

SALUTE!

Miss Alabama contestants salute the troops
Story on Page C1



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ARMY 10-MILER

Local Army 10-Miler team takes shape
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FORT RUCKER ★ ALABAMA

MAY 19, 2011

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TRICARE UPDATE
Tricare Young Adult provides coverage for children under the age of 26.
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GOT WHAT IT TAKES?
Soldiers compete for spots on Fort Rucker Army 10-Miler Team.
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AER WRAPS UP
Fort Rucker's Army Emergency Relief Fundraising Campaign comes to a close during a ceremony Monday at 10 a.m. at the U.S. Army Aviation Museum. For more information, call 255-2341.

MEMORIAL DAY CEREMONY
Fort Rucker's Memorial Day Ceremony is May 26 at 3 p.m. at Veterans Park. For more information, call 255-2366.

LAKE FEST
DFMWR hosts Fort Rucker's Lake Fest May 28 from noon to 6 p.m. at Lake Tholocco's West Beach. Admission is free and open to the public. Life jacket usage, canoes and paddle boats are also free the day of the event. The lake has a recreational swimming area with four water slides and a floating trampoline. For more information, call 255-1749.

VACATION BIBLE SCHOOL
Free, post-wide Vacation Bible School takes place June 13-17 from 8:30-11:30 a.m. at the Spiritual Life Center in Bldg. 8939. The school is for children in kindergarten through sixth grade. VBS teaches themes common to all Christian denominations through a variety of Bible-learning activities, games, drama, music and crafts. For registration or more information, call Nancy Jankoski at 255-3946.

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PHOTO BY RUSSELL SELLERS

Salute to the Troops

Ashley Davis, Miss Alabama 2010, talks with AIT Soldiers May 13 at the DFAC parade field during their annual *Salute to the Troops* event, which culminated with a performance at the post theater for Soldiers. See Page C1 for the full story.

Post honors UH-1 Huey as aircraft retires

BY JIM HUGHES
Command Information Officer

Hundreds of Fort Rucker community members and leaders from the local area gathered at Cairns Army Airfield May 17 to bid farewell to a beloved "Family member," the UH-1 Iroquois, affectionately known as the Huey.

The last three UH-1s operating with the Army out of Fort Rucker were retired during a ceremony at Cairns; however, Hueys will still fill the skies over the Wiregrass as the Air Force operates them, known as TH-1Hs, out of the air field as part of its rotary-wing training program, according to Lisa Eichhorn, public affairs officer.

Maj. Gen. Anthony G. Crutchfield, Fort Rucker and U.S. Army Aviation Center of Excellence commanding general, described the ceremony as a "Family reunion."

"That's why we're here today — to say goodbye to a Family member," Crutchfield said. "This is



PHOTO BY RUSSELL SELLERS

SEE HUEY, PAGE A6

CW4 Larry Castagneto, 1st Aviation Brigade safety officer who flew the Huey in Vietnam, speaks at the UH-1 retirement ceremony at Cairns Army Air Field May 17.

Fort Rucker earns ACOE Exemplary Practice award

BY RUSSELL SELLERS
Army Flier Staff Writer

Fort Rucker constantly strives to make itself a better home for Soldiers and their Families, officials said.

Last month, the installation was recognized during the Army Installation Management Symposium in San Antonio, Texas, for its efforts to reduce energy consumption. The installation also won an ACOE runner-up award.

That level of commitment is what makes receiving an Army Com-

munities of Excellence Exemplary Practice award so special, said Col. James A. Muskopf, Fort Rucker garrison commander.

"Energy conservation is something we have to get after, not just here at Fort Rucker, but around the country," Muskopf said. "Going forward, we can look at the things we've done successfully and not-so-successfully and make improvements that will help make (the installation) an even better place."

SEE ACOE, PAGE A6



COURTESY PHOTO

Col. James A. Muskopf, Fort Rucker garrison commander, and Garrison Command Sgt. Maj. Dwaine Walters accept a check for \$50,000 at the Army Installation Management Symposium in San Antonio, Texas, last month from Katherine Hammack, Installations, Energy and Environment assistant secretary of the Army, and Lt. Gen. Rick Lynch, IMCOM commanding general. The check was presented to Fort Rucker as part of its ACOE Exemplary Practice award it received for 2011.

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Perspective

LET YOUR VOICE BE HEARD BY WRITING AN E-MAIL TO THE ARMY FLIER AT JHUGHES@ARMYFLIER.COM.

USAAACE eliminates training backlog

BY MAJ. GEN. ANTHONY G. CRUTCHFIELD
U.S. Army Aviation Center of Excellence and Fort Rucker Commanding General

When I became the Army Aviation Branch Chief and the commanding general of USAAACE in August, I developed eight imperatives to help guide this command.

I set one imperative, the elimination of the current flight training backlog, as my highest priority.

After we transitioned our flight training program to the Flight School XXI model in 2005, we began to experience a backlog of flight students who were moving from initial entry rotary wing training to their advanced aircraft. While it was not a direct by-product of FSXXI, the backlog continued to grow, and in early 2009, we had nearly 350 officers who were waiting anywhere from three weeks to six months to get into their



Maj. Gen. Anthony G. Crutchfield

advanced aircraft training.

In some cases, it was taking us nearly two years to get our officers through flight school. That was not good for our junior Aviation lieutenants and warrant officers. It also wasn't good for the ground commanders we are here to support or the Army.

Today, because of the hard work from the Backlog Tiger Team that we formed a few

months ago, the Soldiers and civilians of the 110th Aviation Brigade and 1st Aviation Brigade, the Aviation Center Logistics Command, the USAAACE staff and a host of dedicated professionals from across the Fort Rucker garrison, that backlog has been eliminated.

My commander's intent states that nothing is more important than how we train and sustain the flow of highly qualified Aviation professionals to rapidly meet the demands of commanders worldwide. You understand that and I am very grateful.

While the advanced track backlog has been eliminated, we must remain vigilant so it does not come back.

We also have some hard work to do as we cycle officers into flight training to reduce the time they spend transitioning Survival, Evasion, Resistance and Escape training, over-water survival

training and the Basic Officer Leader Course. Officers in flight training should spend no more than 13 months at Fort Rucker once they begin initial entry flight training. That is our ultimate goal.

Eliminating the advanced track backlog was the first step in accomplishing that goal, and I'm proud of the dedicated men and women who made that happen.

Thank you for what you do each and every day for our Soldiers and their Families, our Aviation Branch and our Army. As a token of my appreciation, I'm granting USAAACE and Fort Rucker a four-day weekend in conjunction with Memorial Day in May.

Whether you are a service member, government civilian or contractor, your service, dedication and teamwork will continue to shape our Branch and our Army for years to come.

Above the best.

Cover your cranium

BY STEVE RAMKE
Fort Polk, La.

(Editor's note: This article is reprinted from the Knowledge, the Army Safety Magazine.)

"I have to wear what?"

That's what I said the first time I was told I had to wear a bicycle helmet while riding off duty.

I complained to my commander, first sergeant and anyone else who would listen. I even questioned the commander about the new requirement written into regulations that required me to wear a helmet.

After all, I had been riding a bike since I was 6 years old. Now, in my 30s, I was invincible and nothing was going to happen to me while riding my bike.

Well, my complaining fell on deaf ears. Like a good sergeant, I complied with orders. I bought helmets for my family and myself, and I begrudgingly started wearing mine when I rode. Little did I know that just a few months later that helmet would keep me from suffering a serious head injury.

Did you know?

According to Army Regulation 385-10, when bicycling on Department of Defense installation roadways during hours of darkness or reduced visibility, bicycles will be equipped with operable head and taillights, and the bicyclist will wear a reflective upper outer garment.

For more information about bicycle helmets and state laws, visit the Bicycle Helmet Safety Institute Web site at <http://www.helmets.org/index.htm>.

It was a nice day in Abilene, Texas. The wind was calm, the sun was shining and I didn't have to report for duty until 4 p.m. for the swing shift. I decided to do a little extra physical training that day, and a good bike ride seemed to be just the ticket.

I checked the air in my tires, grabbed my helmet and hit the road. I was nearing the end of my ride when it happened.

First, I heard a pop. The next thing I knew, I was on my back and my head slammed onto

the asphalt. My vision quickly dimmed, but I was brought back to my senses when my bicycle crashed back down upon my chest and face.

What happened? Was I OK? Did I break anything? As I lay in the road asking myself those questions, I realized I should probably move before I got run over by a car.

Wow, my head hurt!

Getting up slowly, I looked for what caused me to take a spill. As I inspected my bike, I discovered that metal fatigue

in my left pedal caused it to snap off. When that happened, I rolled off my bike while traveling at a pretty decent speed. What I thought would never happen to me actually did.

Brushing myself off, I removed my helmet. That's when I realized how lucky I was to be wearing it. The back of my helmet literally slammed into the asphalt. I had three 4-inch cracks in the back of the helmet and one 3-inch crack in the side of it. I can only imagine the damage my head would have sustained had I not been wearing a helmet. I immediately reported to the post hospital, where I was diagnosed with a possible concussion.

Looking back, I did some things right and wrong that day. What I did right was I wore my helmet and checked my tires before I rode. The main thing I did wrong was I did not take the time to perform a good inspection of my bicycle. If I had taken a closer look at the overall condition of my bike, I may have caught the fault in the pedal and prevented the pain I suffered.

So, I have to wear what? A bike helmet, that's what! And believe me, I'll never complain about it again.



Rotor Wash

“With the hot summer months approaching, what will you do to ‘beat the heat’?”



Anna Beth Sawyer,
Family member

“Borrow my friend's pool as much as possible.”



Spc. Michael Rosado,
1st Bn., 145th Avn. Regt.

“Make sure to wear sun-tan lotion.”



Pfc. Brittinae Cornish,
1st Bn., 13th Avn. Regt

“Go home to the beach.”



Rick Underwood,
Shaw group project manager

“Stay inside in the air conditioning.”



Sgt. Brad Tobin,
1st Bn., 145th Avn. Regt.

“Drink lots of water to stay hydrated.”

NCOA honors Aviation Branch CSMs

BY JIM HUGHES
Command Information Officer

An idea to honor the legacy of the Aviation Branch's command sergeants major got off to a rough start about 10 months ago, but it was brought full circle during an emotional ceremony May 12 at the U.S. Army Aviation Museum.

The original idea didn't sound overly difficult — to create a wall display of photos and biographies of each of the Aviation Branch's previous 11 command sergeants major in a hallway of the U.S. Army Aviation Center of Excellence Noncommissioned Officer Academy — but it soon became apparent it might not be as easy as it initially sounded, said school commandant and originator of the idea, Command Sgt. Maj. Richard A. Mitchell.

"As I started looking for the historical data within our Branch, I found that no one had ever captured that information," he said. "So, I thought it would be a great project for the young students going through the academy to go out, do the research, and find the data and bios on our former branch CSMs."

Mitchell's intent was to have each class coming through the NCOA to put together a photo and biography plaque on each of the previous 11 command sergeants major of the Branch since it was created in 1983.

But a major pothole greeted NCOA students and cadre on what became an almost year-long bumpy road they were embarking on, he said.

"We started with the first, Command Sgt. Maj. David L. Spears, who was the command sergeant major from the Branch's creation in 1983 to 1984," Mitchell said, adding that Spears passed away in 2003. "I kind of got a little frustrated because the students came back and said they couldn't find any information on him — they couldn't find any of his Family members, and nothing on him in any of the libraries or online."

"That's when I started to think this was going to be a hard task to get done," Mitchell added.

Deciding to skip over Spears for a bit, Mitchell and the NCOA cadre began researching Spears, but met with the same lack of success as had their students.

The various classes continued researching the other sergeants



PHOTO BY JIM HUGHES

Doris Spears, widow of the Army Aviation Branch's first command sergeant major, Command Sgt. Maj. David L. Spears, accepts a plaque from Staff Sgt. Julia Prestridge and Sgt. 1st Class Russell Walker and the rest of NCOA SLC Class 11-003 May 12 during a ceremony in the U.S. Army Aviation Museum. A plaque identical to this hangs on the NCOA's Army Aviation Command Sergeants Major Legacy Wall at the school.

major, with varying degrees of difficulty, and compiled the plaques one by one until only Spears remained. But a breakthrough came when students spoke with the Branch's fourth CSM, retired Command Sgt. Maj. John Traylor.

