

AAFES closes for inventory

Fort Rucker Army and Air Force Exchange Service facilities will conduct inventory operations in mid-January. The military clothing sales and the mini mall express (gas will still be

available) will be closed Jan. 17, the main store will be closed Jan. 19, and the Triangle Express (gas will still be available) and Class Six will be closed Jan. 20.

TED E. BEAR Fort Rucker home to famous sergeant

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FOOTBALL Waiver Wire claims post championship

Story on Page D1



ARMY FLYER

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

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JANUARY 9, 2014

CYSS earns national award

By Sara E. Martin
Army Flier Staff Writer

For more than a decade, the Excellence in Youth Sports Awards have honored programs that are doing superior jobs of conducting diverse activities with a focus on providing safe and positive experiences for children, parents and coaches, and Fort Rucker youth sports has been selected as one of the five winners of 2013.

Each year hundreds of youth sports programs from across the county and military bases worldwide vie to be an award winner, and the staff of youth sports and fitness is “tickled pink” that they have been nationally recognized as the best the Army can provide, said Vernon Vawter, child, youth and school services sports maintenance.

“For a post as small as we are to do this is fantastic for us,” he said. “We have a product here that is No. 1, and now everyone will know.”

The sports program has always tried to do everything it can to provide the best services to its patrons, and here is proof that they are the top, said Randy Tolison, youth sports and fitness director.

“We wanted to be the best of the best for our community. The award has been overwhelming. We are so proud because we have all worked so hard for this,” he said.

The team was given the award in November, which included a trophy, a monetary award and all the bragging rights that comes with being No. 1.

“I think it was our teamwork and

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PHOTO BY SARA E. MARTIN

The CYSS youth sports and fitness team celebrates being awarded the 2013 National Alliance for Youth Sports and Athletic Excellence in Youth Sports Award Monday afternoon at the Fort Rucker Youth Center.



PHOTO BY SARA E. MARTIN

New Year's reception

CW2 Marvin Veocampo, U.S. Army Warrant Officer Career College cadre, shakes hands with Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker's commanding general, at the general's New Year's Welcome Friday at The Landing.

Morning road closure keeps Soldiers safe

By Sara E. Martin
Army Flier Staff Writer

Ruf Avenue, formerly known as Fifth Avenue, is the official run and bike route for Soldiers and Family members doing physical training, and, thanks to new safety measures, Soldiers are even safer than before when exercising.

Ruf Avenue is closed Mondays-Fridays from 5:30-7 a.m. for morning PT. The road detail begins closing the road at 5 a.m., said Sgt. Maj. Marvin A. Pinckney, U.S. Army Aviation Center of Excellence G-3 sergeant major.

Ruf Avenue is a protected road during those hours, which means no privately owned vehicles are allowed on the road from 5:30-7 a.m. Vehicles on the road was a severe problem that Fort Rucker faced this time last year, but thanks to new concrete columns, reflective signs and bright ropes, Pinckney said that the problem of POVs driving on the road has dramatically decreased.

“The ropes were installed in 2013 as a more active measure to prevent vehicles from crossing where they are not supposed to,” he said. “This has greatly reduced violations. I believe they are far more effective than the cones we previously used.”

The old physical barriers that were placed on the road to warn drivers not to cross could be moved



PHOTO BY SARA E. MARTIN

Capt. Jason Umiamaka, B Company, 1st Battalion, 145th Aviation Regiment and officer in charge of the detail, takes down the ropes that block drivers from crossing Ruf Avenue during PT times Monday morning.

or ignored by some drivers, a system that no longer applies with the new safety measures, according to Lt. Col. Madeline Bondy, provost marshal and director of public safety on Fort Rucker.

Before these new measures were put in place, Bondy said that people were violating the regulation for a number of reasons, such as to just to use the most expedient route to get from Point A to Point B, but now it's much harder for people to ignore the safety measures.

“The regulations are in place specifically for the safety of the Soldiers that are running, walking and biking on that road during published PT times,” she said.

There are still permanent signs on the road to warn drivers of the closure, and the ropes with new signs go up every weekday morning. There are only three designated crossing points during the morning run: Division Road, Red Cloud Road and Novosel Street.

“Our PT road is extremely active,” said Capt. Jason Umiamaka, B Company, 1st Battalion, 145th Aviation Regiment and officer in charge of the detail that puts up and takes down the ropes every morning. “This is the best safety precaution we have to keep Soldiers safe. We are very thankful that the ropes and columns were

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Post commemorates life, legacy of MLK

By Nathan Pfau
Army Flier Staff Writer

The Army considers diversity within its ranks a strength, and Fort Rucker is making sure to commemorate a man who made it his life's work to see that racial equality was not just a dream, but a reality.

Fort Rucker will celebrate the life and accomplishments of Dr. Martin Luther King Jr. during an event at the post theater Jan. 16 from 10-11 a.m. to help people celebrate, cultivate, motivate and keep the dream alive, according to Sgt. 1st Class Jason Garcia, 1st Aviation Brigade equal opportunity adviser

The event will feature inspirational readings, speeches, prayers and songs performed by choir groups, as well as guest speaker Command Sgt. Maj. William S. Hayes, 1st Battalion, 14th Aviation Regiment command sergeant major, who was chosen because of his work involving the EEO program in the Army, said Garcia.

The theme for this year's program is “Celebrate, Cultivate, Motivate: Keep the Dream Alive” and is meant to educate people on what King stood for.

“First, we're celebrating all of Dr. Martin Luther King's accomplishments during all of his years in the Civil Rights Movement,” said the EO adviser. “Dr. King was instrumental in the passing of the Civil Rights Act, as well as the Voting Rights act.

“Those are just two of the significant things that he accomplished, and I could go on with a laundry list of things he's accomplished,” he continued, “but the magnitude of those two accomplishments and how they've shaped our world today is very important.”

During his time as a leader of the Civil Rights Movement, King achieved more progress toward racial equality in America than more than the three previous centuries in the country's history, according to www.thekingcenter.org, and that's why Garcia said it's important to remember his teachings and what he believed in.

“We have to cultivate his teachings, and share and continue that work with the younger generations, as well as teach and pass on Dr. Martin Luther King's vision for a brighter future,” he said. “We also need to motivate and continue to seek a better quality of life and overall equality for all in our American society because Dr. King's vision was not specific to African Americans, but to all minorities, men and women.”

King's method and approach to the Civil Rights Movement was of a nonviolent nature and he drew much

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PHOTO BY NATHAN PFAU

Peter Jackson, musician, performs a rendition of “What a Wonderful World” accompanied by his mother, Sheila, during the Dr. Martin Luther King Jr. Commemorative Program at the post theater last year. This year's event will be held at the post theater Jan. 16 from 10-11 a.m.

PERSPECTIVE

Make positive changes this New Year, stick with them

By Molly Hayden
USAG Bavaria Public Affairs

GRAFENWOEHR, Germany — Making New Year’s resolutions is an easy task – keeping them, on the other hand, can be tough.

But the new year isn’t meant for reinvention, but rather reflection. Glancing into the rearview mirror of the past year can serve as a catalyst to make positive changes in health and lifestyle for the future.

And, according to the American Psychological Association, not keeping those resolutions is all in our head.

The APA offers five easy steps for making changes and sticking with them. Follow these steps and your 2014 resolutions can become more reality than fantasy.

Start small – Make resolutions that you think you can keep. If, for example, your aim is to exercise more frequently, schedule three or four days a week at the gym



COURTESY GRAPHIC

instead of seven. If you would like to eat healthier, try replacing dessert with something else you

enjoy, like fruit or yogurt, instead of seeing your diet as a form of punishment.

Change one behavior at a time – Unhealthy behaviors develop over the course of time. Thus, replacing unhealthy behaviors with healthy ones requires time. Don’t get overwhelmed and think that you have to reassess everything in your life.

Instead, work toward changing one thing at a time.

Talk about it – Share your experiences with Family, friends, or your Family readiness group. Consider joining or starting a support group to reach your goals, such as a class at the fitness center or a group of co-workers who aim to quit smoking.

Having someone to share your struggles and successes with makes your journey to a healthier lifestyle that much easier and less intimidating.

Don’t beat yourself up – Perfection is unattainable. Remember that minor missteps when reaching your goals are completely

normal.

Don’t give up completely because you ate a brownie and broke your diet, or skipped the gym for a week because you were busy. Everyone has ups and downs – resolve to recover from your mistakes and get back on track.

Ask for support – Everyone needs a cheerleader from time to time. Accepting help from those who care about you and will listen strengthens your resilience and ability to manage stress caused by your resolution.

If you feel overwhelmed or unable to meet your goals on your own, consider seeking professional help.

Psychologists are uniquely trained to understand the connection between the mind and body. They can offer strategies as to how to adjust your goals so that they are attainable, as well as help you change unhealthy behaviors and address emotional issues.

This month in Army Aviation history

This month we’re spotlighting the January 1958 issue of the *U.S. Army Aviation Digest*. This issue features:

How to start on IFR

He’s got the instruments, he’s got the rating, but he never goes into a cloud. And so he gets only half the utility out of his airplane that’s built into it. This is the situation today of thousands of us – this hesitating on the brink of a new era, this self-imposed hold down. Why is it?

My moment of stark terror

It was a beautiful March morning and everything went smoothly on the flight

to Stevens Village. Another Aviator and I landed our ski-equipped Bird Dogs on the snow-covered river and taxied close to the bank to unload our passengers. The snow covering was dry and several feet deep, making it extremely difficult to taxi.

Flat hatting

As late as World War II, the pilot remained a reckless devil in the public mind. As the young and virile gladiator who could flash across the enemy’s land and destroy him, he was entitled to demonstrate the dash and flavor of his flying ability to a highly indulgent public.

The Gray Hair Department

One wintery morning, an Army Aviator, flying a Sioux, departed on a mission to shuttle five passengers from the top of a ridge to a highway a few miles away. The Aviator’s aircraft was equipped with dual controls. En route he observed no unusual flight characteristics and prior to landing he noted the cyclic was tight in rearward movement and loosened the friction lock a couple of turns.

... and more.

Download this issue of the *U.S. Army Aviation Digest* at <http://bit.ly/av8-jan58>



“What tips can you offer for maintaining New Year resolutions?”



**Sgt. 1st Class
Gerald Emery,
HHC, 1st Avn. Bde.**

“Set obtainable goals so you stay on track. Don’t make a goal that you can’t reasonably achieve.”



**Col. Stuart J. McRae,
Fort Rucker garrison
commander**

“Accountability is the best means to achieve anything. Have someone that can check you and verify that you are doing what you said you were going to be doing.”



**Lt. Col.
Marcus A. Gengler,
1st Bn., 145th Avn. Regt.,
commander**

“Have a daily reminder somewhere that you will easily see to remember what your goal was at the beginning of the year”



**Sgt. Natacha Perkins,
164th TAOG**

“If you are going to make one, try to have a buddy that will help you to stay motivated. There are going to be some hard times, but the positive is better than staying where you are now.”



**Lt. Col. Mark C.
Gillespie, 1st Bn., 14th
Avn. Regt., commander**

“Have an accountable partner.”

COMMAND

Maj. Gen. Kevin W. Mangum
FORT RUCKER COMMANDING GENERAL

Col. Stuart J. McRae
FORT RUCKER GARRISON COMMANDER

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

Fort Rucker schools back in session

By Nathan Pfau
Army Flier Staff Writer

Children on Fort Rucker braved the coldest day of the season to jump back into the school year, but cold weather couldn't stop them from experiencing some of what 2014 has in store.

Fort Rucker Primary School and Fort Rucker Elementary School welcomed back their students Tuesday with high hopes and new beginnings for the new year, but both share the common goal of making sure that education comes first, according to Vicki Gilmer, FRES principal.

"Every year we just try to be consistent for the children's return to school," she said. "We've built a really great system and have a really great structure with our programs, and when the children return, they know right what they're coming back to."

Teachers had a workday Monday to get report cards, classrooms and lesson plans ready for the students' return, but more than anything, the students had to come back to a top-notch education program.

"(The children) know when they return that they're going to be doing fantastic project-based learning, investigations, explorations and inquiries, and we just want to continue that throughout the rest of the school year," said Gilmer. "We reflect, look how we can change and make improvements on it each year."

One of the bigger challenges that teachers face when coming back from a break is getting their students back into the routines they were used to beforehand.

"I think the most important part is just getting your mindset right," said the FRES principal. "A lot of us unplug during the break. We



PHOTO BY SARA E. MARTIN

The Fort Rucker Elementary School Lego Robotics Team competed for the first time in The First Lego League state qualifier in Birmingham last year. The Lego Robotics Team is a product of the STEM school program, which the Fort Rucker Primary School, although not officially a STEM school, is hoping to feature more of in the new year.

stay up too late or something like that, and I think that's the hardest part for the kids – getting up and getting back into their routine, but once they're back, they're right and ready to go."

