre on Tap will present its production of "Hoofing for Heroes" – tap dancing, music and vocals – May 26-29 at the New Orleans Center for Creative Arts Lupin Hall with free admission for active and retired military members, although spouses and others will need to pay admission. According to organizers, stars, stripes and salutes will storm the stage during the all-American production that honors all the men and women of the U.S. armed forces and benefits the Wounded Warrior Project®. The show offers appreciation through an evening of song and dance that includes a spectacular star-spangled salute from 22 tap dancers accompanied by a seven-piece jazz ensemble.

Times are May 26-28 from 7:30-9:30 p.m. and May 29 from 2-4 p.m. Admission is $20 for military spouses, $15 for students, $25 for seniors and $30 for adults.

For more information, visit www.theatreontap.com/hoofing-for-heroes.

REACHING OUT

DOD-hosted festival sparks interest in science, engineering

By Amaani Lyle
Department of Defense News Features

WASHINGTON — Students of all ages keen on science, technology, engineering and mathematics enjoyed a bit of futuristic fun at the USA Science and Engineering Festival held April 15-17.

Facilitators, faculty and midshipmen from the Naval Academy and others from across the Defense Department hosted the biennial outreach event – the nation's largest of its kind, drawing some 350,000 participants.

Deputy Assistant Defense Secretary for Research Melissa Flagg said the DoD has long been one of the largest funders and employers in the nation's science and technology industries.

"This is an opportunity to make sure that the future is as solid as we are right now," she said. (It's) an opportunity to reach people where they are – to try to find the brightest minds, excite them about DoD science and engineering, and to let them understand that there are a lot of ways that you can do science and engineering with the military."

PHOTOS BY EJ HERSOM

Students conduct a science experiment at a Defense Department exhibit at the USA Science and Engineering Festival in Washington, D.C., April 15.

Getting youth interested in STEM

She noted the Air Force Research Lab has made great strides in science, technology, engineering and mathematics fields, citing developments in the use of directed energy as one example – specifically, harnessing microwaves to scramble adversarial computer activities.

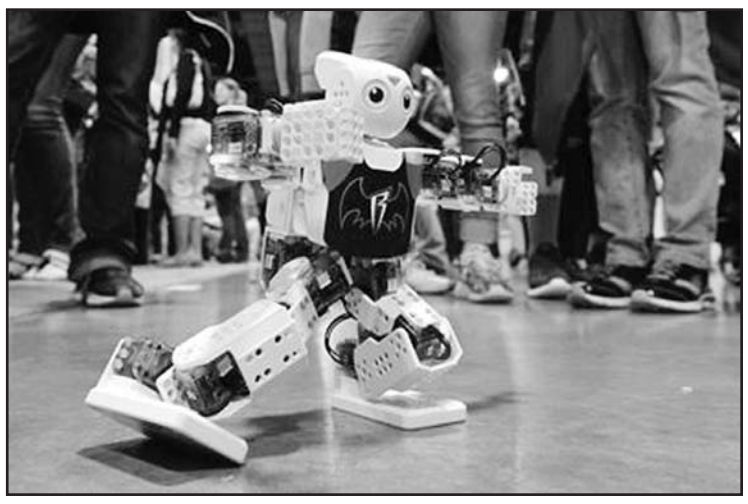
"If you think about wanting to stop someone from hacking you or from doing different kinds of cyber activities, the Air Force Research Lab has actually found a way to just fly over and make the computer stop," she said. "You might think that video games and programming is just something you do for fun, but for us, we want those kids to know that they can grow up and ... be a scientist and engineer with the Department of Defense and do cool stuff like this."

The Army Research Laboratory is exploring emerging robotics technologies that enable pilots and tank operators to see with the precision of machines, Flagg said.

"It may seem like a toy that you're remote piloting, but it's also the future of national security," she said. "The Army Research Lab is making that happen, right at the forefront of making sure that the warfighter of the future comes home safe."

Similarly, the Naval Research Laboratory, she said, can make a 3-D printed Millennium Falcon, which through emerging technology could be piloted by anyone.

"What we see is the future of the Department of Defense," Flagg said. "DOD STEM gives us the opportunity to go from a plastic Millennium Falcon to someone in the Air Force actually piloting an (unmanned aircraft system) maybe 1,000 miles away."



Students conduct a science experiment at a Defense Department exhibit at the USA Science and Engineering Festival in Washington, D.C., April 15.

The Naval Academy's STEM Center booth alone drew several thousand festival attendees, who experienced hands-on, interactive demonstrations including zip-line engineering, robotics and rocket-launching technologies.

Midshipman Rachel Vusiek said the event targets and helps students lacking support or resources for a good foundational STEM program, and sustains a critical interest in these fields.

"A lot of students initially have interest, and that kind of wanes off when they get older so we're trying to get the roots started," Vusiek said.

Inspiring young minds

She explained that students interact and observe their near-peers' interest in STEM education, which through cyber, robotics and mental puzzles, inspire ideas to leverage those skills, whether in art, music, or in other traditionally "non-scientific" realms.

"There's always a STEM connection," Vusiek said.

The midshipmen and faculty members are taking the demonstrations to underrepresented STEM areas such as Detroit; Tulsa, Oklahoma; San Diego and Dallas, among other cities.

And, Vusiek said, the outreach and engagement benefits extend beyond the children.