"He works at Cairns (Army Air Field) and he was friends with Spears," Mitchell said. "He was still in contact with Spears' wife, Doris, who lived in Daleville."

Once students contacted Mrs. Spears, it was apparent the hardest part of the legacy wall quest was going to come together after all, Mitchell said.

"She had everything we needed," he said. "She brought us in everything she had on him, which was a book with all his documents from when he came into the Army. The students and the cadre sat down and started

going over every piece of paper to write his bio."

Once the plaque on Spears was complete, USAACE NCOA 15T Senior Leadership Course Class 11-03 members took it upon themselves to take things one step further and complete the circle by inviting Doris out for a small ceremony where they presented her with a copy of the plaque that would be hung in the school's hallway.

Married to the sergeant major for 35 years, Doris said she was initially surprised to be contacted by the students. "I just thought, 'Man, it's been a long time.'"

"It's pretty," Doris said of the plaque, with tears in her eyes. "He loved his job, he loved Aviation. He'd just be thrilled with this. It's like he did his service all over again. I appreciate the

students remembering him, and I want to tell them to keep on remembering people."

With the final piece of the puzzle completed, the NCOA now has its Army Aviation Branch Command Sergeants Major Legacy Wall in place, and it's become an attraction at the school, Mitchell said.

"Classes routinely come through hallway," he said. "I see students stopping by and reading the plaques. The students were very excited — we just got the actual boards up while this class was in session and the students helped me slide them in."

The commandant said it was important for the students to be the major force behind making the legacy wall happen.

"I wanted them to be part of it, so they did the work — found the individuals, and called them

or wrote them and interviewed them on the phone as a class and asked them questions," he said. "The cadre and I could've done it, but I wanted them to do it because it is their Branch."

"Now we forever have this so that so every student that comes through the course will be able to read about the careers of these great men and see what they did for our Army and our Branch," Mitchell continued. "They can now say, 'Hey I was part of that — I did that,' and have some ownership of it."

And one of those reading about the careers of the former command sergeants major today or in the near future, might one day find a photo and biography of him or herself on that board to bring the circle around again.

Death March survivor speaks to Aviation students

BY JAY MANN
Fort Rucker Public Affairs

A survivor of the Bataan Death March spoke with Aviation Basic Officer Leader Course class 11-013 students May 11 at the U.S. Army Aviation Center of Excellence.

Col. Glenn D. Frazier, a former WWII prisoner of war and Bataan Death March survivor, offered the students personal insight into life as a POW and his experiences.

Frazier grew up in Lowndes County, Ala., in the 1930s and joined the Army at 16. He was serving in the Philippines when the Japanese attacked. He fought in the Battle of Bataan and was captured April 9, 1942. He was marched north and spent 3 1/2 years in Japanese POW camps performing slave labor.

"For them to be able to survive is the main thing," he said. "If I can survive what the Japanese put before me and put me through, they can surely survive."

The BOLC students start Survival Escape Resistance Evasion, or SERE training soon, and 2nd Lt. Jesse Pope said Frazier's visit was meaningful.

"A lot of people have anxiety about going into SERE, and it's good to hear from a real-life POW,



he said. "While our training will be nothing close to what he went through, it makes me think that there have been people who wore this uniform before me who faced up to worse situations than what I'm going through now. So, I can do this, too."

Frazier also told how returning home and to a "normal life" is a journey as well.

"I came home with a lot of hatred in my heart," he said. "Terri came home one night and said she was going to buy a Toyota. I said, 'Well where are you going to park it?' Hatred is the worst thing you can have."

Frazier said he had nightmares for 30 years after returning home. It took many years of counseling with his preacher to get rid of the hate he had for the enemy. Once he got rid of the hatred, the nightmares went away as well.

BOLC students had



PHOTO BY JAY MANN

Basic Officer Leader Course Students listen to retired Col. Glenn D. Frazier, former POW and Bataan Death March survivor.

a chance to ask Frazier questions about his experiences.

"It's important for people of my generation and future leaders of the Army

to hear these experiences before that firsthand information is gone," Pope said. "Having a man stand in front of you and telling about his personal expe-

periences is far more powerful than anything you could get out of a book or film."

After returning home, Frazier served in the Army

Reserve for six years. He has written a book called "Hells Guest" about his experiences and volunteers at USS Alabama Battleship Memorial Park in Mobile.

DPS encourages bike safety for all

BY RUSSELL SELLERS
Army Flier Staff Writer

Riding bicycles is a pastime many on and around Fort Rucker enjoy in the warmer months, but Fort Rucker safety officials warn that some areas are not as safe to ride as others. Recently, several Soldiers have been observed riding bicycles along Alabama Highway 27. Despite the proper use of safety equipment by all observed Soldiers, Directorate of Public Safety officials strongly discourage the use of that road as a riding area. "Some places along Hwy. 27 have a posted 50 mph speed limit and there are plenty of

dangerous blind curves as well," said Maj. Jay Massey, DPS deputy provost marshal. "Those conditions don't give the riders much reaction time. It's not a safe highway I would choose to ride." Portions of Hwy. 27 run from Enterprise to Ozark, toward the range area, Massey said. There also isn't enough shoulder room for cyclist to utilize. There's no regulation against Soldiers riding on that road, but there are plenty of safer alternatives on the installation, Massey added. "We have other roads that better accommodate bike riding that are much safer than riding down a major state

highway," he said. Massey said he has contacted the commanders of some of the units on post, but hopes other leaders around the installation will take the initiative and tell their Soldiers and personnel where the safe places to ride are. According to Fort Rucker Regulation 190-5, every person riding a bicycle on the roadways of Fort Rucker has the same rights of the road given to motorists. A person riding a bicycle must ride on a permanent and regular seat attached to the bicycle. No bicycle is allowed to carry more people than the number for which it was designed and equipped.

A child may ride as a passenger on a bicycle when a child seat is affixed to the bicycle. The rider of a bicycle carrying a child will have the child wear an approved bicycle helmet. No person shall operate or use any bicycle, roller skates, coaster, skateboard, sled, or any other toy vehicle in such a manner as to interfere with the normal flow of vehicular or pedestrian traffic. The use of headphones or earphones while operating a bicycle, roller skates, coaster, skateboard, segway, sled or any other toy vehicle on Fort Rucker roads, streets or trails is prohibited, Massey said. Cyclists on Fort Rucker roadways must ride as near to


the right side of the roadway as possible, in single file when riding with other bicyclists and exercise caution when passing a standing vehicle or one proceeding in the same direction. Riders are also not allowed to carry any packages, bundles, bags or any other articles which prevent the operator from keeping at least one hand on the handlebars. No person riding on any bicycle, coaster, roller skates, roller blades, skateboard, segway, sled, or toy vehicle shall attach him or herself to any other vehicle. For more information on safe riding and safe locations to ride, call 255-2222.

USA transitions to National Terrorism Advisory System

BY DAVID M. TAYLOR
Fort Rucker Antiterrorism Security Specialist

Last month, the Department of Homeland Security transitioned from the old, color-coded Homeland Security Advisory System to the National Terrorism Advisory System. The NTAS includes information only specific to a particular and credible threat, along with a clear statement that there is an imminent threat or elevated threat. NTAS Alerts contain a sunset provision, indicating a specific date when the alert automatically expires — there will not be a constant NTAS Alert or blanket warning as seen in the past. If threat information changes for an alert, the Secretary of Homeland Security may announce an update. All changes, including the announcement that cancels an NTAS Alert, will be distributed the same way as the original alert. Terrorism information and intel-

ligence is based on the collection, analysis and reporting of a range of sources and methods. While intelligence may indicate that a threat is credible, specific details may not be known. In making the change over to NTAS, the Department of Homeland Security can provide a more concise summary of the potential threat, public safety, and recommended steps that individuals, communities, businesses and governments can take to help prevent, mitigate or respond to the threat. DHS encourages citizens to follow NTAS Alerts for information about threats and take an active role in security by reporting suspicious activity to local law enforcement authorities through the "If You See Something, Say Something" public awareness campaign. For more information on the National Terrorism Advisory System or to receive NTAS alerts, visit www.dhs.gov/alerts.



National Terrorism Advisory System

Alert

www.dhs.gov/alerts

DATE & TIME ISSUED: XXXX

SUMMARY

The Secretary of Homeland Security informs the public and relevant government and private sector partners about a potential or actual threat with this alert, indicating whether there is an "imminent" or "elevated" threat.

DURATION

An individual threat alert is issued for a specific time period and then automatically expires. It may be extended if new information becomes available or the threat evolves.

DETAILS

- This section provides more detail about the threat and what the public and sectors need to know.
- It may include specific information, if available, about the nature and credibility of the threat, including the critical infrastructure sector(s) or location(s) that may be affected.
- It includes as much information as can be released publicly about actions being taken or planned by authorities to ensure public safety, such as increased protective actions and what the public may expect to see.

AFFECTED AREAS

- This section includes visual depictions (such as maps or other graphics) showing the affected location(s), sector(s), or other illustrative detail about the threat itself.

HOW YOU CAN HELP

- This section provides information on ways the public can help authorities (e.g. camera phone pictures taken at the site of an explosion), and reinforces the importance of reporting suspicious activity.
- It may ask the public or certain sectors to be alert for a particular item, situation, person, activity or developing trend.

STAY PREPARED

- This section emphasizes the importance of the public planning and preparing for emergencies before they happen, including specific steps individuals, families and businesses can take to ready themselves and their communities.
- It provides additional preparedness information that may be relevant based on this threat.

STAY INFORMED

- This section notifies the public about where to get more information.
- It encourages citizens to stay informed about updates from local public safety and community leaders.
- It includes a link to the DHS NTAS website <http://www.dhs.gov/alerts> and <http://twitter.com/NTASAlerts>

If You See Something, Say Something™. Report suspicious activity to local law enforcement or call 911.

The National Terrorism Advisory System provides Americans with alert information on homeland security threats. It is distributed by the Department of Homeland Security. More information is available at: www.dhs.gov/alerts. To receive mobile updates: www.dhs.gov/alerts. If You See Something Say Something™ used with permission of the NY Metropolitan Transportation Authority.



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Dale Medical Center



COURTESY PHOTO

Students support tornado relief effort

Fort Rucker Elementary School students participated in the tornado relief effort in conjunction with a local team lead by Jim Thompson, Coffee County commissioner. The school donated items that would support the cleanup effort and assist families whose homes had been destroyed. The students collected clean up supplies, paper products, sodas and hygiene items. The total amount collected was over 57 bags. The teaching staff at Fort Rucker Elementary also participated by donating baked goods May 8. All items were taken to the Pleasant Grove area, which is located outside of Birmingham. Over 550 individuals were fed and over 50 supply boxes were delivered. The students at Fort Rucker Elementary participate in a year-long program that promotes character and good citizenship.

Army equipping Afghans, Iraqis on Mi-17s

BY KRIS OSBORN
Army News Service

WASHINGTON — The U.S. Army is acquiring and sustaining Russian-built Mi-17 helicopters for Iraqi and Afghan forces so they can further stand up their respective militaries and enable more U.S. forces to return home, service officials said.

"We're buying those systems because our (servicemembers) don't get to come home until (Iraqi and Afghan militaries) take over the mission and are trained to do it," said Maj. Gen. Tim Crosby, who serves as program executive officer for Avia-

tion. "There's incentive for us right now."

The aircraft purchases are at the request of both the Department of State and the Department of Defense.

The U.S. Army's Non-Standard Rotary Wing program of office plans to acquire 21 new Mi-17s for Afghanistan. The office has already bought 22 of the aircraft for Iraq, of which 14 have been delivered, said Col. Norbert Vergez, who heads up the project.

In addition, U.S.-based Northrop Grumman is performing maintenance and sustainment on 52 existing Mi-17s in Afghanistan, Vergez said.

"The primary consideration was based on a desire by the customer, in the case of Afghanistan, to have a platform that they were familiar with and that was simple and easy to operate," Vergez said. "They wanted something that was immediately available for them to assimilate into their armed forces."

The Mi-17 was originally designed by the Russians in the 1970s. The helicopter was used by the then Soviet army in the war between the Soviet Union and Afghanistan. It is well suited for operating in that environment. Since that time, the Afghan military has used the

Mi-17 and become familiar with the aircraft's operation.

Vergez said the high-altitude-capable, troop and supply-carrying Mi-17 is considered a national asset by the Afghans.