There is a short transition period for students at the primary school, as well.

"It always takes a couple of days for the students to adjust, but once they do they're fine," said Sylvia Thornton, FRPS music teacher. "One thing I try to do is (keep them) constantly going, and it's like that in most of the pods. Once we finish one thing, it's on to the next."

Although the transition back into the school routine can be tough for some, the focus is set on the new year and what's to come.

"It's a whole new nine weeks, so when they come back, every-

thing is new again," said Gilmer. "It's a grand introduction – new concepts in math, new concepts in science and social studies. That excitement builds back up, and the teachers and the kids are very excited about being back to continue their learning."

Gilmer said that the students will start off by spending time talking about what they got for Christmas and what they did during the holidays to give them a chance to express what they experienced during their time off.

The elementary school also has many upcoming events for the students to look forward to, including events and activities for the upcoming Martin Luther King Jr. Day; preparation for spring testing for grades three through six; and switching out students for the after school clubs, something

that Gilmer said the students are very excited about.

"For the testing, we prepare to shine every year, and the children really do – they're remarkable," she said. "I think it's because of the consistent engagement that the kids have. If you keep the level of excitement up, they really become engaged and it shows."

The sixth grade students also have a drama production to look forward to in the spring, and students of all grades can look forward to the science fair later in the year, which is a product of the school being a Science, Technology, Engineering and Math school.

The primary school is also working on STEM projects for the upcoming year, and although they are not officially a STEM school, Bridget Lester, gifted resource teacher at FRPS, would

like to see that change one day.

"We're coming up with a plan for our teachers to implement some STEM programs," she said. "STEM programs are important because of the whole collaborative nature of the program. Students learn to work cooperatively and share ideas."

Some of Lester's students have already had the opportunity to participate in some STEM activities such as building gingerbread houses, creating an assembly line to create a snack, making a nut sorter for squirrels and creating a house to keep a snowman from melting.

Lester said the program helps students learn that it's not about just the end product, but the process, and trial and error.

The new year also has many other activities in store for the students of the primary school, including music performances, and more activities to involve parents and the community.

"We want to get parents more involved and we're working hard on a partnership with our community and outreach," said Thornton.

The primary school had such a success with its Operation Celebration, that another like-minded event is planned for March. Thornton said there aren't any details about the event, but the parents will be involved with the children.

With all the events planned throughout the rest of the school year, the students are sure to keep busy, but regardless of what's planned, Gilmer said the teachers are just happy to have their students back.

"It's great to have a break, but there's nothing like having a building full of children," she said.

DPS urges mobile device safety awareness

By Nathan Pfau
Army Flier Staff Writer

After all the gifts from the holiday season have been unwrapped, people were bound to have checked off some new mobile devices from their wish list, but Directorate of Public Safety officials want to make sure that people using their new gadgets are aware of the responsibility that comes along with using them.

Many devices, such as new computers, cell phones and tablets, can come with various security risks when it comes to security of the device itself, as well as security of one's personal information, according to Peggy Contreras, Fort Rucker Community Police supervisor.

"We just want to make sure that people are keeping their new devices secure, and we want them to be knowledgeable about how to use them and the risks they can pose when sharing information," said Contreras.

The need for awareness extends not only to adults on Fort Rucker, but to children on the installation, as well, she said.

"Many children may have received tablets or cell phones for Christmas and it's up to the parents to make sure they understand the security settings on these devices before they give them to their children," said the supervisor. "Parents must also teach their children how to responsibly use these devices because the security of one's personal information comes down to personal responsibility."

The security that Contreras is referring to has to do with posting personal information on social media websites and other sites across the Internet. The protection of personally identifiable information is not only for those that work on



PHOTO ILLUSTRATION BY NATHAN PF AU

Directorate of Public Safety officials urge people to educate themselves and their children on the use of mobile devices to maintain security of their personal information. Location sharing can be disabled on most mobile device from the settings menu.

Fort Rucker, but anyone who hopes to keep their information safe.

"People should understand that there can be consequences if they aren't careful about sharing information across various social media sites," said Contreras. "If a person isn't familiar with the security settings on a device, they should get with someone who is and try to learn about it."

"When people post [to social media sites], they should really think before they do so and be very careful about what type of PII and information they put out there," said Lt. Col. Madeline Bondy, provost marshal and director of public safety on Fort Rucker. "A lot of people are worried about their personal information, but most don't realize how much data mining is going on out there."

Contreras also spoke about the use of applications, and their ability to share location information and track people's trends.

"Many of these applications that people use are also geotagging and finding out what people's [interests] are, and that can provide someone your exact location, even when taking a photo," she said. "If someone wanted to pretend to get to know you, the information is out there and that's why we need to learn to protect our information."

Contreras suggests that people disable the ability for mobile devices to share location information, which can usually be done in the settings options of a device.

The Internet isn't the only place people can gather another's personal information, said Contreras. Another way that a person's information can be jeopardized is if one of their devices that contains this information is lost or stolen.

"These days, our entire lives are put into these devices," she said. "They have our Family members, home address, banking information, passwords – basically everything. If someone steals your device and is able to access it, they have access to your entire life."

"People need to make sure to password protect these devices to make sure that nobody can access them," she continued.

Contreras also suggests that people not leave their devices unattended, especially in plain view such as on their desk or in their cars.

Leaving a device in plain view is equivalent to asking someone to take it, she said.

"The strongest security tool that anyone has is sitting between your ears," added Bondy. "I just can't say it enough – the big thing is just personal responsibility."

News Briefs

Lyster lab closure

Lyster Army Health Clinic's laboratory will close Friday and Monday in order to relocate to its new space within the facility. Lyster officials said they apologize for any inconvenience this may cause patients.

ACAP presentation

The Fort Rucker Army Career and Alumni Program Transition Center sponsors a once-a-year presentation on transition Feb. 4 from 8:30-11 a.m. in Bldg. 4502, Rm. 210. The free presentation, entitled "Marketing Yourself for a Second Career," is offered by the Military Officers Association of America. All ranks may attend, but it is geared towards officers and senior NCOs. Spouses, civilians and retirees are also welcome to attend.

For more information, call 255-3932.

Nurse advice line

Lyster Army Health Clinic patients needing non-emergent medical attention after duty hours or on the weekends must call the nurse advice line at (877) 418-0983 before going to an urgent care clinic in the area. Upon check-in at the urgent care clinic, patients should inform the staff that they are being referred from TRICARE and are normally seen at LAHC. If receiving medication, patients should remember that Walgreens does not accept TRICARE. If the clinic wants to send a prescription to Walgreens, patients should tell them it needs to go to another pharmacy that accepts TRICARE.

Contracting 101

The Mission and Installation Contracting Command-Fort Rucker will offer its first Contracting 101 class Jan. 29 from 8 a.m. to 4 p.m. at the Soldier Service Center, Bldg 5700, Rm 284. The training provides a moderate introduction to government contracting and the information required to understand the procurement process, and identify the acquisition team and their roles and responsibilities from start to finish.

For more information, call Staff Sgt. Ambrosio Alvarez at 255-2846 or send an email to ambrosio.e.alvarezestero.mil@mail.mil; Staff Sgt. Ye Yang at 255-3746 or ye.yang.mil@mail.mil; or Maj. Jason Hulsey at 255-2846 or jason.e.helsey.mil@mail.mil.

Commissary scholarships

Applications for the 2014 Scholarships for Military Children Program are available at commissaries worldwide or on the Internet at <http://www.militaryscholar.org>. Applications must be turned in to a commissary by the close of business Feb. 28. Packages must be hand-delivered, or shipped via U.S. Postal Service or other delivery methods – not emailed or faxed. This year's award amount has risen to \$2,000 and the program awards at least one scholarship at each commissary with qualified applicants. Applicants should ensure that they and their sponsor are enrolled in the Defense Enrollment Eligibility Reporting System database and have a military ID card.

For more information, students or sponsors should call (856) 616-9311, or send an email to militaryscholar@scholarshipmanagers.com.

Thrift shop

The Fort Rucker Thrift Shop is open Wednesdays-Fridays from 10 a.m. to 2 p.m. and also the first Saturday of the month from 8 a.m. to noon, unless it falls on a holiday weekend and then the shop will be open on the second Saturday.

The thrift shop needs people's unwanted items. People can drop off donations at any time in the shed behind the shop (former Armed Forces Bank building) located in front of the theater next door to the bowling alley. Donations are tax deductible.

For more information, call 255-9595.

Alcoholics Anonymous

Alcoholics Anonymous meets Thursdays at 7 p.m. at the Spiritual

Life Center, Bldg. 8939, Rm. 38. AA is described by chapel officials as a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from the use of alcohol. The program is focused on spirituality and religion, having an impact on changing a person's life.

For more information, contact the religious support office at 255-2989.

Volunteer drivers

Lyster is looking for volunteers to drive the golf cart, which runs from the parking lot to the front entrance of the clinic and temporary pharmacy. The clinic is in need of volunteers who can work on rotating shifts until 4 p.m. during the week – even one hour of helping patients to and from the clinic is helpful.

For more information or to sign up, call 255-7358.

Honoring patients

Lyster wants to share what makes you a great American hero, according to the clinic's public affairs representative. Each month Lyster will honor a patient on the clinic TVs, Lyster's Facebook page and in the post newspaper. Honorees' name, a brief description of their military contributions and a photo will be included. Soldiers, retirees, spouses and children can all participate.

To sign up or nominate a friend or Family member, send an e-mail to katherine.irosario.civ@mail.mil.

ID card section

Those who need a military or military dependent ID card may make an appointment by calling 255-2437 or 255-2182. Walk-ins are served on a first-come, first-served basis. People may experience delays in service from 11 a.m. to 1 p.m.

New AIT platoon sergeants arrive at 1-13th AVN

By Capt. Steven Kuhni
1-13th Aviation Regiment

Eight new Advanced Individual Training platoon sergeants recently arrived at A Company, 1-13th Aviation Regiment, 1st Aviation Brigade – the company responsible for training new enlisted Aviation Soldiers.

These AIT PSGs are responsible for the leadership and development of Soldiers directly after basic training, in which new Soldiers learn their specific job or Military Occupational Specialty. The AIT PSGs, along with C Co., 1-13th Aviation Enlisted Training Institute at Yano and Braman Halls, complete over 750 trainees’ transition from civilian to Soldier every year.

These PSGs make a huge impact on new Soldiers, assisting them to resolve any medical, financial or personal issues prior to their next assignment. It is a demanding job that requires an average of 80 hours of work per week. The goal is to give the Soldiers exceptionally strong examples of NCO leadership that the Soldiers can model when they are in challenging situations.

One of the new AIT PSGs, Staff Sgt. Marion Githens, said, “I am



PHOTO ILLUSTRATION BY C. TODD LOPEZ

Staff Sgts. Maureen Richards, Eliseo Salgado, Andrew Durham, Marion Githens, Antonio Santiago, Adam Thornton, Brandon Woodson and Jason Reimer are new Advanced Individual Training platoon sergeants at A Company, 1-13th Aviation Regiment, 1st Aviation Brigade – the company responsible for training new enlisted Aviation Soldiers.

excited to come to A Company and the opportunity to train new Soldiers and influence their future. I also want to show an example of a strong female NCO to the 53 Soldiers I was immediately placed in

charge of. It also doesn’t hurt that it sets me up for promotion, either.”

For their part, these NCOs receive an incredible amount of leadership training getting exposed to all aspects of Army Soldier issues

and utilizing Army legal, medical, equal opportunity, and Sexual Harassment and Assault Response and Prevention programs.

“This is excellent preparation for future first sergeants. When these

NCOs leave A Company, they are prepared to solve a myriad of leadership challenges and they know where to go to get any needed support,” said A Co. 1st Sgt. Terrence Reyes.

New policy gives sergeants direct access to AER



COURTESY GRAPHIC

Army Emergency Relief Press Release

ALEXANDRIA, Va. – Army Emergency Relief announced that all sergeants and above can now submit requests for financial assistance directly to their installation AER office.

Until the new policy kicked in Jan. 1, staff sergeants and below were required to have the recommendation of their company commander or first sergeant before requesting AER assistance. Now sergeants and staff sergeants can apply for assistance directly.

“Based on feedback we received from senior Army leaders, including the sergeant major of the Army, we decided that this is the right thing to do,”

said AER’s director, retired Lt. Gen. Robert F. Foley. “Over the last decade, these leaders have been entrusted with increasing levels of responsibility and have demonstrated the required trust and confidence to warrant this change.”

A policy change that went into effect Sept. 30 enabled sergeants first class to go directly to AER for assistance. Prior to that, AER policy allowed only master sergeants and above direct access to AER assistance. Now all NCOs, officers and warrant officers can apply directly to their local AER office.

Soldiers E-1 thru E-4 are still required to complete the AER application and submit it to their company commander or first sergeant, for their recommenda-

tion, officials pointed out.