"We get the benefit of having interaction with the kids, working on public speaking skills, and learning how to make the most of time and accomplish goals, which is critical for people who are going to become officers," she said.

Going a step beyond a basic arts-and-crafts presentation through critical thinking and reverse engineering leaves a far-greater impression on the science hopefuls who range in age from about 3 to 18 years old, Vusiek said.

"You identify a need and work backwards from what the function is to how you accomplish that function," she said. "I think that's critical at any understanding of STEM."

The Air Force Research Laboratory's Air Force Maj. Ben Bennett said young attendees seemed most impressed with tactile elements of the demonstrations, from special operations to materiel manufacturing and space components.

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Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday

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

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

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

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

BIBLE STUDIES

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

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

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

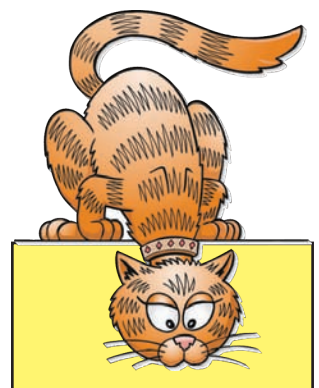
Wednesdays
Catholic Women of the Chapel
Spiritual Life Center, 9 a.m.

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

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

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

Precepts Bible Study
Soldier Service Center, noon



Adopt a pet

For more information about animal adoptions, call the Veterinary Clinic at 255-9061. The Stray 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 Veterinary Clinic.

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ARMY STRONG
Green Beret returns to service after amputation
Story on Page D3

MAY 5, 2016

HEALTHY HABITS

Fair helps youth make best lifestyle choices

By Nathan Pfau
Army Flier Staff Writer

Childhood obesity has become somewhat of an epidemic in the United States, but Fort Rucker is doing its part to take the fight against childhood obesity to its source.

The Fort Rucker Child, Youth and School Services held a youth health fair April 27 at the youth center to promote healthy living at an early age, and children and families came out to jump into healthy living habits, said Randy Tolison, Fort Rucker Youth Sports director.

"We wanted to make sure parents and youth are aware of the many different healthy, therapeutic and safety programs that are offered here on Fort Rucker to them," he said. "This event allows young people to see what resources are available to them for making healthy choices throughout life."

Representatives from all over post who work in physical therapy, the dental clinic, preventative medicine, the Directorate of Public Safety and the family advocacy program were on hand to answer any questions that children or parents had.

Throughout the fair, children who signed up were able to learn about ways to keep proper dental hygiene, the importance of healthy eating habits, have their measurements taken and even learn a bit about Army Community Service and the services they provide Soldiers and families on post.

Tolison said with today's youth exposed to so many different lifestyle choices, it's important to make children aware that they have the option to live a healthy lifestyle and educate them on the dangers of ignoring proper hygiene, nutrition and diet.

Naomi Small, military spouse, visited the fair with her two children, David and Dillion, and said that making sure her children know the importance of healthy living is her responsibility as a parent.

PHOTO BY NATHAN PFAU

Theresa Osteen, dietitian at Lyster Army Health Clinic, plays games with children during the CYSS youth health fair April 27 at the Fort Rucker Youth Center to promote healthy lifestyles.

"It's really hard to talk to your kids about being healthier because usually they're not going to listen to what you have to say," she said. "I think the fair really helps out a lot because there are people here that they're used to seeing and talking to, and their friends are here too, so they might be more inclined to listen."

Small said that although she controls most of what her children eat, she wants to make sure they can make the right decisions for themselves when they get older.

"I try not to be too strict on them with their diet and I expose them to every type of food, even junk food because I want them to know what options are out there," she said. "Even when they get to eat junk food, I make sure to let them know that it's not always the best option for them and too much of it isn't healthy. I just hope that they're able to take the lessons they learn here from actual professionals and take them to heart."

Those lessons are the entire purpose of the event, said Gina Vaughan, CYSS nurse, who was on hand to promote health by providing education for children to get a jump start on healthy living.

"It's about raising awareness and showing the children what they can do to improve their health," she said. "Teach them healthy habits now so that they can go ahead and incorporate them in life."

PHOTO BY NATHAN PFAU

Runners take off at the start of the Fort Rucker Army 10-Mile Run Off and Team Relay Saturday.

Former pro football player joins Army

By Stephen Standifird
Fort Leonard Wood Public Affairs

FORT LEONARD WOOD, Mo. — Spc. Fesuiaigaomalofou "Ina" Liaina is accustomed to being part of a team.

As a former college and NFL fullback, he played before thousands of screaming fans.

Liaina said he felt pride when putting on a jersey for game days for almost six years. When his playing days were over, something was missing.

"I was missing the passion," Liaina said, adding that the team aspect of having someone to watch his back and pick him up when he was down was also missing from his life.

So, he decided to join America's team – the U.S. Army.

Liaina, B Company, 84th Chemical Battalion, is currently training to become a chemical, biological, radiological and nuclear specialist.

Liaina was born in American Samoa, but spent the majority of his youth in California. He played rugby and volleyball, while growing up in Carson and Oxnard. He didn't start playing football until the eighth grade. Even then, he said, he wasn't thinking about being a professional athlete. He wanted to serve in the military.

"I always wanted to be a Soldier, when I was younger," Liaina said. "I have an older brother in the military. I looked up to my older brother and wanted to follow him, but I picked up football. My whole life changed from there."