"It is an extension of the sovereign Afghan government beyond Kabul," Vergez noted. "For example, during a series of recent floods in the mountains, the Afghan government launched two of its recently acquired Mi-17s to help the people."

Vergez said that over a five-day period, using the Mi-17, the Afghans were able to rescue over 1,000 people from the floods.

"That builds good will," he said. "Afghanistan is tribal, so when the central government comes in with that kind of power, it really goes a long way."

Vergez said delivery of the Mi-17s, which fly at altitude up to 19,860 feet, mean the Afghan military will gain further independence and that means fewer U.S. military will need to be in Afghanistan.

"There is no air support for Afghanistan other than the Americans as we establish this capability for Afghanistan," Vergez said. "With every one of these deliveries we are able to bring Americans home."

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Huey: ‘Many of us cut our teeth on this aircraft’

Continued from Page A1

an incredible machine, as you all know. And it served us proudly for over 52 years. It was first introduced in 1959, and in its first 20 years of service, more than 7,000 of these aircraft served in combat in Vietnam and more than 16,000 were built and served all around the world.

“Many of us cut our teeth on this aircraft learning to fly,” the general continued. “It has a special place in our hearts. Thank you for your outstanding 52 years of service.”

Crutchfield then introduced CW4 Larry Castagneto, a safety officer with the 1st Aviation Brigade who flew the UH-1 in Vietnam, and among those with a special place in their hearts for the Huey.

“This is going to be a hard day,” Castagneto said. “To be honest, it’s a very sad day, an end of an era — an era that has spanned over 50

years — the retirement of this grand old lady, our mother, the Huey.”

The chief warrant officer then gave some facts about the UH-1’s storied career.

“It was 48 years ago to this month, in 1963, that the first Hueys arrived in Vietnam to units that would become the 145th and 13th Combat Aviation Brigades, both units still assigned here at Fort Rucker,” he said. “While in Vietnam, the Huey flew approximately 7,457,000 assault sorties, 3,952,000 attack or gunship sorties, and 3,548,000 cargo supply sorties — over 15 million sorties over the paddies and jungles of Vietnam.

“And that does not include the millions of other Soldiers flown all over the world and in other combat zones since then. What an amazing journey. I am so honored and humbled to have been a small part of that journey,” he said.

Castagneto continued by saying those who flew, worked on or

rode in the UH-1 knew how difficult it was for him to describe his feelings for the aircraft.

“We are the chosen few — we are the lucky ones,” he said. “We understand what this aircraft means, for she is alive. She has a life of her own and has been a lifelong friend. She is as much a part of me and my fellow brothers as the blood that flows through our veins. Try to imagine all of those that have been touched by the shadow of her blades.”

And that shadow extended well past Vietnam and even continues to touch the young Aviators of today, he added.

“They may love their Apaches or Blackhawks, but they will say there is no aircraft like flying a Huey. It is special,” Castagneto said. “There are two kinds of helicopter pilots: those who have flown the Huey, and those who wish they could.

“So with that I say to her, that

beautiful lady, sitting out there, from me and all my lucky brothers who were given the honor to serve their country and the privilege of flying this great lady in the skies of Vietnam, I say ‘thank you’ for the memories, ‘thank you’ for always being there, ‘thank you’ for always bringing us home no matter how beat up or shot up you were — you will never be forgotten,” he said. “We loved you then, we love you now, we will love you until our last breath.

“And as the sun sets today, if you listen closely, you will hear that faint whop, whop, whop of our mother speaking to all her children, past and present, who rode her into history in a blaze of glory,” he continued. “And she will be saying to us, ‘I am here, I will always be here with you. I am at peace, and so should you be, and so should you be.’”

Scan this code with your smartphone



to check out video from the ceremony.

The UH-1 is still flown by the Army, Air Force and other services, Eichhorn said, adding that two of the three Hueys will retire among their brethren at other Aviation museums — with one going to Fort Rucker’s own U.S. Army Aviation Museum and another going to the Army Aeromedical Evacuation Museum at Fort Sam Houston, Texas. The destination for the third Huey was unavailable at press time.

ACOE: Post reduced annual energy use by 3 percent

Continued from Page A1

The ACOE award was created to recognize achievements in the performance improvement within the Army. Today, the ACOE program recognizes U.S. Army garrisons for high performance in achieving the IMCOM Installation Management Campaign Plan goals that contribute to delivering more value to customers, promote best management techniques and embed a cost-conscious culture that ensures the future success of the organization.

For 2011, the ACOE application process focused on the ways and means through which garrisons implemented the IMCP’s six Lines of Effort.

Fort Rucker was awarded and Exemplary Practice Award for its efforts in two LOEs: Installation Readiness and Energy Efficiency and Security.

The award also came with a check for \$50,000, which was awarded to Fort Rucker at the Army Installation Management Symposium in San Antonio last month.

The installation hasn’t determined what the money will be used for exactly yet, but it will be used to make improvements to the post, Muskopf added.

According to the award nomination write up from Fort Rucker’s Plans, Analysis and Integration Office, Fort Rucker reduced energy consumption between 2.7 and 3 percent each year since 2005, a savings of \$420,000. This was in accordance with the Energy Management and Efficiency Project Executive Order 13423.

“That the installation was able to place at such a high level validates the hard work that’s gone into making Fort Rucker better,” said Cynthia Ranchino, PAIO lead plans specialist. “The efforts that were put forth, as a garrison, have paid off. Progress has been made, and is continuing to be made.”

While the work that’s been done so far has greatly improved the installation, Deena Jones, PAIO director, said the work is far from over.

“We are still working on improving the other LOEs and getting things ready for next year’s packet,” she said. “The work never

stops. It’s an ongoing process.”

Fort Rucker also placed as a runner-up installation for its efforts in all other categories, which Muskopf said is a testament to how good a place the installation is to live and work. However, he said the work to make the post even better never stops.

“We didn’t get one bronze awards this time, of those gold, silver or but we are making progress and we will continue to do so,” he added.

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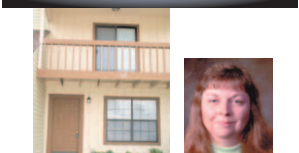
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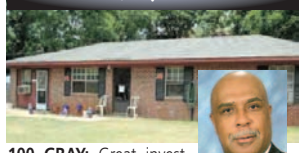
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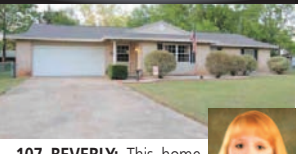
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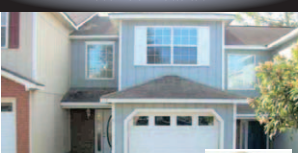
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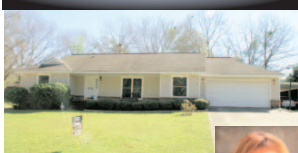
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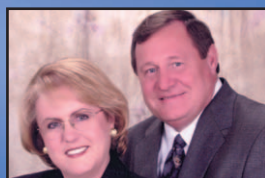
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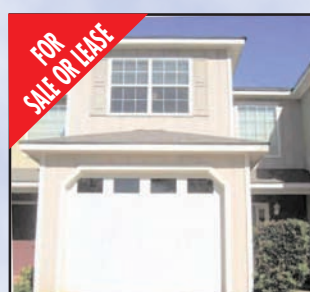
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ARMY BRIEFS

GUARD RESPONDS TO EMERGENCY CALLS AS MISSISSIPPI RISES

KROTZ SPRINGS, La. — Louisiana National Guardsmen from the 139th Regional Support Group and the 225th Engineer Brigade helped raise a levee to protect 240 homes from potential flooding in Krotz Springs May 12.

Raising the levee was necessary to ease the pressure farther down the Mississippi River, said Louisiana Governor Bobby Jindal.

The Louisiana Guard constructed part of a two-mile long levee, which raised a barrier from one to nine feet, adding protection for the St. Landry Parish homes, an electrical substation and a refinery in the Atchafalaya Basin.

While Louisiana Guardsmen have been dealing with flood issues within their state, 70 Arkansas Guard Soldiers from the 142nd Fires Brigade were in the southeast part of their state before sunrise May 11 conducting levee patrol and sandbag missions in Lake Village and Eudora to stave off the cresting Mississippi.

ARMY WORKING TO STREAMLINE DISABILITY EVALUATION SYSTEM

WASHINGTON — Army leaders told lawmakers May 11 the service is revamping its disability evaluation system because the current process is inefficient.

The Army worked with the Office of the Secretary of Defense and the Department of Veterans Affairs to develop the Integrated Disability Evaluation System, or IDES. That system is expected to streamline the disability evaluation process, and the Army hopes to expand that program across the service by the end of September, officials said.

It's expected the IDES program will help all current and future Soldiers and servicemembers by delivering enhanced case management, a single comprehensive disability examination, a single-sourced disability rating, increased transparency, and faster disability processing.

FACEBOOK PAGE PUTS 'DEATH ROW' PETS IN SPOTLIGHT

FORT BENNING, Ga. — For pet lovers, it's an emotional issue. For animal control facilities, it's an economic one: what to do with the nearly 7,000 dogs and cats dumped in local animal care and control center every year?

A social media campaign was spawned in 2010 to stem the tide of animals euthanized due to lack of space at city facilities.

The center has 52 indoor runs and 32 cat cages. Once they are full, animals must be euthanized to make room for more.

Happy Homes, and its spin-off No-Kill Columbus, is a Facebook movement to encourage responsible pet ownership, lobby for legislation, develop foster networks and promote adoption of pets from local animal shelters. Happy Homes will soon make the leap from a virtual sounding board to an actual 501(c)3 nonprofit rescue group.

Started by Caitlyn Stoddard, a local veterinary technician, it is growing thanks to volunteers who visit animal control to take photos and provide information on potential adoptees.



PHOTOS BY SPC. MATTHEW WRIGHT

CW2 Brendon McNamara, left, Capt. Dennis McNamara and Capt. Elizabeth McNamara are AH-64 Apache helicopter pilots deployed to Camp Taji, Iraq, with the 8th ARB, 229th Avn. Regt. from Fort Knox, Ky. Dennis is the proud father of Brendon and Elizabeth.

Family creates legacy

BY 1ST LT. JASON SWEENEY
401st Combat Aviation Brigade

CAMP TAJI, Iraq — Having an AH-64 Apache attack helicopter pilot for your dad is pretty cool.

Even cooler is being an Apache pilot and having two of your children follow in your footsteps to become pilots, too.

"Without a doubt, I'm the proudest man on earth," said Capt. Dennis McNamara, an AH-64 Apache attack helicopter pilot for the 8th Attack Reconnaissance Battalion, 229th Aviation Regiment, an Army Reserve unit based out of Fort Knox, Ky.

McNamara is currently stationed at Camp Taji, Iraq, where he flies Apaches alongside his daughter, Capt. Elizabeth McNamara, 28, and his son, CW2 Brendon McNamara, 24.

The AH-64 Apache is a mean

SEE LEGACY, PAGE B4



An AH-64 Apache attack helicopter prepares to take off at Camp Taji, Iraq. The helicopter belongs to the 8th ARB, 229th Avn. Regt. from Fort Knox, Ky.

Cadet team UAS design earns multiple awards

BY MIKE STRASSER
West Point Public Affairs

WEST POINT, N.Y. — Soldiers sometimes operate in remote locations where maps are either outdated, or lack adequate resolution.

Mission success could weigh heavily on whether a unit relies on low-quality resources or waits indefinitely for higher-quality imagery.

A team of West Point cadets worked on this problem and developed a senior capstone design project that garnered three awards in recent weeks. Class of 2011 Cadets Mike Weigand, Anthony Rodriguez, John Rollinson and James Raub built STITCH, or "Supplying Tactical Imagery to Command Headquarters," a low-cost, lightweight, fully autonomous Unmanned Aircraft System.

The UAS can collect and stitch together terrain photos to create a current, high-resolution geo-rectified photo-mosaic map over a range of several miles.

The team, with advisers Col. Grant Jacoby and Chris Okasaki, earned second place at the



U.S. MILITARY ACADEMY PHOTO

West Point Class of 2011 Cadet James Raub sends the UAS on its way as the team conducts a test on campus.