In addition to providing no-interest loans and grants for emergency travel, initial rent deposits and vehicle repairs, AER continues to be the organization of choice for Soldiers’ unique financial needs to include household and appliance repair, dependent dental care and initial home furnishings.

Army Emergency Relief is a private non-profit organization dedicated to providing financial assistance to Soldiers, active and retired, and their Families. Since its incorporation in 1942, AER has provided more than \$1.5 billion to more than 3.5 million Soldiers, Families and retirees.

For more on AER, call 255-2341.

Synthetic drugs dangerous, can end Army career

By Lisa A. Ferdinando
Army News Service

WASHINGTON – Not only are synthetic drugs dangerous, but they can cost Soldiers their military careers.

The Drug Enforcement Administration said users of synthetic drugs have suffered vomiting, anxiety, seizures, hallucinations, loss of consciousness, organ damage and even death.

Soldiers can face disciplinary action that could include a discharge if they test positive for synthetic drugs, including “spice” and “bath salts,” said Dr. Les McFarling, the director the Army Substance Abuse Program.

The Department of Defense expanded its urinalysis drug testing to include synthetic cannabinoids, or synthetic marijuana, said McFarling. The random testing began Dec. 16.

The Army prohibited the use and posses-

sion of all synthetic cannabinoids in 2011. Bath salts, which are synthetic cathinones, were banned in 2012, he said.

The Army can do probable cause testing or competence for duty testing for synthetic drugs, he said.

Soldiers who use synthetic drugs are encouraged to self-refer for treatment to the Army Substance Abuse Program or to a military medical facility, McFarling said.

Members who do not self-refer and subsequently test positive can face action deemed appropriate by their commander under the Uniform Code of Military Justice, he said.

“The same rules that apply with any other drug, including THC (the active ingredient in marijuana), cocaine or any other illicit substance, now apply to synthetics,” said Buddy Horne, the civilian and military drug testing manager for the Army.

The use of synthetic drugs in the Army is believed to have decreased, he said, after

the DEA began classifying chemicals used to make the drugs as Schedule I substances, prohibited under the Controlled Substances Act.

Congress, in 2012, permanently placed 26 substances into Schedule I of the CSA.

For example, Horne said, the Army took 10,000 negative drug tests from across the force and then tested them for synthetic cannabinoids, coming up with 250 positives, or a 2.5 percent positive rate, in 2012.

In 2013, the Army tested a brigade combat team, about 2,500 Soldiers, and came up with 18 positives for synthetic cannabinoids, he said.

“We feel the impact of the legislation has

helped curtail the use of this,” said Horne. “It’s getting harder and harder to get.”

The chemical structure of synthetic cannabinoids is similar to THC and produces a psychoactive response in the brain, the Army said in a policy message.

Bath salts are comprised of a class of dangerous substances perceived to mimic drugs such as cocaine, LSD, and methamphetamine, according to the DEA.

In addition to the possible loss of their military careers, the message to Soldiers, especially the younger and more easily influenced members in the 18-25-year-old range, is to just stay away from these unregulated substances, said Horne.



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AER begins accepting scholarship applications

Army Emergency Relief
Press Release

ALEXANDRIA, Va. — Army Emergency Relief has opened its scholarship application period for the 2014-15 school year.

Applications from spouses and dependent children of Soldiers will be accepted from now until May 1, officials said.

This year, scholarships will be awarded based solely on financial need, said Tammy LaCroix, manager for Army Emergency Relief, or AER's scholarship programs.

In previous years, some scholarships were awarded based on scholastic achievement and leadership, LaCroix said. For instance, if students could demonstrate leadership — such as serving as class president, leading a Scout troop or serving in an Reserve Officers' Training Corp leadership position — that in itself was worth a \$500 scholarship. If their



PHOTO ILLUSTRATION BY C. TODD LOPEZ

Army Emergency Relief has announced the opening of its scholarship application period for 2014-15. Last year, the children and spouses of more than 4,600 Soldiers were awarded scholarships.

grade point average was above a 3.5 GPA, that could be worth another \$500.

Those types of \$500 scholarships have been eliminated however, so that larger awards to needy Family members can be granted.

“What we’re trying to accomplish is help the

neediest of our Soldiers,” LaCroix said.

Last year, AER awarded 4,629 scholarships, totaling more than \$10 million to spouses and children of Soldiers. That included scholarships to 1,148 spouses and awards to 3,481 children.

Those scholarships are

helping send students this year to about 1,400 schools, ranging from Harvard to Alabama State to American Military University. Some of the students are attending university classes online and a few are going to vocational or cosmetology schools, LaCroix said.

About 9,000 applications were received last year online, LaCroix said, adding that the number kept her and another staff member quite busy.

“Last year was our first year using a new online application process,” LaCroix said. “By upgrading the scholarship application software, we were able to streamline the entire process and more efficiently serve our applicants.

“Applicants are able to create their own profile, submit their documentation online, and check their status,” she said. “This proved to be a huge time saver for both the applicants and the scholarship staff.”

The most common reason for applicants to be turned down was incomplete packets, LaCroix said. Application packets should include school transcripts, the Student Aid Report from the Free Application for Federal Student Aid and the Soldier's Leave and Earnings State-

ment.

More information on the application process and necessary documentation is available on the AER website at www.aerhq.org. The entire application package must be submitted by May 1, she added.

Only spouses and dependent children of active-duty Soldiers are eligible for the scholarships, LaCroix said, but added this includes dependents of activated Army Reserve and National Guard troops, as long as they will remain on active-duty for the 2014-15 school year.

Army Emergency Relief is a private non-profit organization dedicated to providing financial assistance to Soldiers, active and retired, and their families. Since its incorporation in 1942, AER has provided more than \$1.5 billion to more than 3.5 million Soldiers, Families and retirees.

For more on AER, call 255-2341.

CYSS: New programs coming this summer

Continued from Page A1

commitment that really made us stand out,” said Jackie Johnson, CYSS youth sports clinician and program associate.

David Helmuth, CYSS youth sports maintenance, said it was making sure everyone involved has a good experience and ensuring participants have fun.

“It would be all for nothing if people didn't enjoy themselves and did not come back,” he said. “When service members come in with Families we want them to see all the possibilities of living here.”

The team said they all experienced different emotions when they were told that they had won. Shouts of “hallelujah” were said to be heard, as well as claims of the moment being better than their team winning the Super Bowl.

The program was developed by the National Alliance for Youth Sports and “Athletic Business Magazine,” said Tolison, adding that this was an award well deserved.

Applicants are judged on several criteria, he said, including: what the organization does to educate their ad-

ministrators, volunteer coaches, game officials and parents, in addition to how well they demonstrate that they embrace a child-centered recreational sports philosophy that is aimed at providing a positive and safe experience for all youth.

Out of the 28 finalists, Fort Rucker stood out above the rest and Tolison thinks that it was parents of the program's youth that helped the team secure the title.

“One of the biggest things that they look at is the surveys that parents complete,” he said. “We do not get to look at the surveys, they go straight to NAYS. Eventually, they let us know what the responses were, and they were very favorable. So, I thank the community for that.”

The award is open to all organizations that partner itself with NAYS, so national, international, civilian and military clubs were a part of the competition.

“We didn't win this award because we have a new facility,” said Tolison. “The award is an ongoing process and this facility is less than a year old, and last year before the new facility opened we won honorable mention.”

Tolison said that the new facility was not even men-

tioned in Fort Rucker's application packet, and that the team made use of what they had to succeed.

“We have grown from a program that was a little stagnant and somewhat satisfied with just being OK to becoming the best in the Army,” he said. “It took a little time, but I believe we have made great improvements, but there is always work still to be done.”

Once word gets out to parents that there are a number of quality programs in their own backyard, Tolison thinks they will want to see what CYSS has to offer.

“That will benefit the installation as a whole because it will keep our Family members here, instead of competing against Fort Rucker in sports such as football and basketball,” he added.

The youth sports and fitness program plans to stay on top, and a surprise is in store to help sustain its level of excellence.

New programs are going to be initiated this summer, but the team is keeping them shrouded for the excitement of its participants. But the “top secret” activity is said to be revealed soon and that parents and teens are sure to love the addition.

Post: Day focuses on remembrance, celebration

Continued from Page A1

of his inspiration from both his Christian faith, as well as the teachings of Mahatma Ghandi, according to The King Center website. King used nonviolent means of resistance through protests, grassroots organizing and civil disobedience to achieve

equality for all men and women, regardless of color or creed.

“We've come a long way, but I would say that we're not quite there yet,” said Garcia. “But I think if Dr. King were alive today, he'd be very proud of the progress that we've made based on his and other (Civil Rights Movement) leader's dreams and

visions. I think the importance of this day is part of that, and we should continue to move on by celebrating and remembering.”

The celebration of Martin Luther King, Jr. Day is always held on the third Monday in January, declared by President Ronald Reagan in 1986, and is the only federal holiday that celebrates a

non-president, as well as an African American, said Garcia.

Garcia also invites people to visit The King Center website, www.thekingcenter.org, for a wealth of information on Dr. Martin Luther King Jr., and suggests people familiarize themselves with not only his most famously known “I Have a Dream”

speech, but also his other works, such as his “Letter from a Birmingham Jail.”

“It's one of the great pieces of literature that I've gotten from the site and it's something that I like to share with others because it's very inspirational and definitely something people should take a look at,” he said.

Safe: Motorists should obey regulation, look out for Soldiers

Continued from Page A1

installed.”

Ruf Avenue was chosen as the official run route because it is the straightest road, is well lit and is the road that officials and officers can control most easily, unlike Andrews or Red Cloud, according to Pinckney

“We would choke up Fort Rucker if we chose a different road. It was determined

many years ago that it was the best choice to have a protected run route,” he said.

If drivers come up to the street, Pinckney said they should turn around or back up to avoid crossing Ruf Avenue if it is safe to do so.

Pinckney has advice for those who would still consider ignoring the postings when no one is around.

“Don't even think about it. It's dangerous. Just because no one is in the immedi-

ate area doesn't mean it's OK. It's about being disciplined enough to not disobey the rules,” he said.

Violating the safety regulation can cause more damage than the citation and \$55 fine.

“The MPs are out and patrolling the areas. Besides being ticketed, a driver could potentially have their driving privileges on the installation revoked,” he said. “Plus, you could kill someone.”

The rules regarding Ruf Avenue closings for PT are located in the Fort Rucker Blue Book that every Soldier receives upon arrival at Fort Rucker, according to the sergeant major.

“The blue book, or U.S. Army Aviation Center of Excellence Pamphlet 600-2, has all the regulations on Page 22, Chapter 9, Paragraph 2,” he said.

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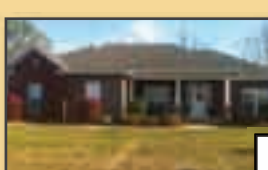


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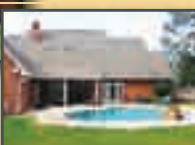
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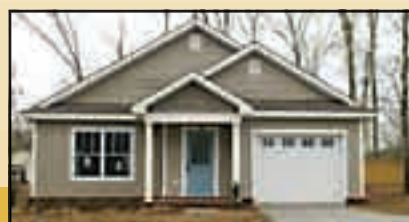
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Army helps draft U.S. UAS flight regs

By David Vergun
Army News Service

WASHINGTON — Jeff Bezos made news recently by announcing that his company, Amazon, is testing package-delivery transport using drones. Others in the private sector are looking at the idea of using drones for surveillance or transport as well, and hobbyists are also eager to get into the airspace.

What this means is that the skies could soon become pretty crowded, and some sort of regulation would be needed for safety, security and air traffic control.

This is where the Army can and is providing assistance that could soon regulate the flight of civilian drones over U.S. airspace.

In fact, the Army has been involved in discussions with the Federal Aviation Administration and other agencies regarding the use of unmanned aircraft systems in the U.S. National Airspace System, according to Viva Kelley, director of the Army's Unmanned Systems Airspace Integration Concepts Office.

Since the Army has already been using UAS, which is a term it prefers to drones, for years, it has procedures in place and is

developing new ones that could help with any new regulations, she said.

In fact, she noted, the Army has logged almost 2 million UAS flight-hours since 1991, with about half of those hours accrued in just the last few years.

While the vast majority of flight hours have been logged overseas, the Army currently flies UAS in the NAS for training, testing and contingency-type operations such as disaster assistance, she said.

However, without a pilot physically sitting in the plane, UAS do not meet the FAA regulation known as "See and Avoid," Kelley said. Therefore, the Army must file a Certificate of Authorization/Waiver with the FAA stating how it will operate in the NAS and how it will comply with the FAA regulation.

"We currently mitigate lack of compliance with the see and avoid requirement by having 'visual observers,' either on the ground or in a chase plane, depending on the type of operations," she said.