Playing football provided the opportunity to continue his education at San Jose State University where he earned a degree in health sciences.

Following graduation, Liaina signed a free-agent contract with the Miami Dolphins. He wasn't in Miami for very long before being released.

Liaina returned to San Jose to work as a financial adviser and insurance salesman. He said the job was not something he saw himself doing long-term.

"I'm social, but I'm not a people person," he said.

It wasn't long before Liaina was offered another opportunity to play football. This time in Green Bay, Wisconsin.

While at a workout with some college teammates, the Green Bay Packers noticed his talents. They offered him a contract the next day, Liaina said.

After playing sparingly in preseason games, Liaina was again released.

He said he tried a few jobs working with children, but it was not for him.

"I couldn't work a regular job after going from a contact sport ... to (sitting at a desk)," Liaina said.

He said he wanted career options where he could get that contact and regain some of the pride of being a part of a team. He was considering becoming a police officer when his brother, Staff Sgt. Toloaí Sosene, 1st Heavy Brigade Combat Team, 1st Infantry Division, Fort Riley, Kansas, reminded him of his desire to serve his country in the military.

"I thought about it for about a day and I went to the recruiters' office the next day," Liaina said.

With the prospect of football behind him, Liaina has set his sights on being the best Soldier he can be.

PHOTO BY STEPHEN STANDIFIRD

Spc. Ina Liaina listens to instructions before assuming the role of incident commander for a simulated mass-casualty decontamination drill as part of CBRN advanced individual training.

"There are a lot of things I want to do in the military," he said. "I want to go to Airborne School, Ranger School, if possible. I love it so far."

His platoon sergeant, Sgt. 1st Class Devon Goodwin, calls him a quiet professional who does not like the spotlight.

"He kept (his football career) quiet for a while," he said. "It doesn't take much to motivate him, to get him to step up. I can see him being a great leader."

It's because of his leadership that Liaina has been assigned as a squad leader in B Co.

"I'm not a very outspoken person, or outspoken leader," he said. "As a Soldier, I'm not going to yell and scream at you to do this, but I will try to do my best to follow the rules. I try to fix myself first, and then walk like a Soldier, move like a Soldier, act like a Soldier, so when other Soldiers look at me they can respect that. I just try to lead by example."

Soldiers in his squad said he is a calm and composed leader who they all look up to.

Liaina credits the leadership he has at 84th Chemical Battalion, specifically Goodwin and 1st Sgt. Jerry Wing, for setting the example of how to be an Army leader for him.

"It motivates me when I see leaders, like them, who lead by example," Liaina said. "They don't just tell you what to do – they actually do it with you. They are walking examples – that's the type of leader I want to be."

Wing was humbled.

"As an NCO, I'm supposed to be the example and influence others to do the same," Wing said. "I'm glad he admires that and is wanting to incorporate (my leadership style) into his."

When B Co. graduates May 17, Liaina said it would be the beginning of what he hopes will be a long career.

"It feels great when I put on my uniform in the morning," Liaina said. "You are not just representing yourself, you are representing your last name, you are representing your family, you are representing your battle buddies, you are representing your sergeant and you are representing the United States of America."

VETERINARY CONNECTIONS

Army Public Health Center launches veterinary newsletter

By Essie Pfau
Army Public Health Center

The Army Public Health Center (Provisional) Veterinary Services Portfolio recently announced the launch of the "Veterinary Connections" newsletter.

"Veterinary Connections" is a quarterly newsletter written by Army veterinary services personnel for service members, retirees and other Department of Defense beneficiaries. The newsletter is designed to provide DOD beneficiaries with practical and useful information about animal health, food safety and one health. One health refers to the interactions between animals, humans and the environment, said Lt. Col. Wendy Mey, APHC.

The premier edition includes information beneficiaries can use on such topics as protecting themselves from salmonella infection resulting from contaminated pet food, keeping their dogs safe from artificial sweetener poisoning, learning about egg safety, and learning about the benefits of and special safety considerations when shopping at farmers markets.

Each edition also includes links to help readers locate their local Army veterinary treatment facility, as well as an e-mail address for reader feedback.

Veterinary Connections is currently available for download from the APHC (P) at http://phc.amedd.army.mil/whatsnew/Pages/PublicationDetails.aspx?type=VeterinaryConnections.