SEE UAS, PAGE B4

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Story on Page C5

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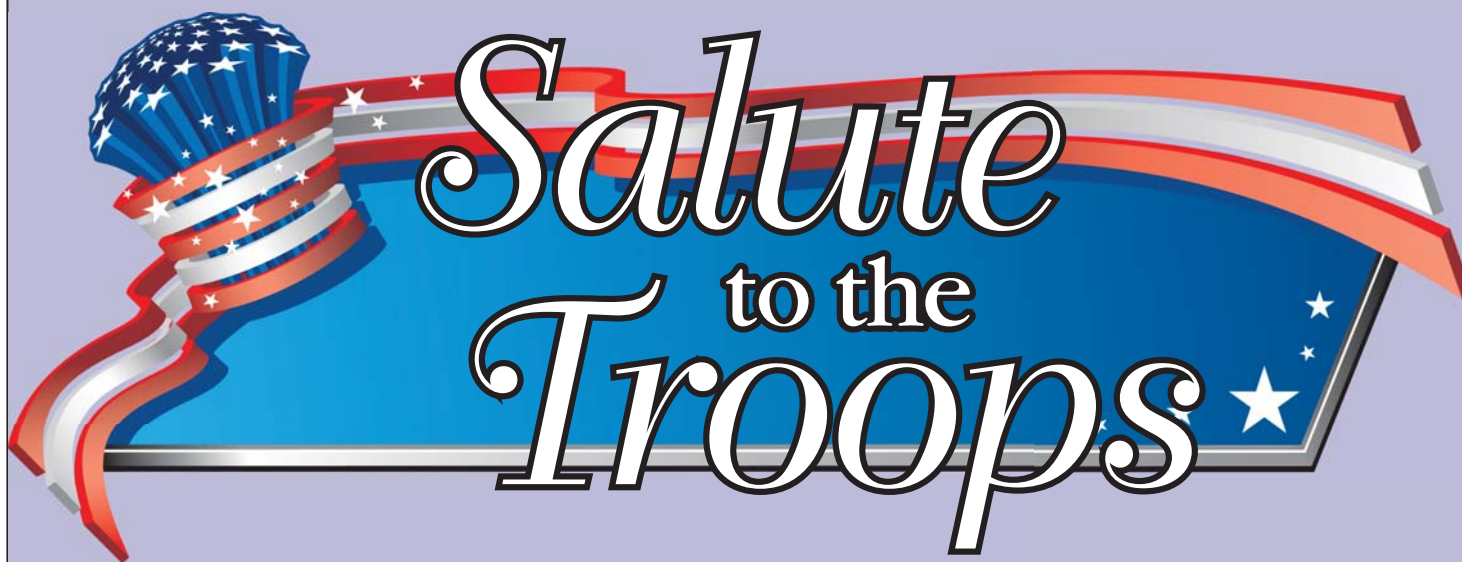
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MAY 19, 2011



PHOTOS BY RUSSELL SELLERS

Miss Alabama contestants and current Miss Alabama Ashley Davis pose with AIT Soldiers here Friday during the group's tour of the installation.



Miss Alabama contestants salute the troops



Ron Thomas, Engagement Skills lead technician, demonstrates how to load and fire some pieces of heavy weaponry before letting some of the Miss Alabama contestants try them out in a simulator Friday.



Megan Picklesimer, Miss Shelby County, performs a dance to "Boogie Woogie Bugle Boy" during the *Salute to the Troops* event at the post theater Friday.

BY RUSSELL SELLERS
Army Flier Staff Writer

Fort Rucker Soldiers were treated to a special variety show Friday at the post theater thanks to the ladies competing for the title of Miss Alabama.

The contestants, along with Ashley Davis, the current Miss Alabama, performed a variety of talents for the servicemembers including choreographed dancing, singing and playing musical instruments.

Prior to their individual performances, the ladies had the opportunity to tour various places on the installation and get to know some of the troops they would be entertaining later that day.

Each said they enjoyed their time here, but some parts of the tour stood out more than others for a few of the contestants.

"This was a great, eye-opening experience for us," said Caitlin Guffin, Miss Wiregrass Area. "We don't always get to see what Soldiers go through on a daily basis and this gave us a deeper appreciation of what they go through. Getting to shoot big guns in a simulator was a lot of fun, too."

Megan Picklesimer, Miss Shelby County, said she wasn't expecting the Soldiers to be as friendly and welcoming prior to visiting the post, and was pleasantly surprised to find the Soldiers so accommodating and approachable.

"I've always thought of what we see in movies when I thought of combat training, but what I saw here was not so much like what I had seen before," she said. "They really wanted us to understand their world and I learned so much more respect for what they do because of this experience. My favorite part of the tour was shooting the guns in the simulator. It was very liberating."

Ashley Davis, current Miss Ala-

bama, said she enjoyed her time with the Soldiers this time as much, if not more, than her previous trip here last year.

"It's a really interesting exchange and opportunity for everyone involved," she said. "We want to be here because every American needs to understand that being a Soldier is not a job, it's a lifestyle and a sacrifice they and their families live every day. We just want to say 'thank you' to them for everything they do for us."

After the performances, some of the Soldiers remarked on how much they appreciated the girls' gesture and they hope to see them again in the future.

"This was pretty awesome of them to come out and share their talents with us," said 2nd Lt. Justin Dillow, B Company, 1st Battalion, 145th Aviation Regiment flight student. "They all did a great job and performed really well."

The show was also the first time some of those in attendance had ever experienced a USO-like performance.

"I really enjoyed the girls and saw that they have a lot of dedication to what they do," said 2nd Lt. Simon Teaff, B Co., 1st Bn., 145th Avn. Regt. flight student. "It was great that they got to experience more than the usual person who might take a tour here and that they were so interested in learning more about what we do every day."

Scan this code with your smartphone



for more photos from the *Salute to the Troops* event.

On Post

YOUR WEEKLY GUIDE TO FORT RUCKER EVENTS , SERVICES AND ACTIVITIES

Summer Reading Program Registration

Registration for the Fort Rucker Center Library's summer reading program is now through June 24. This EFMP-friendly program is designed for youth ages 5-12. For more information, call 255-3885.

Couples Luau

Flight School staff host the bi-monthly Family Readiness Group event — a Couples Luau at West Beach, Lake Tholocco — Friday from 6:30-9:30 p.m. The event features a pig roast, live music, door prizes and more. Patrons are asked to bring their own lawn chair. Cost is \$10 per person or \$20 per couple. Free child care is available for the event. For more information, e-mail Lindsey.skilling@gmail.com. Children must be registered with Child, Youth and School Services. For more information on the luau, call 255-0960.

Johnston Road paving

Camping opportunities with the Engineer Beach Recreational Vehicle Park and Campground are currently limited due to the paving of Johnston Road. The campground will run at half capacity during this time. Expect heavy equipment and partial lane closures on Johnston Road, below Singing Pines, now through May 27. Delays are possible during peak traffic. Please allow extra travel time during this period. The Engineer Beach boat ramp is closed until paving is complete. Boaters can access the West and East Beach ramps until the Engineer Beach boat ramp is reopened. For more information, call 255-4305 or 255-4234.

Volunteers needed

The Fort Rucker Non-Appropriated Employee Assistance Foundation is seeking volunteers to assist in fundraising

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projects, as well as individuals interested in participating in general membership and as officers on the executive board. For more information, e-mail frnaeaf@yahoo.com.

DJ Dave

DJ Dave will provide live entertainment at the Landing Zone Friday from 8:30 p.m. to 12:30 a.m. People must be 18 years of age or older to enter. The Landing Zone courtesy van offers a free ride home to anywhere on post. For more information, call 598-8025.

Wiser Than Fools Farewell Tour

One of Wiser Than Fools last performances is Saturday from 9 p.m. to 1 a.m. inside The Landing Zone. There will be a \$5 cover charge at the door. For more information, call 598-8025. The event is open to the public.

Baby Loves Disco

Families are welcomed to bring their children to Baby Loves Disco Wednesday from 2-5 p.m. at the Child, Youth and School Services football field located next to the batting cages. Baby Loves Disco is a new event with different activities that cater to youth ages 2-8. This is a free event for Families to bring their children out for a good time. The theme is superheroes, so Families are asked to come dressed in their best superhero costume. The event will feature a baby fun zone, face paintings, temporary tattoos, crafts, mini manicures and more. For more information, call 255-9810.

The Regulars Band

The Regulars Band performs May 27 from 8:30 p.m. to 12:30 a.m. at the Landing Zone. Show open to patrons age 18 and up. The Landing Zone provides a complimentary shuttle to anywhere on post. For more information, call 598-8025.

Lake Fest

Lake Fest is May 28 from noon to 6 p.m. at Lake Tholocco's West Beach. Admission is free and open to the public. Life jacket usage, canoes and paddle boats are also free the day of the event. The lake has a recreational swimming area with four water slides and a floating trampoline. For more information, call 255-1749.

BOSS Car Show

Better Opportunities for Single Soldiers members host a car show on May 28 from noon until 4 p.m. at the West Beach Gazebo on Lake Tholocco. The BOSS car show takes place during Lake Fest. Registration in the car show is \$15 by Saturday and \$20 afterwards.

For more information or to register, call 255-2677 or 379-4594.

Memorial Day Pool Party

A Memorial Day Pool Party is May 30 from noon until 4 p.m. at the Splash! Pool with live entertainment by the Ball and Chain Party Band. The Landing Zone provides a complimentary shuttle to anywhere on post. For more information, call 598-8025.

AFTB Level II

Fort Rucker's Army Community Services staff hosts Army Family Team Building Level II training June 6, 7 and 9 from 5-8:30 p.m. at the Soldier Service Center, Bldg. 5700, Rm. 371F. Classes help increase knowledge of military acronyms, customs and courtesies, benefits, and more. Participants gain a better understanding of Army life and learn of all the opportunities the Army has to offer. Advance registration is required and all materials

DFMWR Spotlight



MAY

OPEN 7 DAYS A WEEK
OPEN TO THE PUBLIC
598-8025

THE LANDING ZONE PRESENTS



MAY 21st
Wiser Than Fools Farewell Tour
9 p.m. – 1 a.m.
\$5.00 Cover

MAY 27th
The Regulars Band
8:30 p.m. – 12:30 a.m.





MAY 30th
Ball & Chain Party Band
12 p.m. – 4 p.m.
Celebrate Memorial Day pool side! Swimming, live music & beverages from Tiki Bay!



Look for us on Facebook!
The Landing Zone



and instruction are free. Childcare is available. For more information and to register, call 255-2382.

Character Dining

The Landing Zone's Tuesday Character Dining features Kiddy Karaoke with DJ Dave on June 7 from 5-7 p.m. Activities include free balloons and a children's buffet. The event is free and open to the public. Children ages 12 and younger eat free with the purchase of one adult entrée. For more information, call at 598-8025.




PHOTO BY BREANNA WALTON

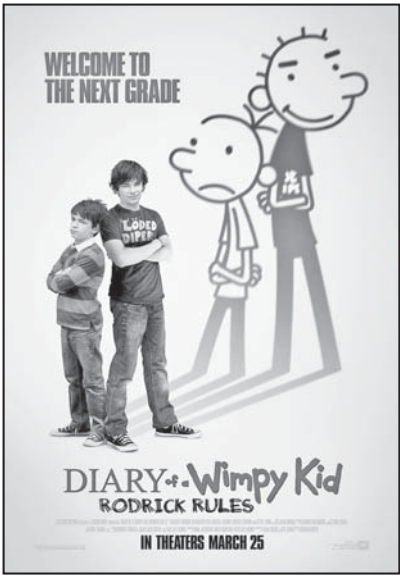
Pick-of-the-litter

Meet Roscoe, a 4-year-old domestic short hair available for adoption at the Fort Rucker Stray Facility. He is extremely lovable and enjoys attention. There is no cost to adopt Roscoe and he has all up-to-date shots, and has been microchipped and neutered. For more information on animal adoptions, call the Veterinary Clinic at 255-9061, open Mondays-Fridays from 8 a.m. to 4 p.m. or the Stray Facility at 255-0766, open from 8 a.m. to 3 p.m. 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 or the commissary. One cat was adopted last week.

FORT RUCKER Movie Schedule for May 19 - 22



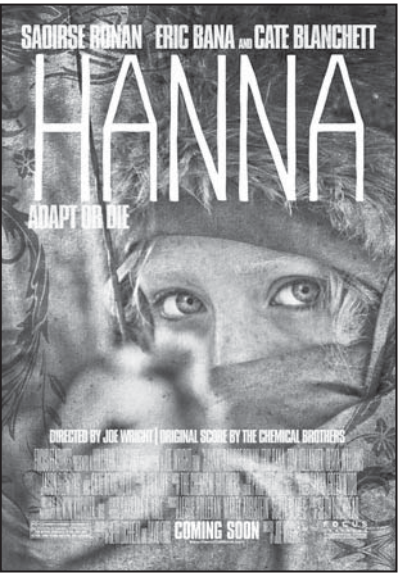
See you at the movies



THURSDAY, MAY 19
Diary of a Wimpy Kid: Rodrick Rules (PG)
..... 7 p.m.