Also, several years ago, the Army invested in software technology to comply with the FAA regulation through its Ground-Based Sense and Avoid system.

While the other services have created unique systems that allow them access to



PHOTO BY SGT. TRAVIS ZIELINSKI

The Army's Grey Eagle unmanned aircraft, like the one pictured here, are being used in testing at Fort Hood, Texas, as part of the Army's effort to draft regulations for the use of Unmanned Aircraft Systems over U.S. airspace. The Federal Aviation Administration and other federal agencies are also working on this with the Army.

specific airspace, the Army is currently in the development phase of producing a standardized system that meets rigorous FAA certification criteria. This system will then be shared by all the services.

The new system will use ground-based radar "to detect, track, fuse and classify all other manned and unmanned aircraft in the

airspace," Kelley explained.

Then, the data from the surrounding airspace will be "analyzed based on algorithmic probabilities and prioritized relative to the rates and states of the UAS to provide an interface that allows the user to easily

SEE UAS, PAGE B4



PHOTO BY SGT. MICHAEL J. MACLEOD

ARMY'S YEAR IN PHOTOS

Army Aviation figures prominently in the Army presentation 'Year in Photos 2013,' available at www.army.mil/yearinphotos/2013/, including this photo taken in February of artillerymen with the 82nd Airborne Division's 1st Brigade Combat Team preparing to hook up an M119A2 105mm howitzer to a UH60 Black Hawk helicopter during air assault training at Fort Bragg, N.C.

Army, Hawaii partner to protect watersheds

By U.S. Army Garrison-Hawaii
Public Affairs Office

SCHOFIELD BARRACKS, Hawaii — The Army and the State of Hawaii came together to transport nearly 200,000 pounds of fencing into the Ko'olau Mountains Dec. 5 as part of an airlift operation to protect Oahu's watersheds.

Soldiers from the 25th Combat Aviation Brigade, 25th Infantry Division, joined resources with the U.S. Army Garrison-Hawaii's Oahu Army Natural Resources Program, and the State of Hawaii's Department of Land and Natural Resources' Natural Area Reserves staff to accomplish the mission.

The material will be used to build a 12-kilometer fence enclosure to protect 1,000 acres of native forest in the summit areas of the Ko'olau Mountains on State of Hawaii and Kamehameha Schools Bishop Estate lands.

The steel fencing was hooked to a Chinook CH-47 helicopter and sling-loaded from Schofield Barracks to staging zones located in a remote area of the Poamoho Section of the Ewa Forest Reserve.

"The Chinook's capabilities allowed us to haul 17 times more material per trip than the contracted aircraft is able, saving time and money," said Kapua Kawelo, a biologist with the U.S. Army Garrison-Hawaii Oahu Army Natural Resources Program. "As an added bonus, the Soldiers were able to exercise their sling-load skills."

The fencing project is being led by the DLNR, Division of Forestry and Wildlife, with support from the Army and other members of the Ko'olau Mountain Watershed Partnership. The majority of the funding for the \$1 million project is provided by the "Rain Follows the



PHOTO BY U.S. ARMY GARRISON-HAWAII

A CH-47 Chinook helicopter heads to the summits of the Ko'olau mountain range on Oahu, Hawaii, carrying a 1,000-pound sling-load of fencing material.

Forest" initiative, with an additional \$300,000 provided by the Army and \$250,000 from the U.S. Forest Service.

"This is a critical location for watershed recharge to Oahu's Pearl Harbor aquifer that provides water to Oahu communities. Protecting priority watersheds from damage caused by hoofed animals is the first priority of the Rain Follows the Forest program," said Marigold Zoll, project lead, Division of Forestry and

Wildlife, DLNR. "Fencing is the most feasible way to prevent these animals from trampling and devouring vegetation and reducing the spread of non-native invasive species."

The project does not restrict access or recreational opportunities, according to Zoll.

Over the next year, Army staff will construct three kilometers of the total fence, and a state

SEE PARTNER, PAGE B4

Corpus Christi Army Depot breaks ground on helicopter painting facility

By Brigitte Rox
Army Materiel Command

CORPUS CHRISTI ARMY DEPOT, Texas — Corpus Christi Army Depot, the core of Army Aviation's maintenance, repair and overhaul for helicopters, engines and components, broke ground on a new modernized helicopter facility in December that will house painting operations for Army helicopters.

When complete, this \$34.2 million aircraft corrosion control facility will meet the painting requirements for the Army's UH-60 Black Hawk, CH-47D Chinook and AH-64 Apache. It will also improve corrosion control and the working environment.

"The Army and the American taxpayers will get their money's worth out of this facility and, most importantly, will be able to provide even better support for the Soldiers, Sailors, Airmen, Marines and Coast Guardsmen who get to do their job better because of the work that's done here," said John Neger, the executive deputy to the commanding general of Army Materiel Command.

Depot artisans have been working in the same paint hangar since 1970. The hangar was only designed to paint the Army's smaller helicopters: the UH-1 Huey and AH-1 Cobra, and the larger Chinook aircraft. The hangar has 57,280 square feet of space and is equipped with four dated down-draft water-wash paint booths.

Over the last two decades, however, Corpus Christi Army Depot's workload has expanded to include newer and larger weapon systems, most notably the UH-60, and its Air Force variant, as well as the AH-64.

Army Aviation's modernization workload requirements are substantially greater now than they had been in the past. Corpus Christi Army Depot's existing smaller booths cannot keep pace with the Army's production needs. Corpus Christi Army Depot's

SEE FACILITY, PAGE B4

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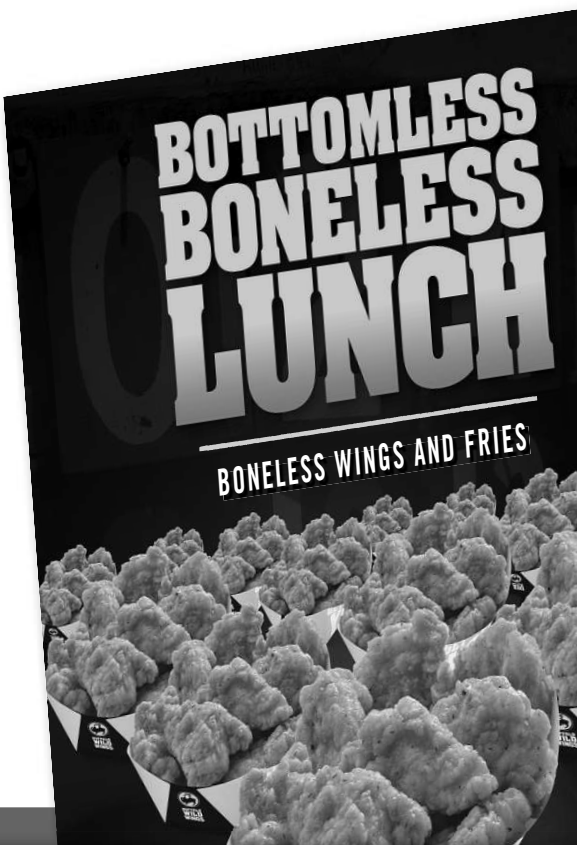
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JANUARY 9, 2014

Ted E. Bear

Fort Rucker home to famous sergeant

By Sara E. Martin
Army Flier Staff Writer

The polar vortex that has swirled around the continental U.S. has caused a few zoos to bring in their arctic animals, but it takes more than a chill wind to frighten Fort Rucker's resident white carnivore.

In many cities across America, mascots can be found that promote esprit de corps – Dothan has its peanut statues, Louisville has its horses and Cherokee has its bears – and promoting morale is one of the things that Fort Rucker's Sgt. Ted E. Bear does best, even in frigid weather conditions.

Located at the corner of Andrews and Novosel, Bear has dutifully watched over Fort Rucker for the last 53 years. Standing watch over the installation near the Daleville Gate, he observes the thousands of people passing by him every day, said J. Patrick Hughes, Aviation Branch historian.

"People have fun with that bear," he said. "He was originally designed in Panama City by Lee Koplin, but he was built here and he will stay here. He is now a Fort Rucker icon."

Bear was originally erected as an emblem of the 2nd Battle Group, 31st Infantry Regiment, also known as the Polar Bear Regiment. Construction was commissioned in 1961 by Col. Bennett L. Jackson of the unit to commemorate the action the unit saw while attempting to keep the Trans-Siberian Railroad open during World War I in Murmansk, Russia. It was that operation that earned the regiment the nickname "the Polar Bears," and Bennett received the nickname "Bear," said Hughes.

The regiment even incorporated the polar bear into its crest, he added.

"Smokey" was originally located next to the 46th Engineer Battalion building after the 31st Infantry Regiment was reassigned to Fort Benning, Ga., in 1966.

Over the years, Bear has donned many outfits as part of his provided care, ranging from bunny and penguin suits to flight suits. He has also sported superhero costumes and a variety of other seasonable ensembles.

Bear overshadows all of his fellow sergeants, if not by age then by dimensions. At 15 feet high, Bear weighs 2,000 pounds (mostly made of solid concrete), with his weight steadily growing with each outfit he dons.

Eventually, responsibilities passed to 1st Battalion, 210th Aviation Regiment in 1994 when the bulk of the engineer battalion relocated to Fort Polk, La., and he was then reassigned to the Warrant Officer Career College in 1997.

"With his reassignment to the 210th, he received his new orders, rank and name – Pfc. Ted E. Bear," said Hughes, adding



FILE PHOTO

Sgt. Ted E. Bear makes a permanent change of station from his home outside the 46th Engineer Battalion building to a new place of residence near the U.S. Army Aviation Museum in 2008. Bear is said to have bravely and quietly served Fort Rucker for more than 50 years.

that Bear received official orders.

He was promoted to sergeant Sept. 19, 2007, in an official ceremony approved by Maj. Gen. Virgil L. Packett II, then U.S. Army Aviation Warfighting Center and Fort Rucker commanding general, and at the time it was stated that his weight issues kept him from being promoted higher.

In 2008, Bear was moved from his original home on Ruf Avenue to his new home near the U.S. Army Aviation Museum where he bravely and quietly watches over passing traffic.

"People would notice if he was moved or removed in a heartbeat," said the historian. "It was somewhat controversial when they moved him to his new post. Can you imagine what would happen if he was taken down permanently?"

"Many Soldiers return to Mother Ruck-

er," he added. "If Bear could not be found, it would be like losing a friend you always expect to see when you return home."

In a real sense, Bear serves as a colorful community bulletin board, and many organizations have upped the ante when it comes to decorating him – giving him 3D accessories like banners, hats, sporting equipment and large polar bear sized packages.

It is uncommon for military installations to have a single mascot, something Hughes said made Fort Rucker stand out, or over, 15 feet exactly, others.

"Countless generations of Aviators have come through here and seen him. He has always been a very prominent figure in the community," he said. "Aviators see him and they identify with him, and I know it is usually one of the first things Family's notice when they arrive here.

"He is now part of the tradition of being at Fort Rucker, even though his origins do not lie in Aviation. He is part of the experience of becoming an Army Aviator," he continued.

People across the area can only wonder what fashion statements Bear will reveal next and when he will be promoted to staff sergeant, because he is surely the most famous sergeant in the lower 49 states. He has been featured in local newspapers more than 10 times and his likeness is now featured as a trophy at the Fort Rucker Arts and Crafts Center.

But people should exercise care when taking photos with Bear. Although he loves the attention, is dressed to impress, is wearing a smile and his arms are open to receive hugs, he is a 2,000 pound carnivorous infantryman, and the intersection he is by is a high traffic area.

Comedy Live returns for the New Year

By Sara E. Martin
Army Flier Staff Writer

Starting off the New Year on the right track might be harder for some than others, and what better way to start off on the right foot than with laughter?

People can kick-off the New Year with Comedy Live at The Landing's ballroom Friday at 8 p.m., and the show is sure to be a gut buster, said Kristi Fink, Directorate of Family, Morale, Welfare and Recreation special events coordinator.

"Coming off the New Year, this will be a great time to relieve stress and enjoy some laughs," she said. "Both comedians are very talented and plan to provide a clean show for ages 18 and up. Jay Black was our first ever comedian back in 2010 and we had more than 400 patrons attend with nothing but great things to say."

The show lasts approximately two hours and is open to the public. Tickets are on sale for \$12 until 4:30 p.m. today at The Landing. Tickets can also be purchased at the door for \$16.

"People can still get VIP tables to get up and close to the stage," said Brian Jackson, DFMWR program manager. "The VIP ta-



COURTESY PHOTO

Jay Black will perform a comedy show Friday at 8 p.m. at The Landing's ballroom. Tickets are \$16 at the door.

bles are \$150 per table for 10 people. Many patrons enjoy being up front, close and personal to the comedy."

The night features two comedians, Black and Mike Casey, and once the show is over it doesn't mean that people have to go home.