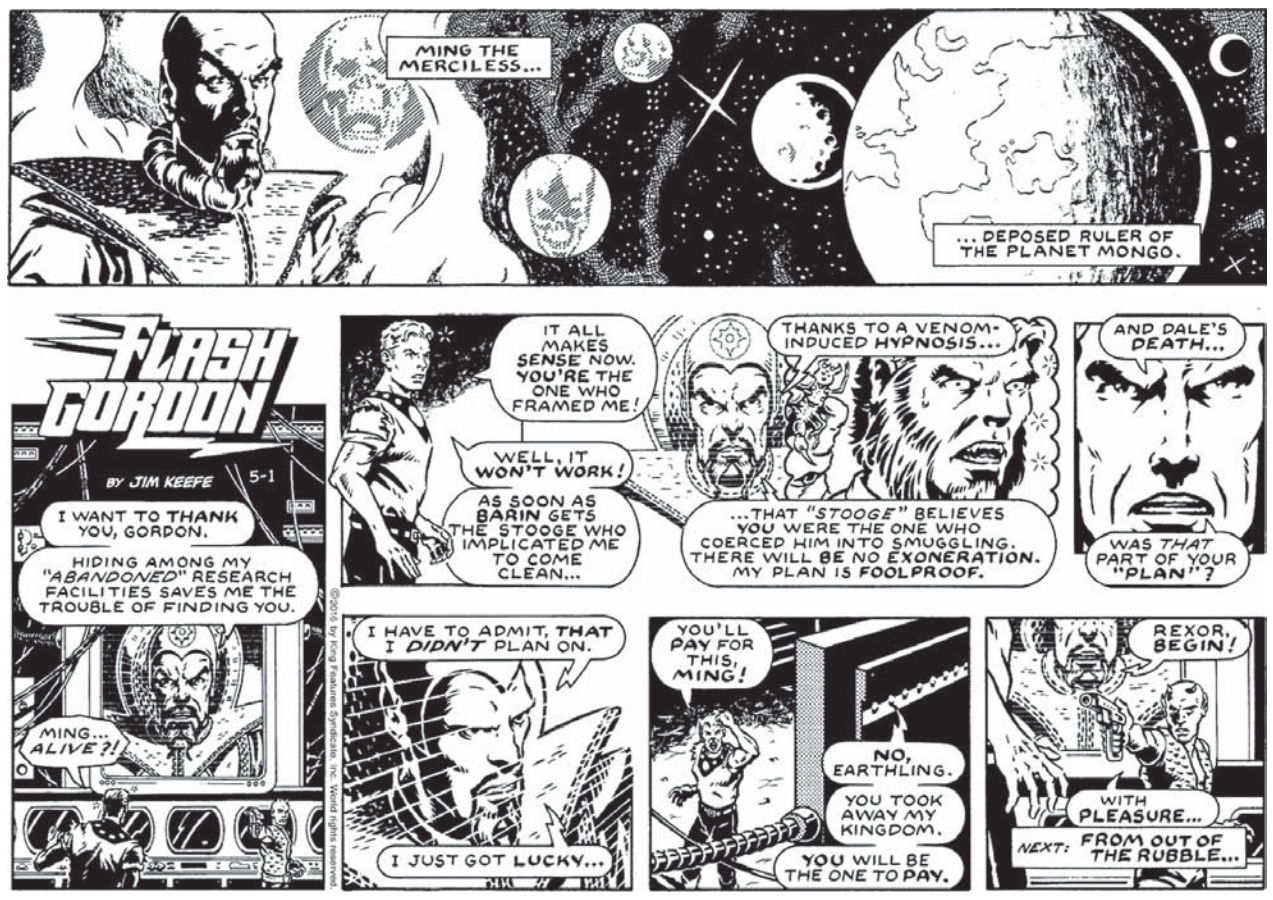
Printed copies will be available for customers at Army veterinary treatment facilities. VTF personnel may order print copies from the APHC (P) Health Information Products e-Catalog at https://usaphcapps.amedd.army.mil/HIOShoppingCart/viewItem.aspx?id=751.

Army veterinary services personnel serve around the world supporting the Department of Defense as proponents for animal health and food protection.

For more information, visit http://phc.amedd.army.mil/organization/hq/dvet/Pages/default.aspx.

ARMY GRAPHIC

Down Time



Just Like Cats & Dogs

by Dave T. Phipps

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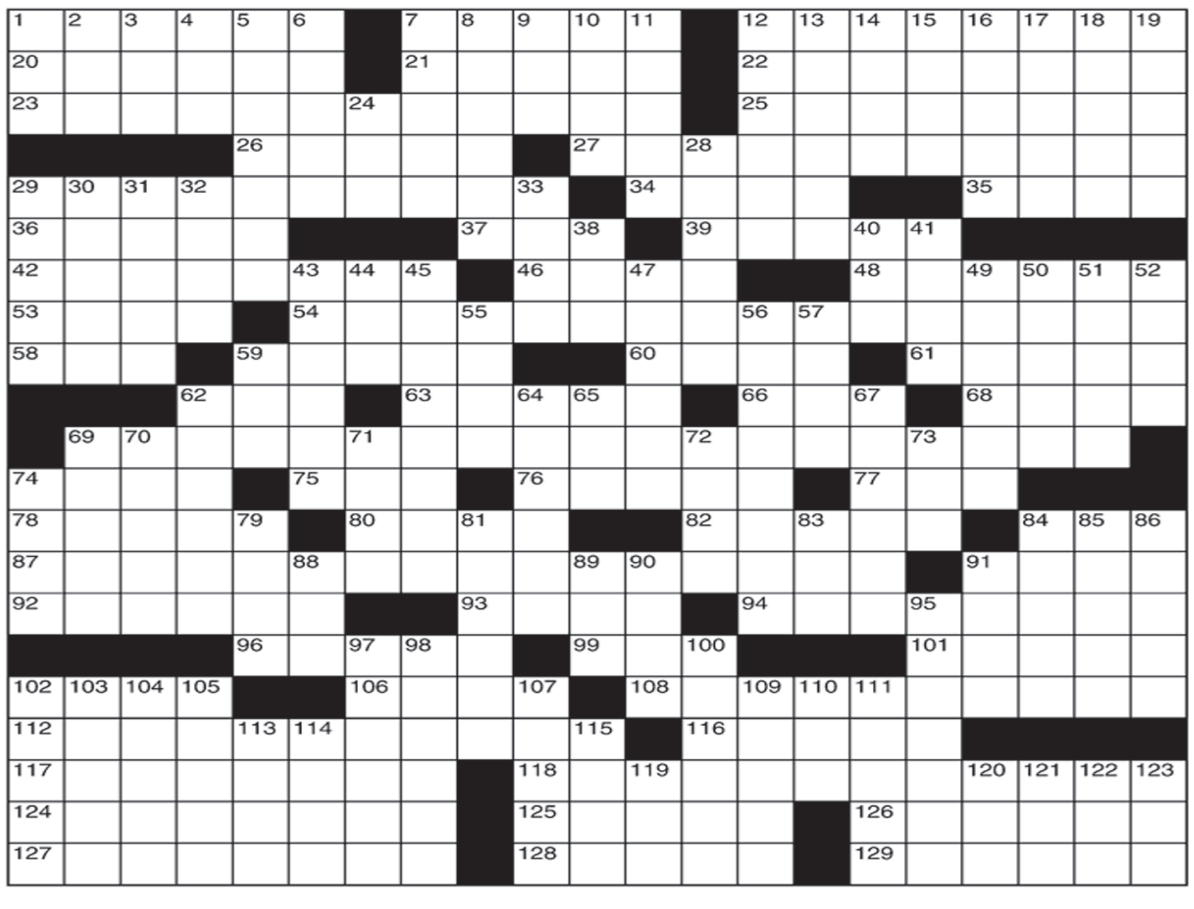
Super Crossword