FRIDAY, MAY 20
Arthur (PG-13) 2 p.m.



SATURDAY, MAY 21 & SUNDAY, MAY 22
Hanna (PG-13) 7 p.m.

A little child shall lead them

BY DR. NANCY B. JANKOSKI
Director of Religious Education

In the chapel Sunday School program recently, one of the children's classes studied the parable of the 10 talents.

To make it more fun for the children, we included a field trip to the Sunday School office and an adult classroom. The children asked the adults they encountered there what talents they had and how they used them for God.

In the office area, it happened that two of the chapel musicians were present, and they got plastic gold coins from the children for each talent they named — whether it was singing, playing an instrument, or leading the songs.

There was also a chaplain assistant present. The chaplain assistant told the children that he serves God by being a Soldier in the Army and helping make sure that everyone has the chance to worship God. It was only one talent, but the children decided that

since the job of being a Soldier is so important, they gave the Soldier two coins. They weren't prompted by any adult to do this; they decided it on their own.

I told the Soldier that I hope he keeps that coin and puts it with all the other coins of excellence that he will collect in the course of his military career. It may only be a toy plastic coin, but it represents the respect that military children have for those who wear the uniform and the importance of a Soldier's job.

Personally, I don't think that Soldier will ever receive more valuable recognition than the appreciation of a child. Children can, and often do, teach us important lessons about God or matters of faith.

April was the Month of the Military Child, and earlier in May, our nation celebrated a National Day of Prayer. Prayer has been a part of our national character since the pilgrims first landed in Plymouth.

I thought this would be a good time to share with you the story

of one young girl who relied on prayer to get her through a really tough time. Her name is Ruby Bridges. Ruby was a first grade child living in New Orleans, La., in 1960, when a federal judge's order desegregated the public school system in the city. As it happened, Ruby was the only African American child assigned to go to a particular elementary school.

Her parents were rightly concerned for their little girl's safety. It seems strange to us now, but in parts of our nation in the 1950s and 1960s, racial issues were so strongly felt that there really were people who would attack a child for the simple act of going to school.

Ruby, age 6, had to be escorted by federal marshals into school each day. She walked past angry mobs shouting vile words and threats against her. For many months, she was the only child in her class — and in her school — as white parents boycotted the school, holding their children out of classes in protest of Ruby's

mere presence.

Day after day she attended class all by herself. Ruby's teacher, Mrs. Henry, took careful note of how Ruby was handling the pressure. The teacher was amazed at how calm Ruby seemed to be under circumstances that no child should have to face.

One day, Henry was watching out the window as Ruby approached the school, accompanied, as always, by the marshals. Ruby suddenly stopped and began to speak. The more she spoke, the angrier the crowd seemed to be.

The teacher noted that even Ruby's protectors, the marshals, seemed to be nervous. But the child would not budge. She kept on saying something, and began walking again only when she seemed ready.

When Ruby got to class, the curious teacher asked her what she had said that made the crowd so angry. It was only then that the teacher found out how Ruby was able to stay so calm for those many months.

Ruby told Henry that she hadn't talked to the crowd at all. She usually stopped to pray each day before she got to where the crowd was waiting. On this morning, she had forgotten to stop and pray until she was already in the midst of the mob, so, as soon as she remembered that she needed to pray, she stopped right where she was and recited her daily prayer:

"Please, God, try to forgive those people, because even if they say those bad things, they don't know what they are doing. So you could forgive them, just like you did those folks a long time ago when they said terrible things about you."

Later on in the year, some parents slowly began to let their children go back to school. By the time she was in the second grade, the daily mob scene at Franz Elementary School had ceased.


It is a privilege to be allowed to pray. It is important to teach your children to pray. Ruby's parents taught her well.



PHOTO BY LEAH COLLICH

Santa welcomes 164th TAOG home

Santa Clause makes a late visit to welcome home Soldiers of 164th TAOG at a reintegration picnic at Lake Tholocco West Beach. He chats with CW3 Ronald Miller, 164th TAOG, Staff Sgt. Justin Dotson, 164th TAOG, and the Dotson Family who missed spending the holiday together because of the unit's deployment. Col. Jay Macklin, 164th TAOG commander, gave credit to volunteers from the FRSA for the success of the welcome home event.



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New Autos	2.99%*	up to 36 months**
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	3.49%*	up to 60 months**
Used Autos	4.49%*	up to 48 months**
	5.90%*	up to 60 months**
New Boats	5.90%*	up to 120 months**
	5.75%*	up to 60 months**
	5.75%*	up to 143 months**
New Recreational Vehicles	5.99%*	up to 180 months**




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Church Directory



First United
Methodist Church


Traditional Worship Service
8:30 am & 11:00 am
Contemporary Worship -
New Connection
8:45 am
The Gathering - Youth
5:45 pm
Sunday School
10:00 am
Nursery Care: During all services
217 S. Main St • Enterprise, AL
Office: 334-347-3467
efumc@adelphia.net
Prayer Line (24 Hours) 334-393-7509

Here, it's not about the building...



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will change the world"

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The Reverend
Donna A. Lockett, Vicar

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epiphany@centurytel.net
fp1.centurytel.net/epiphany-episcopal
Sunday Worship Service 10:00am

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

Call 347-9533 to
advertise your church
on this page.

Exercise — too much of a good thing?

BY LISA YOUNG
*U.S.Army Public Health Command
Aberdeen Proving Ground, Md.*

It is an accepted fact that exercise is essential for a healthy body and mind. But is it possible to get too much exercise?

Actually, it is. When a person pushes their body too hard or too long without giving it a chance to recover with adequate time, rest and nutrition, the result can be overtraining.

Overtraining can occur with aerobic exercises such as running, biking or swimming and with resistance exercises such as weightlifting. This condition occurs when either exercise volume or intensity exceeds what a person should be doing for an extended period of time.

Training volume can be excessive if more exercises are added, additional repetitions or sets are

performed or the frequency of the exercise is increased for too long.

In contrast, overtraining due to excessive intensity occurs when too heavy a resistance is used for an extended time.

These principles apply to elite athletes as well as to individuals who exercise for general health and fitness.

So, how does a person know when they are overtraining?

Regular exercise and physical training are healthy habits that should make a person feel better, not worse. People experiencing the signs and symptoms of overtraining may be pushing themselves too hard. It is important to understand that not all signs and symptoms of overtraining may be present, and just because some are present does not necessarily mean a person is overtraining.

The true test is whether perfor-

mance is impaired or plateaued.

According to the American College of Sports Medicine, some frequent signs of overtraining include:

- Decreased performance in strength, power, muscle endurance or cardiovascular endurance.
- Decreased training tolerance and increased recovery requirements.
- Decreased coordination, reaction time or speed.
- Altered resting heart rate, blood pressure and respiration patterns.
- Increased basal metabolic rate.
- Chronic fatigue.
- Sleep disorders.
- Decreased appetite and weight loss.
- Menstrual disruption.
- Headaches or gastrointestinal distress.

- Muscle, joint and tendon aches and stiffness.
- Longer healing times and more frequent illness.

So, what should a person do if they have been overtraining?

There are several simple steps to alleviate and correct this condition, including:

- Add one or more recovery days to each training week.
- Include periodized exercise programs that gradually alter the training variables over time to allow the body to progress in stages and recover adequately.
- Ensure that training volume and exercise intensity are inversely related.
- Avoid monotonous exercise by increasing training variety.
- Avoid doing too high a number of exercises, sets and repetitions.
- Avoid performing every set of

every exercise of every session to absolute failure (for resistance training).

- Take into account the cumulative training effect of different kinds of exercise.

Exercise is a health habit that has many advantages. Be sure that your exercise program includes regular periods of recovery and that you reassess and adjust your training often.

Done properly, exercise can bring life-long benefit to the body and mind.

FYI

Resources for physical activity and exercise include the following:

- Centers for Disease Control and Prevention, www.cdc.gov/physicalactivity/everyone/guidelines/index.html.
- American College of Sports Medicine, www.acsm.org.



PHOTO BY BREANNA HERRING

Women's health fair

Sgt. Regina William and Staff Sgt. Yuniva Gutierrez, Lyster Army Health Clinic preventive medicine NCOs, talk with Yvette Smith, Feagin and Owen Cosmetic and Plastic Surgery Center representative, at the Women's Health Fair May 11.

GITTIN' STARTED

Fried Green T'maters

You'll be smilin' wider than a bullfrog when ya get yore hands on a plate of the tastiest t'maters around! Served with Homer's Favorite Buttermilk Dressin' fer dip'n. Ya can afford to dip oft'n fer: 4.39

Onion Rings

A big ol' basket of battered and fried fun. Try 'n toss 'em onto a straw afore ya eat 'em if ya can hold out that long. A real deal at: 3.99

Fried Cheese Stix

Crispy, crunchy outside, ooey, gooey inside—purely pleasurable all the way through! Served with marinara sauce fer dip'n. Six stix fer a measly: 4.39

Chicken Livers or Gizzards

Take yer pick! Dee-lushus breaded morsels of kuntry goodness fer only: 3.99

Bowl of Dumplings

Warm yore innards with a big ol' bowl of our chicken and dumplings: 3.99

GARDEN FRESH

"The Whole Shebang" Salad

We give this one the works, and that's sayin' sumthin'! We load kuntry-fried steak, grilled chicken and Calabash shrimp onto a big bed of fresh lettuce with croutons, t'maters, onions, carrots, cheese, hard-boiled egg wedges and a breadstick. Purty nye heaven on earth! An' all fer only: 7.99

Yore Choice Salad

Ya gotta pick'n choose with this one: well top a big bed of lettuce with croutons, t'maters, onions, carrots, cheese, hard-boiled egg wedges, a breadstick and yore choice of **Kuntry-Fried Steak, Calabash Shrimp, Fried or Grilled Chicken Breast** fer: 6.99

Garden Patch Salad

Crispy lettuce tossed with t'maters, carrots, onions and croutons, sized to suit yore appetite: 2.99

EATIN' HIGH ON TH' HAWG!

This here's homestyle cookin' like it otter be. We shore are proud to serve ya our best! These fine dinners come with yore pick of two homestyle veggies, an' choice of warm breadstick, yaller cornbread, hushpuppies or a basket just popped right out of th' oven

Our Famous Kuntry-Fried Steak Dinner

Nuthin's more "kuntry" than our kuntry-fried steak! Folks what knows good cookin' keeps comin' back fer this'n: two slabs of tender beefsteak rolled 'round in our special breadin' and fried up golden. Served with plenty of rich creamy gravy. Pure goodness at: 7.49

Not that honary? Dig into a one-piece dinner fer: 6.49

Pork Chop Dinner

Folks, it jest don' get any better'n this! Two center-cut 6-ounce chops from the finest hawgs this side of the Big Muddy. Served with our rich creamy gravy. Subscribe ta how ya want 'em cooked: Fried • Grilled • Barbee-cued Eat hearty, now, fer just: 8.49

OneChop Dinner: 6.99

Ground Chuck Steak

A half-pound of USDA chuck steak, carefully seasoned, smothered with grilled onions and creamy brown gravy, only: 7.49

Grilled Beef Liver an' Onions

Enjoy a tender half-pound of this Southern specialty fer: 6.99

Kuntry Cookin' Combo

Choose yore own two favorites fer: 8.49

- Kuntry-Fried Steak • Fried Chicken Livers or Gizzards
- 2-Piece Fried Chicken (If ya wanna be sure ta get a breast, add 75¢, or 1.50 fer two of 'em)
- Fried or Grilled Pork Chop

FROM THE OL' FISHIN' HOLE

When the fishermen come in we're buyin' the best, just fer you! What do ya git with these catches? Two homestyle veggies, hushpuppies and sea sauces make 'em just 'bout perfect!