"Stick around after the show for a meet and greet with both comedians while our disc jockey keeps the party going to 11:30 p.m.," said Jackson. "Jay Black is a great guy. He has very good humor and typically keeps it clean. (Last time he was here) he

said he really enjoyed the southern hospitality provided by the Fort Rucker community, and I know he is excited to come back to Rucker and put on a great show."

Jackson and Fink said that both comedians tend not to heckle the crowd, but will respond in a fun manner if spoken to.

"We are providing quality entertainers that have been on national television networks," said Jackson. "The community would have to travel two to three hours in order to view comedians that we will showcase tomorrow night. And you can't beat the price, which is statistically less than other comedy clubs in major cities."

Fink said that comedy shows tend to be a big hit after the holidays because people are ready to "just let loose and have fun," and asks people to grab some friends and get ready to laugh the night away.

"Comedy Live has been the most attended and well-liked because patrons enjoy the casual atmosphere and the (top notch) entertainers who enjoy interacting with patrons during and after the show," said Jackson, adding that the comedians would be more than happy to take pictures and sign autographs.

For more information, call 598-2426.

ON POST

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

Financial readiness training

Army Community Service offers its financial readiness training Friday from 7:20 a.m. to 4:15 p.m. at the Soldier Service Center, Bldg. 5700, Rm. 284. The free training provides a practical approach to personal financial management to help Soldiers gain control of and manage money effectively. Financial Readiness Training is required for all first-term junior enlisted Soldiers (E-1 through E-4) and spouses are welcome to attend.

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

Comedy Live

The Directorate of Family, Morale, Welfare and Recreation hosts Comedy Live at Rucker, featuring Jay Black and opening comedian Mike Casey, Friday from 8–10 p.m. in The Landing Ballroom. Regular seating costs \$12 in advance and \$16 after today. Cost for a VIP table (seats 10 people) is \$150 and guarantees a seat close to the stage. Doors will open at 7 p.m. People can stay after the show for a meet and greet with both comedians while the DJ keeps the party going from 10–11:30 p.m. The event is open to the public.

For more information, call 255-9810.

Anger management

Army Community Service offers its free anger management class Tuesday from 9-11:30 a.m. at The Commons, Bldg. 8950. Attendees will learn about identifying causes of anger, symptoms of anger, techniques to manage anger and developing an anger management plan. Registration is required by Friday. People must pre-register and space is limited to the first 16 participants to register. The workshop is open to active-duty military, retired military, Department of Defense employees and their Family members.

For registration, childcare and more information, call 255-3898, 255-9644 or 255-9641.

EFMP Support Group

The Exceptional Family Member Program invites all active-duty military Families who have an exceptional or special needs Family member to attend the Tuesday EFMP Support Group from 9-10 a.m. at The Commons. The topic for the meeting is “available resources for individuals with special needs and disabilities. The group offers camaraderie, friendship, information exchange, idea sharing, community resources, support and assistance with finding solutions, according to EFMP officials.

For more information, call 255-9277.

Youth sports batting cages close

The Fort Rucker Child, Youth and School Services Youth Sports and Fitness Batting Cages are closed and will reopen with normal hours of operation Feb. 17.

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



PHOTO BY SARA E. MARTIN

Winter craft making

A Family works on a foam gingerbread house in mid-December at the Center Library. The Center Library will host a winter craft making activity Tuesday from 3:30-4:30 p.m. Light refreshments will be served. The event is open to children ages 3-11 and space is limited to the first 65 children to register. For more information and to register, stop by or call the Center Library at 255-3885.

Newcomer’s Welcome

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

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

AFTB military knowledge

Army Community Service understands that being new to the Army can be confusing, so it will host its Army Family Team Building Level I classes January 21 and 22 from 8:30 a.m. to 2:30 p.m. at The Commons. AFTB Level I helps people gain the knowledge and tools to thrive in Army life. Modules of learning include: military acronyms, chain of command, customs and courtesies, benefits and entitlements, and more. Advance registration is required.

For registration and childcare information, call 255-2382 by Jan. 16.

Family bowling night

Army Community Service will host an Exceptional Family Member Program and Hearts Apart Family bowling night Jan. 16 from 5-10 p.m. at Rucker Lanes Bowling Center. ACS’ EFMP and Relocation Readiness Program’s Hearts Apart would like to invite all active-duty-military Families with special needs, disabilities, Families with Soldiers deployed or serving an unaccompanied tour, to attend the night of bowling. Registration is required no later than two days prior to the event. The cost is \$1 per game and \$1.50 for shoe

rentals. For more information and to register, call 255-9277 or 255-3735.

Lifeguard courses

American Red Cross life-guarding weekend courses will take place Jan. 18-19 and again Jan. 25-26. Courses are available to ages 15 and older and cost \$100. Prerequisite on first day must be passed to enter the course: non-stop swim of 500 meters, two-minute tread, timed brick retrieval and a 15-meter underwater swim. People must attend both weekend sessions – Saturday from 8 a.m. to 6 p.m. and Sunday from 10 a.m. to 6 p.m. Registration is taken at the front desk of the Fort Rucker Physical Fitness Center – cut-off for registration is two days prior to the start date.

For more information, call 255-2296.

Get a Clue Party

The Fort Rucker Youth Center will hold a Get a Clue Party Jan. 24 from 4-8 p.m. for registered members and their guests. Youth will be divided into groups and given clues to locate various items for a scavenger hunt. A giveaway will be awarded to the team that solves the most clues and food will be provided. Regular activities will still be held for those wishing not to participate. The event is free and open to registered youth center members and their guests.

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

Family resilience training

Army Community Service hosts Family member resilience training Feb. 4 and 5 from 8:30 a.m. to 2:30 p.m. at The Commons. The class helps give people the tools they need to become more resilient to all the challenges that life may throw at them. Interested people should RSVP at least two days before the start date.

For more information and to register, call 255-3735.

DFMWR Spotlight

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Saturday, Jan. 11

The Hobbit: The Desolation of Smaug (PG-13)7 p.m.

Sunday, Jan. 12

The Hobbit: The Desolation of Smaug (PG-13)7 p.m.

Lyster modernizes to better serve patients

By Katherine Rosario
Lyster Army Health Clinic Public Affairs

Health care at Fort Rucker has come a long way since the first Army hospital on post opened its doors in 1942, and almost 72 years later Lyster Army Health Clinic is committed to providing the best health care to Soldiers, Families and retirees.

LAHC underwent a \$15 million clinic transformation in the last 18 months, including the adoption of Patient-Centered Medical Homes, new behavioral health and physical therapy clinics, a new laboratory, upgraded equipment, new glass walls throughout the facility and the current construction of the new pharmacy.

The implementation of PCMH has enabled Lyster patients to see their assigned providers about 70 percent of the time or see a team provider 95 percent of the time when they are not available. Continuity of care for patients improves care quality and confidence in the Lyster medical team.

The clinic will transition to open access this year, which means patients no longer have to book appointments weeks in advance, but rather can call for a same-day appointment and be seen by a doctor in their medical home.

To better serve flight status Soldiers, LAHC consolidated them into one flight medical team. This team of specially-trained flight surgeons, nurses and medics keeps an eye on the health and well-being of all flight status Soldiers, and makes sure they have the proper medical care to continue flying.

The behavioral health clinic was the first to receive a major upgrade last year. The new \$2.5 million clinic is twice its original size and now allows for new modalities,

such as group therapy, tele-behavioral health and a bio-feedback lab.

“Soldiers, Sailors, Airmen, Marines and their Families are beginning to collectively understand that the care they receive by behavioral health is as important as the care they may receive in Family medicine, flight medicine or any type of specialty care,” said Col. James Laterza, commander of LAHC, during the grand opening in August.

The new physical therapy clinic doubled in size and increased its staffing in order to see more patients at once. About \$800,000 was spent on upgrading the physical therapy and chiropractic clinics. Their joint efforts to combine their specific healing techniques will help get Soldiers back to work quicker.

“Muscular-skeletal injuries are common for our Soldiers who train hard every day,” said Laterza. “Our patient load at the clinic was so much that we used to send Soldiers off post for physical therapy. Our new clinic has enough space and staff to keep our Soldiers here and get them back to duty quicker.”

LAHC’s MRI machine received a \$65,000, state-of-the-art technology upgrade. Lyster’s radiology staff now can take more detailed, high-resolution images of the muscle or ligament in question and rotate it on an axis for multi-angle views.

The new system decreases the amount of time it takes to scan and create an image. This advantage shortens appointment times, allowing the department to fit more appointments in on a given day and lessens wait times for patients on the day of their appointment.

“Not only does the software give our doctors a better look at images, it also keeps us from inconveniencing our patients by asking them to come back to reshoot an im-

age,” said Capt. Melissa Riester, chief of radiology for LAHC.

LAHC also worked with Dwight D. Eisenhower Army Medical Center to maximize the use of telemedicine in radiology. This effort reduced patient needs to go outside the clinic for care as radiology images were transferred to radiologists located at DDEAMC, read quickly and returned with a clinical assessment for primary care physicians. LAHC is the first military health care facility in the region using this process to support its patients with the convenience of keeping studies in-house rather than having them go through the extra steps, time and travel associated with a referral.

To keep up with the modern designs of clinics and hospitals throughout the country, LAHC let more light into waiting room areas by installing glass walls. The new walls created a much friendlier environment and upgraded the aesthetic appeal of the entire facility.

Construction on the new \$4.2 million pharmacy started in 2013 and it is expected to open this summer. The new 7,000 sq. ft. space will boast the latest in medication dispensing technology to fill prescription drugs quicker.

“Patients can now look forward to shortened wait times and quicker refills on medications,” said Lt. Col. Tai Bolaji, chief of pharmacy for LAHC.

In the coming year, LAHC will receive updated heating and cooling systems throughout the facility, and also a new roof.

“As advancements in medicine and medical technology continue to be incorporated into our Army, we will always work to provide you with the best health care possible in an environment that promotes prevention and accelerates healing,” Laterza said.

PHC employees move their feet while they meet

By Chanel S. Weaver
Army Public Health Command Public Affairs

One of the most common reasons many individuals do not exercise is because they don’t have time in their schedule.

Between working long hours, taking care of Family needs, and tending to community obligations and other personal needs, there is no additional time in the day to implement a workout routine.

But a group of personnel at the U.S. Army Public Health Command have discovered a way to incorporate fitness into the day by approaching work differently. While many individuals scour buildings looking for a meeting space, these individuals conduct their meeting outdoors – and they walk while they talk. All are members of the USAPHC’s Health Promotion and Wellness Portfolio.

“We like to call it our outdoor boardroom,” said Col. Heidi Warrington, program manager for the Army Public Health Nursing Program.

These outdoor boardrooms are becoming a popular meeting place within the USAPHC — especially since they allow employees to take a break from the monotony of sitting at a computer for eight hours.

“When we step out of the office and walk and talk, it breeds collaboration and allows us to brainstorm freely,” said Lauren Kropp, a program evaluator at the USAPHC.

Maj. Kari Bruley, an Army public health nurse, said being outdoors causes USAPHC employees to stay focused on the mission.

“The outdoor office lends itself to free thinking with few interruptions or boundaries, all the while exercising the body and mind,” said Bruley.

In addition to the opportunities for contemplation and collaboration, these outdoor walking meetings allow USAPHC employees to build and sustain good health.

“After 45 minutes to one hour of walking and talking, we find that we have walked over two miles,” said Maj. Lakisha Flagg, also an Army public health nurse.

“Walking and talking has become a collegial venue for us [public health nurses] to incorporate physical activity while comfortably and creatively working through both routine and complex mission requirements,” said Bruley.

USAPHC personnel say walking meetings afford them an opportunity to squeeze in fitness when they can.

“We continually look for ways to help our Soldiers create environments where healthy change can take place,” said Laura Vasquez, USAPHC program evaluator. “By participating in these walking meetings, we have an opportunity to practice what we preach.”

The outdoor meetings can also be conducted solo.

Dr. Steven Bullock, program manager for the Public Health Assessment Program, holds daily running meetings with himself.

“I typically run each day with my voice recorder,” said Bullock. “While I am run-



PHOTO BY CHRISTINA GRABER

Laura Vasquez, Lauren Shirey, Lauren Kropp and Wana Jin, USAPHC program evaluators, conduct a walking meeting, which helps them build and sustain good health as they brainstorm project ideas.

ning, I record myself as I reflect on the day’s events and dictate the things I have remaining to do that day,” said Bullock.

He said the solo outdoor running allows him to prioritize his actions and helps him to be more efficient at accomplishing tasks.

The former Army officer enjoys these meetings with his recorder because they provide a dual benefit in keeping him fit and healthy.

“I run in all sorts of weather – rain or shine – sun or snow,” said Bullock. “I really think it is a good use of my lunch hour to increase physical activity and avoid sitting for long periods of time.”

Regular physical activity, along with adequate sleep and healthy nutrition, are the three pillars of Army Medicine’s Performance Triad. Personnel who include these essentials to their daily routine are able to optimize their health.