TAKEN AS A HOLD

ACROSS
1 "Honor Thy Father" author Gay —
7 Lesley of "60 Minutes"
12 Nasty online argument
20 Heist halters
21 "Well, golly!"
22 Black, chewy candy
23 Put something on one of the planets?
25 One present at an event
26 Deposit at a river's mouth
27 Graceland's city acquired by a buyer?
29 Typeface option that's carrot-colored and heavy?
34 Pulley part
35 Christmas poem starter
36 Flood barrier
37 Cariou of "Applause"
39 Rookies
42 Hears about
46 "Big —" (nickname of baseball's David Ortiz)
48 Rival of Sam's Club
53 In that case
54 Steroid user's physique?
58 Repair shop guess: Abbr.
59 Routine task
60 Has no entity
61 Provide with an ability
62 Oahu gift
63 Some South Africans
66 Animal home
68 Actress Charlotte and explorer John
69 Green gem's chief constituent?
74 Algerian port
75 Plastic film measure
76 "— vincit amor"
77 Actor Scheider
78 Lacking in resonance
80 High tennis hits
82 Swindle
84 "Undercover Boss" airer
87 Comment to a baseballer from a fan who's studied his fly-catching technique?
91 Jai —
92 Spirited session?
93 "Ac-cent- — -ate the Positive" (1945 hit)
94 Bad way to finish a race
96 Major name in insurance
99 Not masc.
101 Haunting
102 Indy's 200
106 Six: Prefix
108 Ice cube?
112 Slightly feral?
116 Davis with a 1988 Oscar
117 Gratification
118 Precious metal one keeps for many years?
124 UPS cargo
125 Immature egg
126 See 121-Down
127 Most thin, as fabric
128 Affirmative responses
129 Eats into

DOWN
1 Price's place
2 Boxing great
3 Loo, for short
4 In advance of
5 Wee bit
6 Cosmetician Lauder
7 Took care of
8 Low tie score
9 Farmer's sci.
10 Ship steerer
11 Word before hosen
12 — Bird (notoriously hard game app)
13 More supple
14 Opera's start
15 Homer Simpson's favorite bar
16 Artist Max
17 Black — (spider type)
18 Fast Amtrak service
19 Bulrushes
24 Tirana's land: Abbr.
28 Themes
29 Comic Hardy, briefly
30 Shoals
31 "Stop, mate!"
32 Rex Stout's Wolfe
33 Pt. of DOJ
38 No, in Fife
40 Fall mo.
41 Drink with a lizard logo
43 Major rift
44 Hugs, in text
45 Skirt ruffle
47 Penitentiary
49 Solar beam
50 Like some waves
51 Hip, with "in"
52 Lofty tributes
55 Light in signs
56 Captivated
57 Newsy note
59 "Meh" grade
62 Beatle John
64 U.N. division
65 Sleep activity
67 Poet Pablo
69 Tot's vehicle
70 Barbera's partner
71 Crop holder
72 Poodle name
73 Diviner's aid
74 Sitcom sot
79 Female youth gp.
81 Popular way to get around New York City
83 Barley brew
84 Cigar variety
85 Pesto herb
86 Positioned
88 "Tee- —!"
89 Range of 300-3,000 MHz
90 Pit-stop stuff
91 Baldwin of "Lymelife"
95 One libeling
97 "— no way!"
98 Most fresh
100 Non-magical person, to Harry Potter
102 Reindeer herders of Scandinavia
103 Shia's deity
104 Pie slice, e.g.
105 Vampire killer
107 Solder, say
109 Dishes (out)
110 "Big Top — Wee"
111 Ham — (deli staple)
113 Despot of old
114 Sporting sled
115 Bird of peace
119 Mu followers
120 Shine, in ads
121 With 126-Across, Disney title dog of 1957
122 Spike of films
123 ENTs, e.g.



See Page D3 for this week's answers.