Whitefish Dinner

Two generous whitefish fillets, tender and flaky, yore choice of grilled or fried fer a mere: 7.99

Gone Fishin' Platter

Ya ain't seen a platter piled up like this'n afore! Ya get ah samplin' of the best catches of the house...fried fish, sweet clams, tender shrimp an' ah crab cake. Shore is a treat at: 9.99

30 Piece Tail-On Shrimp

Thirty golden morsels of tender shrimp jest beggin' to be et! You don't disapp'int them and they sho' won't disapp'int you. Git 'em at the golden price of: 8.49

Seafood Combo

Make yore own combo with yore pick of any two fer only: 8.99

- Fried or Grilled Whitefish • Calabash-Style Shrimp
- Fried Catfish • Clams • Crabcake

Crab Cake Dinner

Sweet crabmeat seasoned and pattied into two cakes: 7.49

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\$9.99 AFTER 4 PM.
CHOOSE FROM 7 MEAT ENTREES
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Catfish Platter

Kiss my grits if this ain't the purtiest platter of whole, bone-in catfish you ever laid a fork to!

3 Piece Dinner 9.99 • 2 Piece Dinner 8.99

Calabash Shrimp

Dee-lishus, tender, bite-sized shrimp fried golden brown Calabash-style. Yores fer only: 7.99

PoFolks Clam Fry

A heap o' hot and crispy clams, three-quarters of a pound in all priced at: 6.99 Half-pound: 5.99

GRANDMA'S CHICKEN DINNERS

We got the best recipes from Grandma's recipe box and we're offerin' y'all some plain good eatin'! Each and ever' one is put on yore table with yore pick of two homestyle veggies, an' choice of warm breadstick, yeller cornbread, hushpuppies or a basket just popped out of the oven.

Nekked Chicken Breast (Boneless)

If yer thinkin' healthy well simply grill this tender chicken breast and serve it nekked or dressed up with barbee-que sauce. If yer cravin' down-home, we can give it a coat of breadin' and throw it in the fryer. Grab it at the choice price of: 7.99

Blue Ribbon Fried Chicken

One bite of this crispy, moist chicken and you'll be shoutin' hallelujah! We're fillin' up yore plate with a breast, thigh, leg and wang. Served at the great price of: 7.49

Two-Piece Chicken Dinner priced at: 6.49 (Add 75 cents per specified breast)

Chicken Tender Dinner

We heard company's comin' so we rolled these fresh chicken tenders in our special seasoned breadin' and fried 'em up special fer ya! Served up with honey mustard or barbee-que sauce fer darn good dippin'. Six tenders at the golden price of: 8.79

Chicken Livers or Gizzards

Sometimes ya just get a hankerin' fer these crispy critters. We dust 'em up with seasoned breadin' and serve 'em hot from the fryer. Perfectly priced at: 6.99

Chicken n' Dumplings

We saved the best fer last! Take yore fork to a big ol' bowl of satisfyin' dumplings ladled up with chunks of slow cooked chicken. Comfort priced cheap at: 5.99

HOMESTYLE VEGGIES

Dinners come with two veggies, an' ya can git an extree one fer just 1.49! If y'druther, ya can trade a side choice for a salad or fried green t'maters fer only 1.49 extree

French Fries • Baked Po-Tater • Rice an' Gravy • Mashed Po-Taters
Macaroni an' Cheese • Red Beans an' Rice • Corn on the Cob
Black-Eyed Peas • Sliced T'maters • Turnip Greens • Baked Beans
Green Beans • Fried Okra • Cabbage • Coleslaw • Applesauce
Baked Apples • Po-Tater Salad • Cottage Cheese

PO FORKS

These belly-fillin' specials will leave ya plum satisfied without emptyin' yore pockets

Po Plate

Choose four of yore favorite veggies and we'll serve 'em up with yore choice of breadstick, cornbread, hushpuppies or a fresh-baked basket fer: 4.99

Red Beans 'n Rice

Have a big ol' bowl of this made-from-scratch Southern specialty. If ya find a bit of ham, just hush up 'bout it, else yer server might charge ya more 'n the goin' price of: 3.99

Turnip Greens

A bowl of greens seasoned and cooked up fer genuine kuntry flavor. Served with cornbread: 3.99

Chicken 'n Dumplings

Tender chunks of chicken plum full of flavor cooked up with some of the best strip dumplings ya ever stuck in yore mouth. Served with homemade cornbread fer: 4.49

SAM WICHES

Great fer lunch or anytime of the day. Served with yore choice of one homestyle vegetable

Our Famous Kuntry-Fried Steak Samwich

It's a doozey! Kuntry-fried steak with lettuce, t'maters and our dressin' on a fresh bun. Best samwich in town, and only: 5.49

Add cheese fer 30 more pennies

Doc McCoy's Chicken Samwich

Doc's pick of the litter! Double boneless chicken breast breaded and fried or grilled plain and simple, laid out onna bun with lettuce, t'maters and mayo. Git the real thang fer: 6.49

Add melted cheese fer six more nickles

Whitefish Fee-Lay Samwich

Hit's a gon' make ya as wild as a junebug on a string! Mild flaky whitefish fee-lay topped with cheese, lettuce 'n tartar sauce, caught on a fresh bun. Have it yore way—grilled or fried fer: 5.49

Half-Pound PoChuck Samwich

Ya git yo'self some downrite good eatin' when ya order this half-pound of USDA chuck steak, specially seasoned and stacked with lettuce, t'maters and mayo on a big big bun fer: 6.49

To git it with cheese, add three thin dimes

Cheeseburger

With lettuce, t'maters and mayo fer: 5.49

LUNCH SPECIALS

Served 11 am–3 pm, Monday thru Saturday

Served with a smtle, plus yore choice of two homestyle veggies and choice of breadstick, cornbread, hushpuppies or fresh-baked basket

Grandma's Fried Chicken

Honey, this here fried chicken is finer than frog's hair on Friday. Hit's tender and moist and juicy as all git out. Set yoreself down to two pieces of our outstandin' chicken fer the equally outstandin' price of 5.49 (Add 75 cents per specified breast)

Golden Fried Shrimp

Yore shrimp boat has come in! Git 15 of these purty little morsels, served with cocktail sauce fer: 6.29

Pork Chop Yore Way

Make yore belly happier'n a moth in a mitten! Have a meaty chop cooked yore way: fried, grilled or barbee-cued fer: 6.29

Kuntry-Fried Steak

Gooder 'n grits and just as tasty at lunch as at suppertime. Topped with our rich creamy gravy fer: 5.49

Po Plate

We'll stack four of yore favorite veggies onna plate and add yore choice of breadstick, cornbread, hushpuppies or a fresh-baked basket fer: 4.99

Whitefish

Pescribe as to how ya want it fixed: fried or grilled. A super catch: 6.29

Chicken Tenders

You'll want to stick to this 'un like white on rice! Have three breaded chicken breast tenders fer: 6.29

Chicken Livers or Gizzards

These'll git yore own gizzard a thumpin', sho' nuft Have a heapin' helpin' of the dee-lishus morsels of yore choice fer: 5.49

Chicken 'n Dumplings

So purty they could make a hound dog smile, and only: 4.99

HAPPY ENDINGS

So dee-lishus, you'll be smilin' like a billy goat in a briar patch. Take yore pick fer only: 2.99

Cobbler of the Day

Chock-full of fruit with a top and bottom crust so flaky it makes Grandma proud and Mom jealous. Served with 'niller ice cream

Mississippi Mud Pie

More excitin' than snuff and not nearly so dusty! Rich fudge chocolate pie over a flaky crust topped with 'niller ice cream

Strawberry Shortcake

Purty as a speckled pup an' just as sweet! Our ol' fashioned shortcake is burstin' with berries and just as full of old-timey goodness

Hot Fudge Ice Cream Cake

Naughty and nice! Two slices of devil's food chocolate cake with an angelic slab of 'niller ice cream 'tween. Topped with hot fudge, whipped cream and a cherry

Ice Cream in a Cup

We put a big ol' scoop of 'niller ice cream in a coffee cup fer ya fer: 1.29

LOOKEE HERE:

- We also have a menu fur yur yung'ins for kids age 10 an' younger.
- We prefer the green stuff, but if yore wallet's on the skinny side today, we take plastic, too: Visa, MasterCard, Discover, Diner's Club and American Express
- Guaranteed Good!

Drop by an' see us on the web at www.pofolks.com

TRICARE program offers coverage for young adults under age 26

TRICARE PRESS RELEASE

FALLS CHURCH, Va. — TRICARE Young Adult opened for enrollment May 1.

Uniformed services dependents under 26, unmarried, and not eligible for their own employer-sponsored health care coverage may be qualified to purchase TYA, which offers TRICARE Standard coverage for monthly premiums of \$186.

A premium-based TRICARE Prime benefit will be available later this year.

Dependent eligibility for TRICARE previously ended at age 21, or age 23 for full-time college students. Similar to provisions in the 2010 Patient Protection and Affordable Care Act, TYA extends the opportunity for young adults to continue TRICARE health care coverage, as long as their sponsor is still

eligible for TRICARE.

Additionally with this change, TRICARE beneficiaries graduating from college this year may not have to rely on the Continued Health Care Benefit Plan as their only health care plan option.

TYA may be a less expensive alternative. TYA Standard has a monthly premium of \$186, much less than CHCBP's premium of \$988 per quarter.

CHCBP is a separate program that offers temporary transitional health coverage for 18-36 months after all TRICARE eligibility ends. In fact, dependents who qualify for TYA are no longer eligible for CHCBP.

Complete information and application forms are available at www.tricare.mil/tya. TRICARE officials encourage beneficiaries to explore all possible health care plan options and costs when choosing a plan

that best meets their needs.

Those considering TYA should determine if they are eligible before completing and sending in an application. The application and payment of three months of premiums can be dropped off at a TRICARE Service Center or sent by mail or faxed directly to the appropriate regional health care contractor.

Beneficiaries can find out where to send their form and payment by filling out the simple profile at www.tricare.mil to get information tailored to their specific location. Once the initial payment is made, monthly premiums must be paid in advance through automated electronic payment.

When the application is processed, TRICARE coverage will begin the first day of the following month. However, since TYA was "fast-tracked" to begin

enrollment as soon as systems changes, forms, premiums and other rules governing the program were approved and in place, TRICARE Management Activity will allow eligible applicants to be covered for the full month of May as long as enrollment forms and payment are received (not postmarked) by the regional contractor prior to May 31.

Those eligible for TYA who have been saving receipts since Jan. 1, in anticipation of the new program, can also pay all premiums back to January to purchase coverage retroactively.

After getting a welcome letter and enrollment card, dependents and their sponsor are encouraged to visit uniformed services identification card issuing facility to obtain a dependent ID card. The card will assist in identifying the depen-

dent as eligible for health care, prescriptions and access to military installations.

Nearby ID card facilities can be found through a link at www.tricare.mil/tya.

The signing of the National Defense Authorization Act in January brought TRICARE in line with the provisions of the 2010 Patient Protection and Affordable Care Act, and enabled the extension of excellent TRICARE coverage to this new group.

To get e-alerts on TYA and other TRICARE news, sign up at www.tricare.mil/subscriptions.

(Editor's note: People can sign up for TRICARE e-mail updates at www.tricare.mil/subscriptions. They can also find TRICARE on Facebook and Twitter at www.facebook.com/tricare and www.twitter.com/tricare.)



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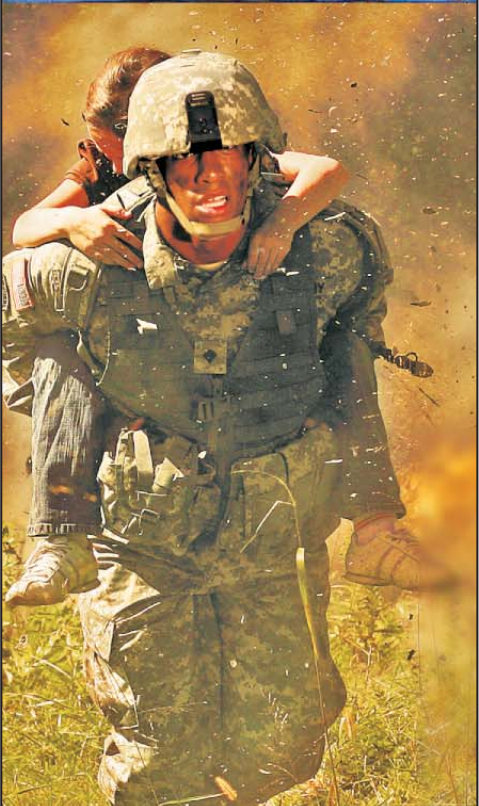
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DOT14557-0511

Female Soldier proves hand-to-hand combat dominance
Story on Page D3

SPORTS

VOL. 61 ■ NO. 20

ARMYFLIER★COM

MAY 19, 2011

SPORTS SHORTS

NASCAR TICKETS OFFERED AT LEISURE TRAVEL

The Fort Rucker Leisure Travel Office offers Atlanta Motor Speedway tickets for the NASCAR race Sept. 3-4. The prices are \$75 per person for both days and \$45 for Sept. 4 only. Seating is general admission for Sept. 3 and Upper Elliot reserved for Sunday. For more information, call 255-9517.