Many USAPHC employees say they are grateful to work for an organization with such flexibility.

“I enjoy incorporating walking into my day,” said Wana Jin, a program evaluator. “I haven’t experienced this emphasis on health and wellness in other places where I’ve worked.”

Laura Mitvalsky manages the Health Promotion and Wellness Portfolio at the USAPHC, and encourages her employees to be active during the day. Many of her staff members wear pedometers to see if they can meet Army Surgeon General Lt. Gen. Patricia D. Horoho’s recommendation to take 10,000 steps daily.

“These outdoor meetings are wonderful, because they allow our employees to get away from the distractions of the office, focus solely on the issue and topic at hand, and build and sustain good health habits in

the workplace,” said Mitvalsky.

Lauren Shirey, public health accreditation lead and program evaluator, said she enjoys incorporating walking into her day.

“It’s great to work for an organization

where we can accomplish the mission, and support our health and wellness goals at the same time,” said Shirey. “Anyone is capable of leading a healthy lifestyle if they think outside of the box.”

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Families invited to enjoy Lionel Richie’s Tuskegee road trip

By Marilyn Jones Stamps
Alabama Tourism Department

When R&B and pop singer/songwriter/producer Lionel Richie named his album “Tuskegee” after his hometown, it cemented the idea that no matter where you go in the world, you can always come home. Visitors to Tuskegee, located in Macon County in east-central Alabama, will discover a myriad of reasons why Richie is proud to call the small town where he grew up “home.”

In a personal letter to his friends prior to the release of his “Tuskegee” album in 2012, Richie wrote: “This place called Tuskegee is where it all began – the place where I felt that everything was available and possible. It’s where I learned about life and love and the power of music, and the place I built a musical foundation that knows no genres or boundaries. Tuskegee also proved the perfect melting pot for all of my influences as a writer, and as my songwriting progressed, I realized that my songs perfectly translated to country music. Some people say you can never go home. In this case, I am home.”

On this road trip, you can experience centuries of history – from the time Native Americans occupied the area to settlement by European Americans and the many contributions of African-Americans – at the Tuskegee Human & Civil Rights Multicultural Center. Discover a treasure-trove of souvenirs and local history on the downtown square, learn about the importance of Tuskegee University and the Tuskegee Airmen, and take a walk through nature inside the Tuskegee National Forest. Whatever your interest, there are reasons aplenty to visit historic Tuskegee.

A rich history

Formed from land once claimed by the

Creek tribe, the Alabama Legislature created Macon County on Dec. 18, 1832, naming it for Nathaniel Macon, a Revolutionary War Soldier and long-serving political leader from North Carolina. The town of Tuskegee was founded and laid out in 1833 by Gen. Thomas S. Woodward, who fought in the Creek wars under Gen. Andrew Jackson. Woodward selected Tuskegee as the county seat and also built the first home in the town. Tuskegee was officially incorporated in 1843. Since that time, it has been the site of major achievements by African-Americans in fields ranging from education, science and aviation to art, literature, music and civil rights.

Where to begin

A good place to begin your tour is at the Tuskegee Human & Civil Rights Multicultural Center, 104 S. Elm St.; 724-0800. In addition to providing visitors with information on things to see and do in the area, this walk-through-time museum, founded by noted civil rights lawyer Fred Gray, offers a historical overview of Tuskegee and Macon County. Exhibits showcase Macon County’s Native American and European heritage as well as highlight Tuskegee’s role in the Civil Rights Movement, the impact of the infamous Tuskegee Syphilis Study, and the contributions of local citizens to state and national history.

First-time visitors to the center might be surprised when they arrive and are welcomed by historical greeters who are dressed as noted Alabamians such as Zora Neale Hurston (author of “Their Eyes Were Watching God”), who was born in nearby Notasulga in 1891; Mrs. Booker T. Washington; or jazz musician Teddy Wilson, who studied piano and violin at Tuskegee Institute. Wilson changed the color of music when he joined the Benny

Goodman Trio in 1935 and became the first black musician to perform publicly with a previously all-white jazz group.

As you enter the museum, you will get a brief introduction to the work of contemporary artist and sculptor Ronald Scott McDowell, whose distinctive figures of a Native American, European American and an African-American grace the entryway. The California native spent a considerable amount of time in Tuskegee and has documented many of its legends through his artwork. A gift shop to the right of the entrance showcases some of his work as well as features items by local artisans, including caps, T-shirts, books and jewelry.

McDowell, most notably recognized for his graphic sculptures of police dogs menacing an African-American civil rights protester in Kelly Ingram Park in Birmingham, has been hailed as one of today’s most versatile artists. He was also commissioned to do a work relating to the four little girls killed in the 16th Street Baptist Church bombing in 1963 for the 50th anniversary of the Birmingham civil rights campaign.

Strolling through the museum’s interactive exhibits, you’ll find yourself in awe over the amount of civil rights history associated with Tuskegee. Meet civil rights activists Rosa Parks who was born in Tuskegee as Rosa Louise McCauley on Feb. 4, 1913. Discover the exploits of the Tuskegee Airmen who overcame segregation and stereotypical barriers as fighter pilots during World War II, and consider the Tuskegee Syphilis Study, an experiment conducted by the U.S. government and Tuskegee Institute from 1932 to 1972 on black males in and around Tuskegee without their consent. The experiment ended only after a media exposé prompted a national outcry.

Following the museum’s timeline, you’ll learn about landmark civil rights cases such as Gomillion v. Lightfoot (1958) and Lee v. Macon County (1963), which guaranteed voting rights and equal education for blacks. Both of these cases took place in Tuskegee. And you will hear the tragic story of Tuskegee native Samuel Younge Jr. (1944-1966), who was the first African-American student activist killed during the Civil Rights Movement. His shooting death at a Macon County service station became a rallying point for opponents of racial inequality during the late 1960s.

New civil rights installations at the center are highlighted by a mobile phone tour that is certain to enhance your visit. At the end of the tour, you will have an opportunity to tell your own story and leave it as a recorded legacy for future generations. Hours are seasonal, so be sure to call ahead when planning your visit.

A historic downtown courthouse and square

Another good reason to visit Tuskegee is the historic downtown area. While driving or walking downtown, it’s impossible to miss the Macon County Courthouse and the Historic Courthouse Squarefeaturing the monument of a Confederate soldier standing gallantly in the midst of it. The first courthouse, a log cabin, was built in 1833 and located in the center of the square. The current courthouse (the third one built) was begun in 1905 and completed in 1906.

Sporting a Richardsonian Romanesque-style design with a brick façade and granite trim, this handsome facility is the only courthouse in Alabama that has gargoyles at each corner of its clock tower. It was placed on the National Register of Historic Places on Nov. 17, 1978, and still serves as the seat of government for Macon County.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

DALEVILLE

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

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

DOTHAN

JAN. 25 — Temple Emanuel Sisterhood hosts the Gala Art Exhibition and Auction at 7 p.m. A champagne preview will be held at 6 p.m. Admission is \$10 per person and a portion of the proceeds will benefit local charities. “Take a Second Look” will be held Jan. 26 from 10 a.m. to 2 p.m. Bagels and coffee will be served. For more information, call 792-5001 or visit www.dothanfirst.biz/event_details/Just_the_Facts_Healthy_Marriage_Workshop/227348.html.

JAN. 26 — The Dothan Eagle Bridal Extravaganza will be held at the civic center from 10 a.m. to 5 p.m. The event seeks to provide an assortment of shopping opportunities for brides-to-be and their grooms, including wedding photographers, caterers, formal wear shops, honeymoon destinations and more. For booth information, call 792-3141. For more information, visit www.dothanciviccenter.org.

ONGOING — People are invited to play ultimate disc with the Dothan Ultimate

Discers on Optimist Field on Thursdays at 7 p.m. and Sundays at 2 p.m. Described as being co-ed fun for everyone from age 10 to 100 with no prior experience required. For more information, call 615-3760.

ONGOING — Alabama Agricultural Museum in Landmark Park hosts the Wiregrass Woodturners club meeting the first Saturday of every month at 9:30 a.m. Open to the public, no experience necessary. Free with paid gate admission.

ONGOING — Wiregrass Suicide Prevention Services holds bi-monthly suicide survivor support groups the second and fourth Monday at 6 p.m. at 148 E. Main Street. The support groups are for anyone who has lost a friend or loved one to suicide. Children’s groups are also available. For more information, call 792-9814.

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

ONGOING — The Wiregrass Youth Symphony Orchestra meets every Saturday morning at the Dothan Cultural Arts Center. They offer beginner lessons and welcome all string players high school age and below who already play. For more information, visit www.tristatecommunityorchestra.com or call 696-2320.

ENTERPRISE

JAN. 25 — The 11th annual Rawls Ball to benefit the S.O.S Animal Shelter will begin at 7 p.m. The event calls for formal attire. The ball is an annual event that celebrates the heritage of historic downtown Enterprise while benefiting a local cause. Tickets are \$40 a person which includes heavy finger foods. Night will feature dancing and mingling. For more information, visit www.rawlsbandb.com.

FEB. 13 — The Dallas Brass will be performing at 7 p.m. at the Enterprise High School Performing Arts Center. The concert “American Musical Journey” incorporates a full complement of brass

and percussion for a musical travelogue through American history. From the time of George Washington to the present day, music will be selected from the masters — Copland, Bernstein, Gershwin, Berlin, John Williams, Sousa; and styles from Dixieland, swing, folk, patriotic and pop. The concert is intended for the entire Family. For more information, call 406-2787 or visit www.CoffeeCountyArtsAlliance.com.

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

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

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

GENEVA

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

MIDLAND CITY

ONGOING — Residents are invited to Town Hall meetings the first Tuesday of each month at 5:30 p.m. at Town Hall, 1385 Hinton Waters Ave. For more information, call 983-3511.

NEW BROCKTON

ONGOING — Disabled American Veterans Chapter #99 maintains a DAV service office in the New Brockton Police station every Tuesday and Wednesday from 10 a.m.

to noon. All veteran services provided are free. For more information, call 718-5707.

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

OZARK

ONGOING — Every Thursday at 5:30 p.m. yoga with Sandra Bittman is at Perry Recreation Center for \$5 a person.

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

For more information, call 774-5480.

ONGOING — Every Thursday at the Ozark Chamber of Commerce the Somersizers Weight Club meets at 5 p.m. to shed weight.

For more information, call 774-9321.

PINCKARD

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

For more information, call 983-3064.

SAMSON

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

TROY

ONGOING — Troy Bank and Trust Company sponsors senior dance nights every Saturday night from 7-10 p.m. at the J.O. Colley Senior Complex.

The complex is transformed into a dance hall and features music from the 40s, 50s, and 60s, finger foods, and refreshments.

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

For more information, call Annette Jones at (850) 785-5083.

Welcome Home Celebration

A Vietnam Veteran’s Welcome Home Celebration will be held March 26-30 in Branson, Mo. The week will include a registration and an expo hall for information, an opening ceremony, a meet and greet, an awareness motorcycle ride, a Flame of Freedom ceremony, a parade, a “hoe-down” barbecue and a patriotic closing show. For more information, email Julie Peters at jpeters@bransoncvb.com.

Beyond Briefs

Basics of Photography

The Crooked River State Park in St. Marys, Ga., will hold a photography class Saturday from 2:30-6:30 p.m. People can join Randall Hollis for a three weekend course combining classroom lectures and discussions, hand outs, image presentation, field experiences and student work critiques to cover the basics of photography. Class is for adults only and pre-registration is required. Cost is \$75

per person plus \$5 for parking. For more information, call (912) 882-5256.

Hospitality Class

A Hospitality Guest Service Class held by Goodwill will be held Mondays through Thursdays from 9 a.m. to 3 p.m. until Jan. 17 at the Career Training Center located at 2520 W. 23rd Street Panama City.

People can learn about careers in hospitality, listen to guest speakers, tour hotel positions, create a resume, earn a certificate and more.

Health, fitness ideal New Year’s resolutions

By David Vergun
Army News Service

WASHINGTON — Working out or losing weight often tops the list for New Year’s resolutions — with varying degrees of success experienced by those who do.

Those resolutions can be achieved painlessly and people don’t have to wait until 2014 to get started, according to a Family medicine doctor at Madigan Army Medical Center in Joint Base Lewis-McChord, Wash.

Dr. (Col.) John O’Brien, who is also chief of operational medicine, is convinced he knows what he’s talking about because he said it worked for him.

He’s referring to using Performance Triad, a concept that was promoted by the surgeon general of the Army that involves getting the proper amount and quality of sleep, activity and nutrition.

Like many, O’Brien said his weakest leg of the triad was activity, as he was already eating the right amount and quality of food, and sleeping well.

Although he was an avid runner, O’Brien said that wasn’t really doing enough to bring his weight down from 228 pounds to his goal of 210. He’d been trying to do that for 10 years.