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TRIVIA

Trivia test by Fifi Rodriguez

1. MOVIES: What was the first name of the main character in the movie "Rambo"?
2. GEOGRAPHY: On which continent is the nation of Eritrea located?
3. MUSIC: What was the full name of the late singer Prince?
4. ANATOMY: What part of the body is examined with an ophthalmoscope?
5. MEASUREMENTS: How many teaspoons are in a tablespoon?
6. COMPUTERS: The term "bit" is an abbreviation for what words?
7. GAMES: What is the only king without a moustache in a standard deck of playing cards?
8. TELEVISION: Which one of the Teletubbies is green in the children's show?
9. THEATER: Who wrote the play "A Moon for the Misbegotten"?
10. LANGUAGE: What is the adjective that is used to describe bulls or oxen?

See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

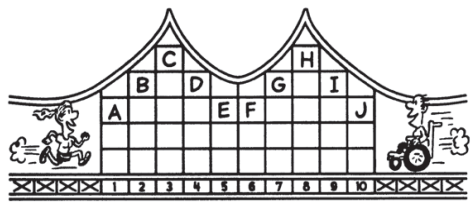
THE WORD ON THE SPOOKY GUY'S CARD means to EXIST. If you read this word backward it means WICKED. What word is on the card?

Answer: LIVE.

Junior Whirl

by Charles Barry Townsend

A WORD BRIDGE



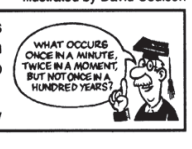
The bridge above contains 10 supporting words. We give you the first letter of each word, plus plenty of hints.

1. A high mountain.
2. A group of quail.
3. To hit and bounce off.
4. A stunned condition.
5. A specific period of history.
6. To be in good health.
7. The way a horse walks.
8. A safe place.
9. A type of flower.
10. A wide-mouth vessel.

Answers: 1. Alp. 2. Bevy. 3. Carom. 4. Daze. 5. Era. 6. Fit. 7. Gait. 8. Haven. 9. Iris. 10. Jar.

Illustrated by David Coulson

LISTEN UP, STUDENTS! Professor Flunkum is concluding his "Puzzles Old and New" course with a classic riddle. You have until the bell rings to come up with the right answer



Answer: The letter "M."

IT'S MAGIC! Use the numbers 2 through 17 to fill in this Magic Number Square. The numbers in each horizontal row and vertical column should total 38. We've filled in the four center squares. The rest is up to you. Use trial and error – and a good eraser!

	3	8	
	17	10	

[38]

Our answer: First row: 9, 12, 15, 2. Second row: 14, 3, 8, 13. Third row: 4, 17, 10, 7. Fourth row: 11, 6, 5, 16.

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Wishing Well®

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

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 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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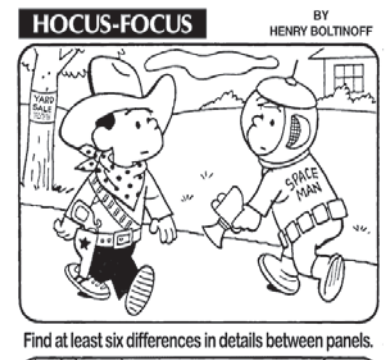
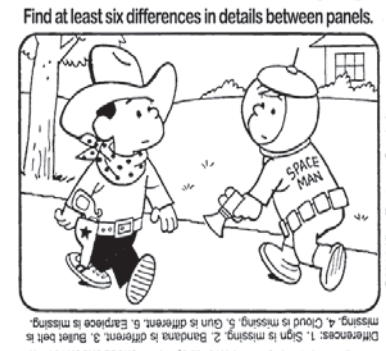
HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Sign is missing, 2. Bandana is different, 3. Bullet belt is missing, 4. Cloud is missing, 5. Gun is different, 6. Earpiece is missing.

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Green Beret returns to service after amputation

By Maj. Thomas Cieslak
U.S. Army Special Operations Command

EGLIN AIR FORCE BASE, Fla. — A Special Forces NCO has returned to full active-duty service 2 1/2 years after his hand was amputated to free him from underneath a vehicle before a suicide bomber could strike a deadly blow against him and his team.

Sgt. 1st Class Ivan Morera, a Miami native and a Special Forces medic, continues to serve with the 7th Special Forces Group (Airborne), despite being severely wounded in a vehicle roll-over in Afghanistan.

In August 2013, an insurgent on a motorcycle drove up to the front-left tire of the MRAP All-Terrain Vehicle that Morera was driving. Aware of intelligence reports stating insurgents were employing suicide bombers on motorcycles, Morera swerved to avoid the attacker. The insurgent pursued Morera's vehicle, even as he swerved multiple times. The final time Morera swerved, the vehicle went off the road. When he over-corrected to return to the road, the vehicle began to roll over. While the vehicle flipped, the driver's side door next to Morera broke off its hinges and combat lock.

"I woke up and noticed my hand had been crushed. I called out for my team sergeant. He unstrapped himself and put a tourniquet on my arm," said Morera recalling the aftermath of the roll-over. "He called over my junior medic who put an additional tourniquet on and they had to complete the amputation in order to pull me out of the vehicle."

In addition to the loss of a hand, he suffered severe damage to his left shoulder and knee during the roll-over.

After Morera was medically evacuated, the motorcycle-borne suicide bomber returned to attack the Special Forces team, killing himself by detonating his improvised explosive device and wounding a number of the Green Berets still at the scene of the accident.