TAOIST TAI CHI SOCIETY

The Enterprise YMCA staff hosts two beginner's classes in the Taoist Tai Chi Society arts of health. Classes are offered Thursdays, 1-2:30 p.m., and Saturdays, 10-11:30 a.m. The beginner's class covers all 108 moves of the Tai Chi set. Taoist Tai Chi is an ancient Chinese exercise that promotes health and relaxation. It is suitable for all ages and physical conditions. Comfortable, loose clothing and flat-soled shoes are recommended attire. All classes are taught by accredited volunteer instructors. For more information, call 348-9008 or 347-4663.

BURGER AND BOWL

Rucker Lanes staff offers a daily "Burger and Bowl" special for \$7. The special includes a cheeseburger, fries, soda, shoe rental and two games of bowling.

EXTREME BOWLING

Extreme Bowling at Rucker Lanes is Saturdays from 8-11 p.m. for \$10 and features unlimited bowling with lights, music and glow-in-the-dark balls and shoes. For more information, call 255-9503.

FREE BOWLING

Throughout the month of May, Rucker Lanes offers free bowling from 7-11 a.m. and from 1-5 p.m. Mondays through Fridays. Free bowling offer does not include shoe rental. Event is open to the public. For more information, call 255-9503.

ARCHERY SHOOTS

Fort Rucker Archery Club members conduct weekly shoots at the club's range, located off Whittaker Road. Shoots begin Thursdays at 4 p.m., and members take aim at a 20- to 60-yard practice range, 28 3-D targets along a walking trail or a 10-target area. Annual membership costs \$20. For more information, call 389-6135.

BATTING CAGES HOURS

The Child, Youth and School Services batting cages are open Mondays-Fridays from 4 -7 p.m., Saturdays from 2-6 p.m. and closed Sundays. They are located in the Youth Sports Complex on Fifth Avenue between the post office and the youth football field. For more information, call 255-9105.

Local Army 10-Miler team takes shape

BY RUSSELL SELLERS
Army Flier Staff Writer

Prepping for the Army 10-Miler in October is no easy task, but several Fort Rucker Soldiers are preparing to do just that.

In the early hours of Saturday morning, those Soldiers interested in gaining a spot on Fort Rucker's 10-Miler team along with some of last year's team, lined up behind the Fort Rucker Physical Fitness Facility and took to the roads to test their individual standings.

The pressure for this year's team is on, after finishing first out of 119 teams last year, said 1st Sgt. Jeffrey Herzog, Fort Rucker 10-Miler team coach.

"We've got the bull's-eye on our backs this year," he said. "As the captain, I plan to be the last man in."

Herzog said he is excited to be stepping into the coaching role after being a team member last year.

"We're going to get that team cohesion together," he said. "That's my goal this year. Last year, we became like a second family. That's what we're looking for this year, too."

In the end, it was 2nd Lt. Jacen Lanclos, B Company, 1st Battalion, 145th Aviation Regiment, who posted the fastest time of the day, 1:06:19.

He said it was great to be able to compete with this year's crop of team hopefuls since he missed out on last year's.

"I got here too late to be part of the team last year," he said. "The only reason I ran today was so I could get on the team. I still want to get my time down and I think I can before October gets



PHOTO BY RUSSELL SELLERS

Second Lt. Jacen Lanclos, B. Co., 1st Bn., 145th Avn. Regt., finishes the Army 10-Miler team run-off at the Fort Rucker Physical Fitness Facility Saturday. Lanclos finished with a time of 1:06:19, the top time of the day.

here."

Lanclos, a Louisiana native, said the toughest part of the course was dealing with all the hills Fort Rucker has. It's not like his home state, which is largely flat, he said.

"There was about a mile-long hill around Mile 8," he said. "The heat was something I'm used to, but the hills were a real challenge."

Lanclos wasn't running alone, though, as his friend and fellow flight

student, 2nd Lt. Mike Spears, also ran to qualify for the team. Spears managed to get the second-fastest time with 1:07:47.

"I'm excited to be part of the team this year," Spears said. "We were running together for a while, but Jacen broke away from me at that one-mile long hill."

Lanclos and Spears have been friends since the two attended West Point Military Academy and have been running

together ever since.

"Jacen and I ran together for a long time at West Point, so us being on the team together really works out perfectly," Spears said.

Lt. Col. Damon Pfaltzgraff, Combat Readiness/Safety Center accident investigator, finished the relay with the third-best time of 1:08:46 and said he is looking forward to working with the team.

"The two guys who

finished first are really fast, so I think our team is going to be really great," he said. "I want to get my time down a bit during the summer. I've just got to put a good routine together and it should be attainable."

Pfaltzgraff said he has never been part of a 10-Miler team, and knows that he's got a few things to work on between now and October.

"I think I'll be really focusing on my pace, making sure I don't come off the line too fast," he said. "I made that mistake in my first couple of marathons and got too caught up in the excitement of being in a mass group of people like that. By the time I got to Mile 10 or 15, I was hurting."

There are seven spots to fill on the team, Herzog said. More than 20 people showed signed up for the team after the run-off, but that number will be trimmed down as the months go by.

Herzog said only those candidates who show dedication to the team will have a chance of staying on the roster.

"They have to be able to keep up with their mileage and be able to work as a team," he said. "This is a team sport, it's not just about the individual."

Those who wish to be part of the team have until July 1 to sign up, Herzog added. Those who didn't get to participate in the run-off or may have just arrived on the installation still have a chance to compete.

For more information on the Fort Rucker 10-Miler team, call 255-2179 or e-mail jeffrey.allen.herzog@us.army.mil.

'Old Skool' gets 'Hosed' in season opener

BY RUSSELL SELLERS
Army Flier Staff Writer

Last year's intramural softball champions looked like anything but in the opening game of the season Tuesday.

Old Skool from B Company, 1st Battalion, 13th Aviation Regiment, found itself in dire straits as it faced off against Guns and Hoses of the 6th Military Police Detachment. The normally dominant 'Skool' found itself on the losing end, 15-12.

"We played around a little too much and they got a lot of good hits," James Parris, Old Skool coach, said. "Bottom line, they beat us."

It wasn't an easy game for either team, as Old Skool came out swinging in the first inning, going up 3-0.

Guns and Hoses didn't take long to get things rolling in the second inning as Warren Hodge, G&H pitcher, swung for the fences and came up with a 3-run homer to tie the game. The team went on to score four more runs in the inning to take the lead, 7-3.

It continued to hold Old Skool scoreless in the third and fourth innings while tacking on a few more runs.

Old Skool started to get a rally



PHOTO BY RUSSELL SELLERS

Josh Powell, Guns and Hoses third baseman, takes a swing at an incoming pitch during the team's game against Old Skool, last year's intramural softball champions, Tuesday. Guns and Hoses won, 15-12.

going in the fifth inning, which helped it improve, but G&H remained ahead, 12-7 by the end of the inning.

Things almost took a turn for the worst for G&H in the sixth inning when Bud Moore, Old Skool outfielder, stepped up with a 2-run homer, followed by Parris knocking in two more RBIs with a triple.

A G&H error allowed Parris to

steal home and tie the game up.

Not to be taken down that easily, G&H turned the aggression up a few notches in the final inning and on the strength of a solid, base-hit strategy, was able to bring its lead back, 15-12.

In the bottom of the sixth, Moore came back to the plate to try and get a second rally going, but the power hitter wasn't able to clear

the fence this time and popped an easily caught fly ball to left field.

After the rally attempt fizzled, a quick out at first base sealed the win for G&H.

Dustin Blain, G&H coach, said his team worked hard for the win and plans to continue doing the same thing for the rest of the season.

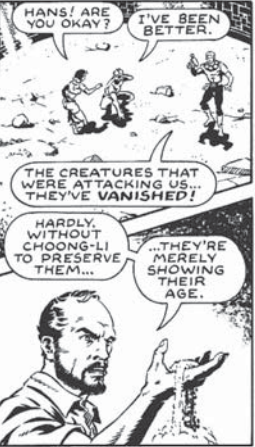
"The whole preseason we talked about being aggressive and it came together today," he said. "We didn't doubt anything. Most of us played together last season, so we know how to play together."

Blain said the game wasn't perfect and that the team has some issues to watch for in the coming weeks.

"They almost came back on us because we got a little bit cocky," he said. "We dropped our guard a little bit. I pulled them back together and they dug in and held their ground. I was proud of the way they stayed focused."

Blain said the team hasn't been able to practice together at all due to the team members working shifting schedules. With this challenge behind them, he said the team will continue to stress the things that worked in this game and try to work in some practices, when possible.

Down Time



Just Like Cats & Dogs

by Dave T. Phipps

I'M SURE LAST NIGHT, WITH THE ANDERSONS, WAS FUN ... BUT FROM NOW ON I'M GOING TO TAKE GREAT PRIDE IN BEING THE "PARTY POOPER."



Trivia test

by Fifi Rodriguez

TRIVIA

1. HISTORY: Whom did William the Conqueror defeat at the Battle of Hastings?
2. LITERATURE: What was William Faulkner's native state and the setting for his novels?
3. COMMON KNOWLEDGE: What does the Geneva cross symbolize?
4. ANATOMY: What is another name for totipalmate feet?
5. GAMES: What game piece in chess looks like a castle tower?
6. LANGUAGE: What is meaning of "E pluribus unum"?
7. POETRY: Who wrote the words, "God's in his heaven/ All's right with the world"?
8. ART: For what type of work was the 16th century artist Titian best known?
9. GEOGRAPHY: Where is Mount Vesuvius?
10. MEDICINE: What is an analgesic drug designed to do?

See Page D3 for this week's answers.