“At age 51, that dream seemed to be just that, a dream,” he admitted.

The more he ran and the more he tried, the more elusive that dream became, he said, adding that injuries sometimes caused his weight to spike back up.

Just as he was losing all hope, O’Brien said something momentous occurred. JBLM was chosen as the site for the first Performance Triad pilot course and he and others at Madigan were asked to provide oversight.

Soldiers in the pilot and medical staff were briefed on the program and provided with Fitbits — wristband devices that track sleep, activities and caloric intake.

Thus began O’Brien’s road to health and fitness, a journey he said started Aug. 7.

In the ensuing 16 weeks, O’Brien lost 33 pounds at a good steady rate of about 2 pounds per week, he said, which resulted in a weight this month of 195, far surpassing his 210 dream weight.

Not only that, he said his



COURTESY PHOTO

Dr. (Col.) John O'Brien poses for a photo a few months ago with his wife Karen and son Thomas, who is 11. Karen is now serving as a surgeon in Kabul, Afghanistan.

body mass index dropped from 29.4 down to 24.7 and his body fat content is now 17.9 percent, which is in the moderately lean category.

The key, he said, was altering the type and frequency of activity.

For activity, Performance Triad advocates walking at least 10,000 steps a day, not all at once but in segments, in addition to other normal Army fitness requirements.

So O’Brien watched as his Fitbit recorded about 17,000 steps, or eight miles per day.

The walking really burned a lot of calories, wasn’t as arduous as running, and eliminated running-related injuries, he said.

And, he didn’t at all change his eating or sleeping patterns.

“I didn’t starve myself, I simply walked the weight off,” he said.

Another bonus was that Fitbit measured the calories burned as well as the steps taken, so O’Brien said he could adjust those rheostats to achieve the desired weight loss for a given day or week and plan ahead.

“I’m a math guy and so this to me was simply an easy math problem,” he said.

Losing the pounds had a number of benefits for O’Brien.

“When I started the program in August I was taking an acid reflux medicine as well a cholesterol lowering medicine,” he confided. The ensuing “weight loss resulted in lowering my bad cholesterol and elevating my good cholesterol and eliminating acid reflux. So now I’m off both medications.”

O’Brien’s co-workers and Family noticed the change in weight as well and he had to buy new sets of uniforms since he had shrunk so much. Not only did losing the weight improve his appearance and health, he said he also feels much better now.

In mid-December, O’Brien went to see his mother in upstate New York. He said there was a lot of holiday food, it was cold — about 10 degrees — and the sidewalks were covered in ice and snow. In short, he was off the plan, and gained three or four pounds as a result.

“I didn’t want to starve myself or ruin the holiday spirit,” he said, “so I just enjoyed, and ate pumpkin rolls and other home-cooked delicacies.”

Being the math guy and having planned to be off the program for

a week, O’Brien said that as of today he’s back on the plan and he calculated his glide slope to 195 to be just a couple of weeks away.

In short, O’Brien had a wonderful time with Family and friends and is now excited to be taking steps again. In the future, he won’t need to take 17,000 steps a day, however.

O’Brien calculated that to maintain 195 will only require about 12,000 steps a day — unless there’s a holiday visit like the one this week. In other words, it’s a sensible plan that can factor in holiday fun, he said.

He added that he will likely add some weight lifting into his routine for balance.

O’Brien has been so excited with all that’s happened that he’s been evangelizing Performance Triad. For example, he got a co-worker to start walking three or four times a day and she went from 270 to 230 pounds over the course of a few months.

“She and others tell me, ‘Now you’ve taken away all my reasons not to do this,’” he said, meaning that it’s easy, convenient, painless and even fun.

O’Brien has also had a pep rally of sorts of a group of 7th In-

fantry Division spouses, who he said, promised to buy Fitbits for their Families.

“If you get the spouses excited, you change the whole culture of the Army,” he said.

Those who don’t have Fitbits can use smartphone apps or simply use the bathroom scales, he advised.

Another idea is to use installation wellness centers, which he said provide classes and guidance on activity and nutrition and have devices to measure metabolism and body fat. The wellness center at JBLM even offers child care right on premise for parents who can’t leave their little ones at home.

Performance Triad will be a real “game-changer” in health and fitness, O’Brien predicted. In essence, each of the three legs is mutually supportive. “If you walk, you sleep well, if you sleep well, you don’t crave chips and junk food as much.”

Army Surgeon General Lt. Gen. Patricia Horoho’s goal, he said, is “to switch from a health-care system to a system for health,” meaning that if you take care of yourself you won’t be as likely to need medical attention later on.



PHOTO BY SARA E. MARTIN

Pick-of-the-litter

Meet Ryker, a 3-year-old, male tabby available for adoption at the Fort Rucker stray facility. He is very social with people and loves to lie on laps. He is a large boy at 12 1/2 pounds and is quite tall. It costs \$80 to adopt Ryker and other animals at the facility, which includes all up-to-date shots, the first round of age-appropriate vaccinations, microchip and neutering. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the stray facility, veterinary clinic or the commissary. Visit the Fort Rucker stray facility’s Facebook page at [http:// www.facebook.com/fortruckerstrayfacility/](http://www.facebook.com/fortruckerstrayfacility/) for constant updates on the newest animals available for adoption.


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Religious Services

WORSHIP SERVICES
Except as noted, all services are on Sunday.

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

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

Wings Chapel, Building 6036
9:30 a.m. Protestant Sunday School
10:45 a.m. Wings Contemporary Worship

Protestant Service.

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

BIBLE STUDIES

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

Wednesday-
11:00 a.m. Above the Best Bible Study, Yano Hall
11:30 a.m. 164th TAOG Bible Study, Bldg 30501
12:00 p.m. Adult Bible Study, Soldier Service Center
6:00 p.m. Adult Bible Study, Spiritual Life Center

Thursday-
9:00 a.m. Adult Bible Study, Spiritual Life Center
6:30 p.m. Wings Bible Study (Meal/Bible Study), Wings Chapel


MOTHERS OF PRESCHOOLERS (MOPS)


MOPS is a Christian-based mom's group. MOPS is about meeting the needs of every mom of a child from conception through kindergarten. MOPS will meet every first and third Thursday, 9 a.m. at Spiritual Life Center, Bldg 8939.
For more information, call the Religious Support Office at 255-2989.

PROTESTANT MEN OF THE CHAPEL (PMOC)

PMOC meets the first Saturday of each month at 8:00 a.m. – 9:00 a.m. at Ryan's Restaurant in Enterprise, AL. Men are encouraged to attend for a time of fellowship and a short devotion. Free breakfast is provided.

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JANUARY 9, 2014

Waiver Wire claims post championship

By Nathan Pfau
Army Flier Staff Writer

Before the holiday season wrapped up, two Fort Rucker intramural football teams went head-to-head to battle it out for the title of post champion.

The D Company, 1st Battalion, 145th Aviation Regiment, Waiver Wires came up from the loser’s bracket to beat 1st Battalion, 11th Aviation Regiment Waffles 20-14 in overtime of the second game on the Fort Rucker Physical Fitness Center football field to earn the championship of the 2013 Intramural Football season.

“It’s been a long week and we had to beat this team twice (to win the championship), so I think we really earned it,” said 2nd Lt. Brennan Rendel, captain and quarterback for Waiver Wire. “We finally had a full roster and I just feel like fate has been on our side throughout the playoffs.”

The game started off as Waiver Wire received and managed a short return. They seemed to have trouble finding their footing early on as they struggled for a first down, but Rendel managed to make the runs necessary to secure the first down and hold onto the ball.

The Waffles defense continued to hold strong and block any potential passes by their opponents, forcing Waiver Wire to make running plays.

Despite coming to a fourth down, the D Co. team decided to go for the play to try for a first down, but were held back by their opponents, forcing the turnover midfield.

The Waffles offense didn’t seem to fair much better as their quarterback was sacked on their first play, but made up for lost yards with a run on the following play to get closer to a first down.

Like their opponents, the 11th

Avn. Regt. team came to a fourth down and decided to go for the play, but was unsuccessful in its attempt at a first down and returned possession to D Co.

Although they weren’t able to advance during the possession, the Waffles bounced back with an interception followed by a Hail-Mary pass for the game’s first touchdown.

With more than half the first half gone, Waiver Wire had to step it up if they wanted to stay in the game, which they managed to do as they found their footing and managed first down after first down to move closer to the goal line.

Finally, with a 20-yard pass, D Co. managed their first touchdown of the game, but missed the extra point to trail their opponents, 7-6.

With only two minutes remaining in the half, the Waffles had time to extend their lead before the half as they pushed toward the opposing end zone, and managed to get within yards of the goal line, but an interception by Waiver Wire’s Robert Waters with less than one minute remaining in the half turned the tide for his team.

D Co. managed to get the ball downfield and score their second touchdown to take the lead, but weren’t finished as they went for the two-point conversion to make up for lost ground to end the half 14-7.

The Waffles had the advantage of receiving during the second half and were able to slowly push past their opponent’s defense and maintain first down, and get right up to the opposing goal line.

Waiver Wire’s defense held strong, however, as they were able to hold their opponents at the 1-yard line to force a turnover, but weren’t able to push past their own 50-yard line before



PHOTOS BY NATHAN PFAU

Second Lt. Brennan Rendel, captain and quarterback for Waiver Wire, runs the ball during the intramural football championship game at the Fort Rucker Physical Fitness Center football field Dec. 18. Waiver Wire beat the Waffles 20-14 in overtime of the second game.

returning the ball to the Waffles.

The two teams bounced possession back and forth for the majority of the half until the 11th Avn. Regt. team pushed back hard as the clock was winding down and managed to push up against the opposing goal line again with less than a minute remaining in the game.

The Waffles managed a touchdown with 17 seconds remaining and decided to try for a two-point conversion to win the game, but were unsuccessful, and Waiver Wire won 14-13, sending the two teams into a second game for the championship.

The Waffles took possession to start the second game but couldn’t seem to find their momentum. An interception by Waiver Wire put the pressure on as both teams seemed to tire, but D Co. showed no signs of letting up their aggressive play style.

They managed to push toward the goal line, but the Waffle’s defense tightened up to stop them at the 10-yard line, forcing a field goal attempt, which was unsuccessful.

Neither team was able to sustain a drive throughout most of the half, and it wasn’t until there was less than five minutes remaining in the half that either team made any headway.

Waiver Wire finally managed to break their opponent’s defense with a 25-yard pass followed by a running play for the first touchdown of the game.

Not to be outdone, however, the Waffles took possession and pushed hard against their opponents with less than a minute remaining in the half to take the ball into the end zone for a touchdown. They missed the extra point, however, and trailed their opponents 7-6 at the end of the half.

At the start of the second half, possession again bounced back and forth, but an interception by Waiver Wire afforded the team a chance at another touchdown, something they took full advantage of.

With pressure on the Waffles to get back into the game, two players seemed too focused on the

ball rather than their positions on the field and collided, resulting in cuts to one player’s head, and a deep cut on the other player’s nose, which required stitches.

After about a 30-minute delay for medical attention, the game resumed and the Waffles didn’t lose any of their drive to get back into the game.

As they took possession, they managed first down after first down to push closer to the opposing goal line, and were able to complete a 15-yard pass for their second touchdown to tie the game, 14-14.

Waiver Wire wasn’t able to make any headway during their possession and gave the Waffles one final chance to take the lead with only seconds left in the game.

D Co. managed to hold them back, but the Waffles were able to get close enough for a field goal attempt, but were unsuccessful and the game went into overtime.

Each team had four downs to try for a touchdown and Waiver Wire managed a touchdown on their third play to win the game, 20-14.

“I just knew that by the way playoffs were going for us that we were going to rally, and I had no doubt in my mind that we were going to win the game,” said Rendel. “It’s been a great defensive effort for the last few games and a huge interception by Robert Waters for a touchdown. That was the turning point of the game.”



D Co., 1-145th AVN, poses with the intramural football championship trophy.

PIGSKIN PICKS



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vs. Seattle

Indianapolis
vs. New England

San Francisco
vs. Carolina

San Diego
vs. Denver

 Jim Hughes Public Affairs (70-42)				
 Brian Jackson DFMWR (65-47)				
 John McGee CDID (76-36)				
 Capt. Mike Simmons Directorate of Public Safety (62-50)				
 Sharon Storti Network Enterprise Center (64-48)				



TRIVIA

1. ENTERTAINERS: What did standup comedian Phyllis Diller call her husband?
2. HISTORY: The ancient Inca empire was centered in which South American country?
3. ANIMAL KINGDOM: What kind of creature is a newt?
4. RELIGION: In what year was the original Nicene Creed adopted?
5. LANGUAGE: What does the Latin phrase "sine qua non" mean?
6. GEOGRAPHY: In which U.S. state is the Acadia National Park located?
7. THEATER: In what play did "The Demon Barber of Fleet Street" appear?
8. MOVIES: What was the name of the town in the vampire movie "The Lost Boys"?
9. U.S. PRESIDENTS: Who was the first president to die in office?
10. LITERATURE: The character of Isabel Archer appears in which Henry James novel?