PHOTO BY STAFF SGT. BRYAN HENSON

Sgt. Whitney Conder of the U.S. Army World Class Athlete Program advances to the women's freestyle 53-kilogram finals of the 2016 U.S. Olympic Wrestling Team Trials on April 10 at Carver-Hawkeye Arena on the University of Iowa campus in Iowa City.

The remaining medic immediately began to evaluate and treat wounds caused by the blast as other members of the team continued to recover the damaged vehicle back to a coalition base.

Morera began his recuperation at the Center for the Intrepid at Brooke Army Medical Center in San Antonio, Texas. Fifteen days after his initial hospitalization, Morera reported for physical and occupational therapies.

"My recovery, at first, was pretty easy and I was excelling. But within three months, I started to get depressed when things got a little harder," said Morera about his recovery. "In January 2014, I had reconstructive knee surgery and set new goals on getting out of the CFI (Center for the Intrepid) and returning to 7th Group within five months. I was able to reach that goal and come home."

Extremely competitive and fitness orientated, the loss of a hand and severe wounds to his left shoulder and knee dealt a critical blow to Morera's identity as a husband, father and Special Forces operator. Physical performance is critical to a Special Forces Soldier and initially, he had no idea how he was going to recover to his previous capabilities. Family and faith proved to be the inspiration the former Green Beret Medic needed.

"It's because of my spiritual identity that I was able to stay strong and because of my faith in God," said Morera about the source of his inner strength and drive to recover.

In physical therapy, he began the arduous task of strengthening his knee and shoulder to prepare them for reconstructive surgery. Efforts in occupational therapy focused on learning how to use his prosthetics. Especially challenging was learning how to contract specific muscles in his arm to control his prosthetic hand.

Morera returned to the 7th SFG (A)'s compound at Eglin in June of 2014. The very next day after his arrival, he reported to the Group's Force Preservation Directorate housed the unit's Combat Readiness Training Facility.

The FPD's approach to the recovery of wounded Green Berets like Morera is both holistic in manner and comprehensive in aspects of mental, physical and spiritual recovery. The directorate's cadre, which includes a dietician, psychologists, performance coaches and a physical therapist, embraced Morera and worked to channel his drive to excel once again.

Morera spends much of his time with members of the Group's Tactical Human Optimization, Rapid Rehabilitation and Reconditioning Program.

Mike Sanders, director of the THOR3 program, coordinates much of Morera's physical conditioning. The mental identity of a Soldier and especially a Green Beret is often tied to their physical performance on the battlefield, in the gym and in everyday life Sanders said.

The THOR3 program is an essential component to the recovery of a Special Forces Soldier like Morera, Sanders added, because it helps restore something that often violently is taken away from him and leaves not only physical trauma, but mental trauma as well.

"Being able to see my kids every day and being able to show them if you continue to push forward and have faith, you can get through anything," said Morera about the inspiration that continues to drive him towards his ultimate goal of returning to a Special Forces team. "I love my children deeply and when they tell me I'm their hero, that motivates me to go further."

Morera passed a major milestone towards his goal in April 2015 when he conducted his first static-line parachute jump since being wounded. Since then, he's completed seven more jumps for a total of eight with his prosthetic arm.

His next intended breakthrough takes him above the clouds to be able to conduct military freefall operations. He and a team of experts are looking into the dynamics of conducting High Altitude Low Opening parachute jumps with prosthetics and what specialized gear might be necessary to make it possible.

"Continue to move forward. Don't let your situation define who you are," Morera advises other members of the Special Forces community who have sustained such life-altering wounds. "Don't let your situation stop you from your goals. Everything and anything is possible with faith and determination."

FORT RUCKER SPORTS BRIEFS

Free golf lesson

People looking for some quick tips on how to build their golf skills can receive a free 10-minute lesson from PGA Professional Dale Wiggins at Silver Wings Golf Course Saturday from 9-11 a.m. For an appointment, call 598-2449.

Mother's Day Bowl

People who bring their moms to Rucker Lanes Sunday can enjoy the Mother's Day Bowl special from 10 a.m. to 8 p.m. The special includes bowling for 25 cents per game and 50-cent shoe rentals. For more information, call 255-9503.

Mother's Day Fitness

Fortenberry-Colton Fitness Center will host a day for mothers to try fitness classes for free May 13. Classes will begin at 8:30 a.m. and continue until after lunch. For the class schedule, visit http://rucker.armymwr.com/us/rucker/programs/fitness-centers. All moms who participate will be entered into a drawing for a one-month free fitness card.

For more information, call 255-3794.

Disc golf tournament

The Fort Rucker Physical Fitness Center will host a disc golf tournament May 14 at 9 a.m. at the disc golf course. The tournament will be 18 holes with participants paired randomly, followed by another 18 holes with participants paired by age and score. Trophies will be awarded in various categories. The cost is $20 for people who sign up on or before Saturday and $25 after Saturday. All pre-registered competitors will receive a T-shirt. Competitors registering after Saturday will receive T-shirts while supplies last.

For more information or to sign up, call 255-2296 or 255-2997.