Super Crossword

ANIMAL TAILS

- ACROSS**
- 1 Messina or Morrison
 - 4 Address abbr.
 - 7 Pass into law
 - 12 Pillager
 - 18 Vein contents
 - 19 Historic org.
 - 20 Mideastern mall?
 - 22 Herbivorous reptile
 - 23 Stocking shade
 - 24 Indefinite pronoun
 - 25 Benjamin Bunny's creator
 - 27 Theologian Thomas
 - 29 Director Sergio
 - 30 Lumberjack tools
 - 31 Rocker Ocasek
 - 32 "God's Little" ("58 film)
 - 35 Wordless greeting
 - 38 Musical medium
 - 43 Dolls up
 - 47 "Whether — nobler in the mind . . ."
 - 48 Groom's gangplank?
 - 49 He'll give you a squeeze
 - 51 Baltimore
- DOWN**
- 53 Maestro Leinsdorf
 - 56 Slippery character?
 - 57 Source of ills
 - 59 Like King's fans
 - 61 "Ritorna vincitori!" singer
 - 63 Mr. Mineo
 - 64 Military chapeau
 - 65 Uruguayan title
 - 66 Adjusts an alarm
 - 68 Undiluted
 - 71 Provide rooms
 - 72 Software
 - 77 Duval's org.
 - 80 Mailer's "The — Park"
 - 81 Stick in the mud
 - 82 Daze
 - 86 Marineland performer
 - 88 "The — Daba Honeymoon" ("14 song)
 - 90 Court order?
 - 92 Compensation
 - 93 Genesis peak
 - 97 After taxes
 - 99 Ravi-shing instrument?
 - 100 Scott role
 - 101 Mil. base
 - 102 Stanted
 - 104 Expert
 - 105 Doesn't have
- ACROSS**
- 107 Myron
 - 111 Stroke's implement
 - 112 Seldom seen
 - 113 Joan Van —
 - 114 Blind part
 - 118 Emit
 - 122 Spock's specialty
 - 126 "Roseanne" actress
 - 131 Pabulum variety
 - 132 Conduit fitting
 - 133 Stang or Schwarzenegger
 - 134 Author Collins
 - 135 Buckingham
 - 136 Spider's snare
 - 137 Tangled
 - 138 Gravel-voiced
 - 139 Ending for Capri
 - 140 Boot part
- DOWN**
- 8 Subside
 - 8 Rob Roy's refusal
 - 9 Showy shrub
 - 10 Blanchett of "Elizabeth"
 - 11 Starch source
 - 12 Bigwig
 - 13 Give it — (try)
 - 14 '87 Streisand film
 - 15 Base stuff?
 - 16 — Leaf ("71 film)
 - 17 Ulrich of Metallica
 - 21 — Tin Tin
 - 26 Lucy Lawless role
 - 28 April initials
 - 32 Perplexed
 - 33 Ma, for one
 - 34 Hwy.
 - 36 Smell
 - 37 "David Copperfield" character
 - 38 She brought out the beast in men
 - 39 Oriental
 - 40 Equal an opponent
 - 41 Cops' org.
 - 42 Forever, so to speak
 - 44 Jeopardize
 - 45 Dynamite philanthropist?
 - 46 Stowe sight
 - 47 Hardy heroine
 - 50 Hersey
- ACROSS**
- 52 Way out
 - 54 Gator's cousin
 - 55 "Salome" role
 - 57 Hale or Reverend
 - 58 First name in fashion
 - 60 Knight's better half?
 - 62 Believe
 - 67 Nimbium
 - 69 Part of MA
 - 70 Gogol's "— Bulba"
 - 73 Compote component
 - 74 Metropolitan
 - 75 End a space flight
 - 76 French Sudan, today
 - 77 Ostentation
 - 78 React to a pun
 - 79 Intense
 - 83 South African province
 - 84 Pottery defect
 - 85 Thornfield governess
 - 87 Poker stake
 - 89 Inland sea
 - 91 Notre Dame's river
 - 94 Fuss
 - 95 Mofro or Magnani
 - 96 Fit — fiddle
 - 98 RN's
- DOWN**
- 102 Coach Parseghian
 - 103 4 p.m. vehicle?
 - 106 In good shape
 - 108 Inflicts
 - 109 Twist and turn
 - 110 Scrape by, with "out"
 - 114 Act like a wrestler
 - 115 — Flynn Boyle
 - 116 Em or Bee
 - 117 Jogger's gait
 - 119 Emulate
 - 120 Betsy Ross
 - 121 Instruction
 - 122 London district
 - 123 Salamander
 - 124 "The People's Choice" pooch
 - 125 Czech river
 - 127 — de France
 - 128 Hall of Famer
 - 129 Mouth piece?
 - 130 Enchanted

See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

OPTICALS

AN EYE TEST! Look at the above drawing and count the number of cubes. Are there six, or seven?

Answer: Look at it long enough and you'll see both six and seven.

OUR TRIP STARTS IN CHICAGO, THEN WE MOTOR ON TO NEW YORK, BEFORE ENDING UP IN BOSTON!

FIND THE HIDDEN CITY in this man's sentence.

Answer: The city is Toronto.

CHAIN REACTION! Take the seven letters printed below our diagram and place them in the circles so that eight four-letter words can be read, top to bottom, along the connecting lines. All the words will begin with the letter in the top circle.

Answer: Top to bottom, left to right: Bait, bail, bail, bold, bold, bold, bone.

Junior Whirl

by Charles Barry Townsend

BARN BORN BOON BOOR DOOR

A BOVINE BAFFLER! Try to solve these five Ladder Puzzles before Bossey finishes her evening meal. You are given a word that must be changed into another word in a series of moves. During each move, you must change one letter in the previous word, so as to form a new word. In our example, we changed BARN to DOOR in four moves. See if you can change the following words in four moves each:

1. COOK to WARE
2. HAND to SOME
3. LAME to DUCK
4. MENU to FOOD
5. PARE to DOWN

Answers: 1. COOK, CORN, CORK, WORK, WARE; 2. HAND, DARE, DARY, DAWN, DOWN; 3. LAME, LEND, FEND, FEND, FOOD; 4. MENU, MEND, FEND, FEND, FOOD; 5. PARE, PARE, PARE, PARE, DOWN.

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

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

HOCUS-FOCUS

BY HENRY BOLTIKOFF

Find at least six differences in details between panels.

Differences: 1. Woman's hat is gone. 2. Window trim is black. 3. Salesman's boutonniere is missing. 4. Lamp is gone. 5. Man's jacket has buttons. 6. Chair's tuft is gone.

Female Soldier proves hand-to-hand combat dominance

BY SPC. JARRETT BRANCH
5th Mobile Detachment Public Affairs Office

JOINT BASE LEWIS-McCHORD, Wash. — Domination knows no gender.

The sheer force of a shin kick or the devastating power behind double hammer fists whaling down upon a fallen opponent is enough to make any smart coach know when to throw in the towel.

Pfc. Jennifer Jones, 2nd Brigade, 2nd Infantry Division, is one of those competitors who doesn't let gender stop her from remaining a force to be reckoned with.

Jones became the first-ever female fighter in the history of combatives competitions on Joint Base Lewis-McChord, Wash., to advance to the final round of an event May 5 when she took top honors for her weight class during the second annual JBLM Combatives Tournament.

Jones overcame all odds and brought home the Bantamweight class championship belt, but she's not letting her victory erase the memory of what it took to get her to that point.

"After I completed level-one combatives training, I continued to train for about four months," Jones reflected. "Before the tournament I found out there were not many competitors in my weight class. So, I decided to come out here and give it a shot.

"My game plan during my (final) fight was to conserve my energy," she said. "It was going to be a long match.

"I think, in a way, females cause male competitors to get a little scared because they are not sure of what the female is going to do," Jones added. "I feel females are more flexible and some are more aggressive during their matches. I don't take what happens during my match personally. I'm just here to compete."

Jones did more than just give the tournament a shot.

Now, she has the opportunity to fight for the All-Army Combatives Team — something many competitors train for but few are given the opportunity to carry out.

Still, Jones believes it's not all about the competition or choking out opponents. To her, it's about learning the skills she might need to defend herself in any type of situation.

"I feel it's a good idea (learning combatives), because females need to learn self defense," she said. "Combatives gives you the tools needed to



PHOTOS BY SPC. JARRETT BRANCH

Pfc. Jennifer Jones, 2nd Brigade, 2nd Infantry Division, takes the upper hand and delivers a match-ending arm bar in one of her Bantamweight class rounds during the second annual Joint Base Lewis-McChord, Wash., Combatives Tournament, held May 2-5 at Soldiers Field House. Jones went on to take the championship belt home for the Bantamweight class and became the first-ever female competitor to compete in the final round of any JBLM combatives tournament.

prevent yourself from being attacked. That is why learning different types of takedowns has been my favorite aspect of the combatives program. If someone were to attack me I would be able to defend myself and bring them down to the ground."

After the bout, Jones recapped the day's events and assessed her performance during the championship match. By the size of the championship belt she sported around her waist it was hard not to doubt the cast-iron skills she demonstrated.

"It feels awesome. I'm setting a trend, and now other females are going to be doing it (winning championships)," Jones added. "I wanted a knockout, but I didn't get one. My opponent hit me a few good times and was a lot stronger than I thought he would be. When I started with my double hammer fist, I knew the match was going in my favor.

"There's no reason a female Soldier cannot be able to hold her own in the ring," she added.

Female Soldiers like Jones are not only earning the respect of their peers when they prove themselves successful in combatives, they're also showing future generations of Soldiers what it takes to be first-rate combatants.

"I feel being a combatives instructor is a privilege, and it's a big accomplishment for me," said Pfc. Emerald Robinson, a Soldier with the



Pfc. Jennifer Jones, 2nd Brigade, 2nd Infantry Division, has her hand held high May 4 after dominating her opponent during the second annual Joint Base Lewis-McChord, Wash., Combatives Tournament, held May 2-5 at Soldiers Field House.

295th Quartermaster Company, 80th Ordnance Battalion, 593rd Sustainment Brigade. "It's not easy, because you have to be motivated and have a lot of will power and heart.

"I think we (women) are doing very well (in combatives)," Robinson said. "I feel that more women are starting to come out and train. Women are not as intimidated as they were in the past.

Also, I feel that male Soldiers are very supportive of the female participation.

"It's a great opportunity, and I feel every female in the Army should try it out at least once," she added.

PUZZLE ANSWERS

Super Crossword



Weekly SUDOKU

Answer

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

Answer

1. England's King Harold
2. Mississippi
3. Neutrality
4. Webbed
5. Rook
6. Out of many, one
7. Robert Browning
8. Painting
9. Italy
10. Relieve pain

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SPORTS SHORTS

Continued from Page D1

RIDING STABLES RULES

Riding Stables staff reminds community members that letting horses out of their stalls can be dangerous to the horses and motorists. Visitors are also reminded to stay on the main roadways, do not approach any of the horses without owners' permission, stay out of the pastures and obey the speed limit of 10 mph at all times. For more information, call 598-3384.

SKIES ACTIVITIES

Dance: The School of Knowledge, Inspiration, Exploration and Skills Unlimited program offers children dance classes in ballet, hip hop, technique and stretch. Times and prices vary. For more information, call 255-1867.

Gymnastics: SKIES offers gymnastics lessons for boys and girls ages 18 months to 16 years old. Class times and prices vary. For more information, call 255-1867.

Tennis: SKIES offers tennis lessons for children, ages 8-16, Wednesdays from 3:30 to 5:30 p.m. For more information, call 255-1867.

SKATE NIGHT

Skating is offered Fridays at the Child, Youth and School Services building. Hours are 6:15-7:15 p.m. for children ages 10 and under and from 7:30-10:30 p.m. for children of all ages. Cost is \$2 for the first session and \$5 for the second session. For more information, call 255-9108.

PAINTBALL

Dothan Survival Games Paintball at Fort Rucker Outdoor Recreation is open. Paintball prices are \$25 per person or \$20 per person with groups of 10 or more people. Prices include all-day field usage, equipment, unlimited carbon dioxide and 100 paintballs.

Fields are open Saturdays from 10 a.m. to 5 p.m., Sundays from 1-5 p.m., and during the week by reservation. Call 793-8202 for more details about this open-to-the-public facility.

FORT RUCKER RUN, WALK MILEAGE CLUB

Run or walk and record your mileage at the front desk at either physical fitness facility. Participants' monthly mileage totals are posted and they can earn mileage patches along the way. Start racking up the miles today. For more information, call 255-3794 or 255-2293.

ROCK WALL ORIENTATION

The Fortenberry-Colton Physical Fitness Facility has rock wall orientation the first Saturday of every month.

An instructor teaches people how to climb the rock wall and how to belay. Those individuals who complete the orientation receive belay certification cards, which they must show to climb the rock wall. For more information, call 255-3794.

SEMI-PRO BASEBALL

The Enterprise semi-pro baseball team needs players for the current season.

For more information, call 347-4275.

Video Game Spotlight >>

(Editor's note: All opinions stated in the Video Game Spotlight are solely those of the article's author.)



COURTESY GRAPHIC

Rockstar delivers solid story, gameplay

BY JIM VAN SLYKE
Contributing Writer

L.A. Noire is not an old school Grand Theft Auto, so fans of the Rockstar games need to get that out of their heads right away.

However, this post-World War II detective thriller is a wonderful take on what video games can do when done right — it tells a cool story while keeping the gamer engaged and intrigued.

Gamers become Cole Phelps, a Los Angeles Police Department detective who is trying to clean up the City of Angels.

Los Angeles is full of corruption, drugs are everywhere and murder rates are at an all-time high.

Gamers use Phelps to solve a series of crimes that eventually blow the lid off the city. There is plenty of action in the game, but a large portion of the game involves Phelps searching for clues and interrogating witnesses.

Things as small as facial ticks can be clues in this captivating game.

As he solves crimes, Phelps moves up in the force and has to deal with more office politics and bigger fat cats.

L.A. Noire isn't for everybody, but gam-



COURTESY SCREENSHOT

ers who enjoy a good tale set among wonderful graphics and gripping action will be enthralled.

Patience is key at times, so gamers with itchy trigger fingers need not apply.

Multiple difficulty settings make the game accessible to everyone, but make sure to save this one for mature gamers.

L.A. Noire is one case you need to solve.

Reviewed on the Xbox 360



COURTESY SCREENSHOT



Publisher
Rockstar
Rated
Mature
Systems
Xbox360, PS3
Cost
\$60
Overall
3.5 out of 4

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