KID'S CORNER



Alamo City hosts Army's All-American outreach effort

By Brian Lepley
U.S. Army Recruiting Command

SAN ANTONIO – Future NCAA and NFL players weren't the only stars at the 2014 U.S. Army All-American Bowl Saturday.

Senior general officers, the U.S. Army Field Band, the Old Guard Drill Team, Medal of Honor recipients and the Golden Knights were all part of the Army's biggest marketing and outreach event, staged each January in San Antonio.

The West team beat the East, 28-6, in the high school senior national all-star game in the Alamodome. The game, however, concluded a week of activity that publicized the Army's recruiting efforts.

Maj. Gen. Allen Batschelet, commanding general of U.S. Army Recruiting Command, has personally felt the American people's appreciation of its Soldiers during the last dozen years of war. He also knows that these patriotic feelings don't always equal recruiting contracts.

"As the wars wind down, patriotism is no longer the prime motivator to join the Army," he said. "With a better economy, youth have other options to consider. So we have to find better ways to communicate how Army service helps with paying for a college education, job skills and personal development that will affect the rest of your life."

The U.S. Army All-American Bowl's outreach impact helps accomplish that. In San Antonio the week leading up to the bowl are 100 players, their parents and coaches, 125 U.S. Army All-American Band members and their parents, and 100 VIP guests of the Army from across the U.S. The guests are civic, education and business leaders, the type of community influencers the Army seeks to become advocates.

The Golden Knights take a select few of these guests on tandem jumps. All of them tour Fort Sam Houston, meet advanced individual training Soldiers, and attend workshops with Army luminaries that this year included the Vice Chief of Staff of the Army Gen. John Campbell, Sgt. Maj. of the Army Raymond Chandler, and Gen. Robert Cone, commanding general of Training and Doctrine Command. These senior Army leaders and other general officers hosted the guests in suites for the game.

"Bowl week is a great public relations and partnership development effort on the part of Army leadership," said one of this year's VIP guests, Dr. Mickey Burnim, president of Bowie State University in Maryland, who thinks Army leadership is smart to engage in events like the



PHOTO BY PFC. THOMAS LOVE

Vice Chief of Staff of the Army Gen. John Campbell gives a pep talk to the U.S. Army All-American Bowl East team in the locker room before the start of the game at the Alamodome Saturday.

U.S. Army All-American week.

"The Army is an attractive and viable alternative for young people looking for a way to help finance their college education," he said. "It's a great start on a career track that provides lots of flexibility and opportunities."

Dr. Mark Church, superintendent of Franklin County Schools in Rocky Mount, Va., steers young people towards the Army from personal experience. His son and daughter both enlisted after graduating college.

"U.S. Army All-American Bowl week is a great opportunity for community and Army leaders to talk and build relationships," he said. "With educators and recruiters working together, we can reach the right kids."

Broadcast nationwide live on NBC, U.S. Army All-American Bowl reaches more than a million households. Social media exposure has grown exponentially the last few years as many of the players have Twitter and Instagram accounts that buzz on their selection day and during bowl week.

The personal outreach the Army realizes from the U.S. Army All-American Bowl began early in the fall of 2013. Each of the 100 players and 125 band musicians had a selection ceremony in their high school. The media interest in these events, and the game itself, creates months of sustained publicity for the U.S. Army brand.

"We pay a lot of money to pull this all together, and it's impor-



PHOTO BY PFC. BRIAN LANG

Nyles Morgan, 2014 U.S. Army All-American Bowl linebacker, greets Sgt. 1st Class Ryan McCaffrey, 2013 Army Reserve Drill Sergeant of the Year with the 98th Training Division, during pregame warm ups at the Alamodome Saturday.

tant to us that the All-American Bowl be productive – that we're getting a good value for the money we invest," Batschelet said.

Negative media perceptions about military service (post-traumatic stress, personnel cuts, budget sequester) shape public opinion and become obstacles for recruiters. Marketing efforts like the U.S. Army All-American

Bowl week and national advertising allow the Army to tell its side of the story. The information campaign is critical since such a small population of 17-24 year-olds are eligible to enlist.

"In today's youth population of 17-24 year olds, about 75 percent of them are not qualified for weight, for moral issues, or for cognitive or education issues,"

Batschelet said. "The propensity of these young adults to enlist is also declining.

"These are the factors that point to our desire to provide the most accurate information to a young person and their decision-influencers. We need to overcome their lack of information, their concerns, and their questions," he said.

PUZZLE ANSWERS

Super Crossword

Answers

B	E	L	A		H	A	R	T	S		B	S	M	T		S	C	O	U	R	
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Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. Fang
2. Peru
3. Salamander
4. 325 A.D.
5. Essential
6. Maine
7. "Sweeney Todd"
8. Santa Carla, Calif.
9. William Henry Harrison
10. "The Portrait of a Lady"

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II THE HOBBIT: THE DESOLATION OF SMAUG - PG13 In 2D Only Mon-Fri: 7:00 Only • Sat & Sun: 2:00 & 7:00

III A MADEA CHRISTMAS - PG13 Mon-Fri: 7:00 & 9:15 Sat & Sun: 2:00, 4:15, 7:00 & 9:15

ADVANCE SCREENING: LONE SURVIVOR - R - 8 PM THURSDAY EVENING

Wounded warriors maintain fighting spirit on the mat

By Sgt. 1st Class Stephanie Widemond
188th Infantry Brigade

FORT STEWART, Ga. – The Comprehensive Soldier and Family Fitness program helps to build a Soldiers’ resiliency so that they can endure and bounce back from whatever situation they may find themselves in. The five pillars of strength – social, emotional, Family, spiritual and physical – form an optimal foundation for recovery.

“I was deployed to Afghanistan in 2010, and the improvised explosive device detection dog alerted me,” recalls Rick Cicero, a former paratrooper who volunteers much of his time helping others recover. “I thought, ‘the IED is between me and the dog,’ but when I turned it was right next to me. I don’t remember much except that I was hurt.”

He had been a military paratrooper and civilian police officer. He was on his second deployment to Afghanistan as a military contractor when he lost both his arm and his leg on his right side. His recovery took place at the Tampa Veteran’s Administration hospital.

“I went from the guy who runs into fires to the guy who’s stuck in a wheelchair – a victim waiting to happen,” he said.

After three years of recovery and coming to the realization that he can still be the guy that runs into fires, he put together an adaptive combatives program and goes around helping wounded warriors on the road to recovery.

“He cares about fellow warriors and their recovery both psychological and physical,” said Command Sgt. Maj. Anthony Perry, senior enlisted adviser for 1st Battalion, 306th Infantry Regiment, 188th Infantry Brigade. He lost his leg in December 2010, while deployed with 101st Airborne Division (Air Assault). He said that his key to recovery was aligning himself with the right people.

“During recovery, I saw people



PHOTO BY SGT. 1ST CLASS STEPHANIE WIDEMOND

Sgt. Kristian Cedeno, with Headquarters and Headquarters Company, Warrior Transition Unit, 3rd Infantry Division, watches as Rick Cicero attempts to pin Spc. Carlos Dieguez to the mat.

that looked like me who just felt sorry for themselves, doing the bare minimum in physical therapy and they weren’t recovering. Then I saw those that were happy, and continuing on with life and had aspirations – I aligned myself with them,” he said.

Aligning himself with those who had a positive attitude sped his recovery and made him more resilient. He has competed in several Army 10-Milers and continues to lead from the front during physical training sessions with his battalion.

“People like myself and Rick show others that they can make it. He is an inspiration,” said Perry.

Perry recently met Cicero on Fort Stewart when Rick was conducting an adaptive combatives course for recovering warriors. Cicero believes that the greatest

thing he ever did was say “yes” when the Veteran’s Administration asked him to start working with veterans.

“Some Soldiers get caught in the rut of recovery, it’s not over – it’s just changed – so embrace the difference and move forward with it. If you can raise your arm, you can start exercising muscles to learn to block,” said Cicero.

He helps coach wounded warriors in adaptive combatives.

“We want to show our Soldiers that just because they are in a fight and get injured, they are not out of the fight. If they get shot, or if anything is not fully usable, they can still survive and still help their buddies,” further explained Sgt. 1st Class Brian Christianson, NCO in charge of the 3rd Infantry Division combatives program, adding that

the techniques taught by Cicero trains anyone on how to still be able to defend themselves.

Cicero started the program in Tampa and wants to make it available to all Soldiers.

“Fort Stewart has a large population of wounded warriors, and it’s a great place to kick off the program,” said Cicero.

He demonstrated some of the adaptive moves to a few Soldiers from the Warrior Transition Battalion, showing them that their limited abilities were not a hindrance to recovery.

“In the hospital, sometimes the therapists have no idea how to deal with a situation. Rick gives a whole other perspective, in healing both the mind and the body, giving those recovering the ability to regain control,” said Capt. Angela Saunders, a nurse case

worker at the Warrior Transition Battalion.

She said programs like this help give Soldiers’ confidence back because Cicero focuses on what can be done instead of what can’t.

“I may not be able to do it the same way, but with a different approach I can generate power with strikes even with an amputated arm,” she said.

“Very few people have the bravery to get on the mat and do what you do,” Cicero said of the combatives group that was there for their level two certification training.

He went on to teach a small group of recovering Soldiers how to block and trap. He said his goal was to let the Soldiers know that they were not victims waiting to happen.

FLAG FOOTBALL REGISTRATION

Registration for flag football goes on now thru Jan. 16 at the Fort Rucker Physical Fitness Center. People can apply at the front desk. The tournament will be held Jan. 27-30. For more information, call 255-9567 or 255-2296.

SOFTBALL REGISTRATION

Registration for softball goes on now thru Jan. 30 at the Fort Rucker Physical Fitness Center. People can apply at the front desk. The tournament will be held Feb. 10-13. For more information, call 255-9567 or 255-2296.

ADULT SWIM LESSONS

The Fort Rucker Physical Fitness Center offers adult swim lessons throughout January. Beginner-level swim lessons will be held from 5-5:45 p.m., and intermediate-level swim lessons will be held from 6-6:45 p.m. Tuesdays and Thursdays this month for a total of eight sessions. Register at the Fort Rucker Physical Fitness Center’s front desk. Cost is \$35 and there is a minimum requirement of three participants in order to conduct the course.

For more information, call 255-0825 or 255-2296.

BLACK HISTORY 5K

Fortenberry-Colton Physical Fitness Center will host the annual Black History 5k and 1-Mile Fun Run Feb. 8 from

9 a.m. to noon. Registration on the day of the event will begin at 7:30 a.m. and end at 8:40 a.m. at the fitness center. Participants are encouraged to pre-register for the event. The fun run is free and open to all, and will begin after the 5k is completed. Fun run participants ages 12 and younger will receive a medal.

Cost is \$12 for individuals for the no-shirt option, and \$20 for a shirt before Feb. 1 and \$25 after that day, while supplies last. For teams, the cost is \$120 for a team of eight (each additional person pays normal fee) up to Feb. 1 (includes shirts), and \$160 after that and up to race day. Trophies will be awarded in various individual and team categories.

For more information, call 255-3794.

YOUTH SPORTS BATTING CAGES CLOSE

The Fort Rucker Child, Youth and School Services Youth Sports and Fitness Batting Cages are closed and will reopen with normal hours of operation Feb. 17.

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

WINTER BOOT CAMP

The Fortenberry-Colton Physical Fitness Center hosts its six-week Winter Boot Camp Jan. 17-Feb. 28. The program takes place five days a week, with a 6:30-7:30 a.m. session or an 8:30-9:30 a.m. session. The cost is \$100 per

participant and includes: weekly consultations to keep track of progress, a variety of outdoor and indoor fitness activities planned and executed by certified personal trainers and free access to all group fitness classes during the six weeks. Activities will focus on functional training, endurance, strength, plyometrics and more. T-shirts will be available to all participants. Orientation will be held Jan. 17 at the Fortenberry-Colton PFC at 6:30 and 8:30 am. There is limited space in each session, so PFC officials encourage people to sign up early.

Registration forms will be available at either PFC and special rates will be available for active-duty military. For more information, call 255-3794.

DISC GOLF

The Directorate of Family, Morale, Welfare and Recreation offers Disc Golf – played much like traditional golf, but instead of using a ball and clubs, players use a flying disc. DFMWR welcomes novices and experienced players to bring their friends out and enjoy some friendly competition. The 18-hole disc golf course is located at Beaver Lake. People can visit the Fort Rucker Physical Fitness Facility to check out a disc and give it a try. There is a \$10 deposit required per disc. The Disc Golf course is open to the public. Disc check-out is open to authorized patrons only.

For more information, call 255-2296.



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