Survivors and Fallen Heroes 5K

The Fort Rucker Physical Fitness Center will host its Survivors and Fallen Heroes 5K May 21 starting at 8 a.m. at West Beach, Lake Tholocco. Race-day registration begins at 6:30 a.m. Participants are encouraged to pre-register at either PFC. The fun run will begin after the 5K race is complete. The fun run is open to all children, free of charge. Each fun run participant will receive a medal. For the race, costs per individual is $20 with a shirt through May 14; $25 May 15 and after with a shirt (while supplies last). Refreshments will be provided. The race is open to the public. Trophies will be awarded in various categories.

For more information, call 255-2296.

Memorial Day Flag Tournament

Silver Wings Golf Course will host its Memorial Day Flag Tournament May 28 with tee times from 7-9 a.m. People can call the golf shop to schedule a tee time to participate in our flag event. Players will receive a flag with their name and target score. Target score is determined by taking 100-percent of a player's handicap and adding it to par – a 12 handicap would have a target score of 84: handicap + par 72. When players reach their target score, they place the flag where the ball comes to rest. Participants can register as late as 9 a.m. the day of the tournament. Entry costs $5, plus green fees and cart fee. Players must have a valid handicap. Prizes will be awarded based on the number of participants.

For more information, call 598-2449.

Memorial Day Stars and Strikes

Rucker Lanes will host its Stars and Strikes special May 30 from 10 a.m. to 10 p.m. People can bowl for 25 cents per game and get 50-cent shoe rentals. For more information, call 255-9503.

Golf lunch and a lesson

Silver Wings Golf Course will host its lunch and a lesson special on Wednesdays in May from noon to 1 p.m. The special includes lunch, golf balls and a golf lesson for $20. There needs to be a minimum of three participants to conduct a lesson. Registration, payment and lunch selection are due a day prior to the event.

For more information, call 598-2449.

PUZZLE ANSWERS

Super Crossword

Answers

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

L	I	C	O	R	I	C	E	■
A	T	T	E	N	D	E	E	■
M	I	S	S	O	L	D	■	■
T	W	A	S	■	■	■	■	■
■	■	■	■	■	■	■	■	■
C	O	S	T	C	O	■	■	■
T	B	U	I	L	D	■	■	■
E	N	D	U	E	■	■	■	■
R	A	E	S	■	■	■	■	■
A	L	D	■	■	■	■	■	■
R	O	Y	■	■	■	■	■	■
C	B	S	■	■	■	■	■	■
A	L	A	I	■	■	■	■	■
D	E	A	D	L	A	S	T	■
E	E	R	I	E	■	■	■	■
F	C	O	L	D	■	■	■	■
G	O	L	D	■	■	■	■	■
Y	E	L	L	E	R	■	■	■
E	R	O	D	E	S	■	■	■

Weekly SUDOKU

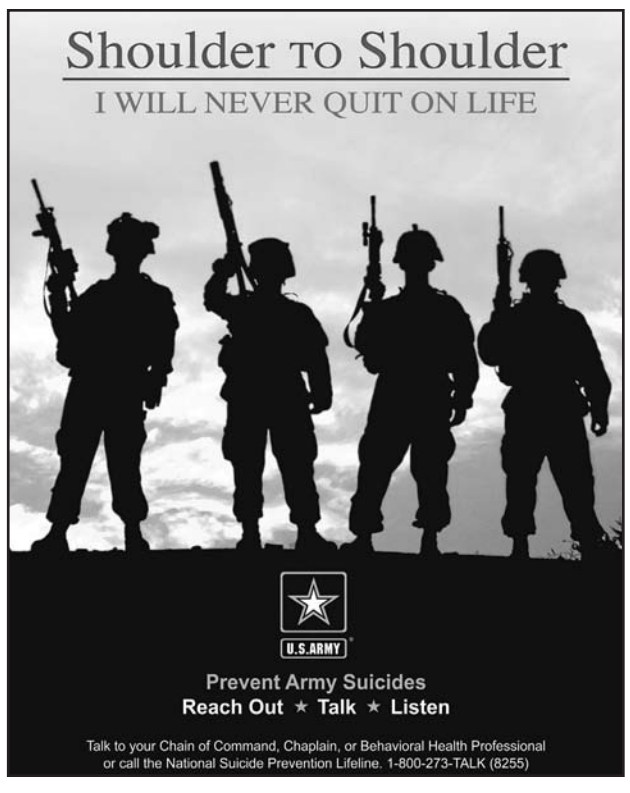
Answer

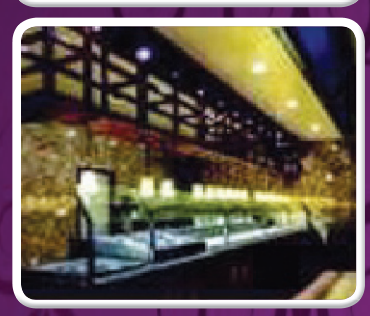
8	7	5	2	6	3	9	4	1
9	2	4	1	7	5	3	8	6
1	3	6	9	4	8	7	5	2
6	8	2	4	1	7	5	3	9
3	1	9	8	5	6	4	2	7
4	5	7	3	2	9	1	6	8
7	6	3	5	8	1	2	9	4
2	9	1	6	3	4	8	7	5
5	4	8	7	9	2	6	1	3

Trivia

Answers

1. John
2. Africa
3. Prince Rogers Nelson
4. The eye
5. Three
6. Binary digit
7. The King of Hearts
8. Dipsy
9. Eugene O'Neill
10. Taurine





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