

DAY IN THE LIFE

Family life chaplain called to heal



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GIRLS NIGHT OUT

Health, fashion, beauty, more on tap at event



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HOOPS

Get Down and Lay Down downs Guns and Hoses, 108-44



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ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

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HONORING FALLEN HEROES



PHOTOS BY NATHAN PFau

Michael Defrenn – son of CW2 Jason Defrenn, whose name now adorns the new AH-64 maintenance hangar at Hanchey Army Heliport along with CW4 Keith Yoakum – sits with his cousin, AJ Still, in the cockpit of an Apache after the dedication ceremony to honor his father and Yoakum Feb. 20.

Fort Rucker names Hanchey AH-64 hangar after Aviators lost in battle

By Nathan Pfau

Army Flier Staff Writer

Flying as the trail aircraft on a reconnaissance mission in 2007 in Iraq, two Army Aviators led their team out of an apparent ambush as they came under a hailstorm of machine-gun fire.

Although the two Soldiers lost their lives on that day, their legacy will live on forever as their names adorn a new AH-64 maintenance hangar on Hanchey Army Heliport.

CW4 Keith Yoakum and CW2 Jason Defrenn were honored at a ribbon cutting and dedication ceremony to open the new Yoakum-Defrenn Hangar at Hanchey on Fort Rucker Feb. 20.

“It is a distinct honor and privilege ... to pay tribute to two Army Aviation heroes,” said Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, during the ceremony. “Today, we officially open our newest hangar – one that we’re very proud of



Kelly Yoakum, Jennifer Defrenn and their Families unveil a portrait of their husbands, CW4 Keith Yoakum and CW2 Jason Defrenn, during a the AH-64 Maintenance Hangar Dedication Ceremony Feb. 20. The hangar will now be known as the Yoakum-Defrenn Hangar in honor of the two men who were killed in action when their Apache was shot down in Iraq in 2007.

– but more importantly, we dedicate this state-of-the-art facility to two great Army Aviators who spent their last full measure of devotion in service to our nation.”

During the encounter, Yoakum and Defrenn successfully led their team clear of the immediate threat, but assessed that the anti-aircraft positions at the ambush site were too dangerous to be left, and made the decision to en-

gage the enemy, despite their damaged aircraft.

“Totally selfless, they answered the call, a call that so many are unwilling to answer – to serve a cause greater than self and to truly, truly make a difference in our world,” said Mangum. “They willingly and ably put themselves in harm’s way to do what need-

SEE HANGAR, PAGE A5

New facility meets requirements for all helicopters

By Nathan Pfau

Army Flier Staff Writer

Hanchey Army Heliport on Fort Rucker opened a new state-of-the-art AH-64 Maintenance Hangar Feb. 20 during a ribbon cutting and dedication ceremony to honor two fallen Soldiers.

The hangar, dedicated as the Yoakum-Defrenn Hangar, in honor of CW4 Keith Yoakum and CW2 Jason Defrenn, who lost their lives as their Apache crashed from damage sustained by enemy gunfire in Iraq in 2007, was designed and configured to allow maintenance to be performed on any aircraft assigned to the Army, according to Col. Michael C. Aid, Aviation Center Logistics Command commander.

“There are (hundreds) of airframes assigned to the U.S. Army Aviation Center of Excellence that include cargo, utility, attack, reconnaissance and training,” said the ACLC commander. “Each mission design series has different space requirements and power requirements, and the Yoakum-Defrenn hangar has the capability to support all of those airframes – a unique requirement included in the development of the hangar.”

The hangar’s high bay maintenance facility with support shops, including painting, sheet metal, blade repair, avionics and armament, cover more than 132,000 square feet, and has an airfield apron of more than 65,000 square yards with 10 parking pads.

The hangar also boasts 13 bays for operation and a wash platform that provides capability to clean aircraft prior to sustainment-level maintenance and return to flight line.

The inception for the hangar came about in 2000 when the Aviation Center conducted a study on maintenance facilities on the installation and identified a shortage of 692 thousand square feet, said Aid.

“The study identified shortfalls on Knox, Hanchey, Lowe, Cairns and Shell,” he said, adding that the study also found that during severe weather, not all assigned aircraft could be hangared. “This facility ensures that all aircraft can be hangared, ensuring continuity of operations and protecting our valuable training assets.”

Construction on the hangar began in October 2011 and was completed one month ahead of schedule in August.



PHOTO BY JANICE ERDLITZ

Col. Stuart J. McRae, Fort Rucker garrison commander, speaks to Army Emergency Relief unit coordinators and key workers during training Feb. 13. The AER fundraising campaign kicks off with a ceremony Tuesday at 2 p.m. at the U.S. Army Aviation Museum.

Post kicks off AER fundraising

By Nathan Pfau

Army Flier Staff Writer

Soldiers helping Soldiers has always been Army Emergency Relief’s goal in everything it does, and this year’s campaign is no different.

The 2014 AER fundraising campaign will run Saturday through May 15, with a kickoff celebration at the Army Aviation Museum Tuesday at 2 p.m., and carry the theme “A Soldiers’ First Choice,” said Maj. Anthony Whittaker, Fort Rucker AER campaign coordinator.

“The biggest message we want to send out, besides reinforcing what AER is and what it does for Soldiers, is that we want for them to come to Army Community Service when they have a financial need or dire emergency,” he said. “We’d rather have them come to us than search out predatory lenders, many of which have hidden fees and enormous annual percentage rates. We need them to

SEE AER, PAGE A5

Shine On

Students prep for test success

By Sara E. Martin

Army Flier Staff Writer

It always feels good to be recognized for a job well done, but students at Fort Rucker Elementary School were rewarded last week before they were even able to prove their greatness.

According to Vicki Gilmer, FRES principal, the students always do a wonderful job on the Terra Nova standardized assessments that they underwent this week and always perform above the national average. So, to reward them on their job well done, before the job even started, the school had a few visitors to reward the children and help get them fired up about taking their standardized tests.

The Enterprise Encores performed their “Shine On” show during the school’s Time to Shine rally Feb. 19 and former FRES student Dr. Mike McQueen, a surgeon in Enterprise, spoke to the children about not giving up when times get hard and the best ways to prepare for a test.

“The past three years the students have surpassed their own achievements and the increases in the test scores have been phenomenal. That is why the Time to Shine rally was implemented. We want to continue to support our students and recognize their success,” said



PHOTO BY SARA E. MARTIN

Dr. Mike McQueen, a surgeon in Enterprise and former FRES student, talks to students at his old school Feb. 19 during the school’s Time to Shine rally.

Gilmer.

The students began the school year with a Mission Possible event. This event had students work through stations where they learned about the school-wide goals. The students also learned how to set goals and how to design a plan to meet those goals. They then selected individual goals for the year, said the principal.

“We are celebrating all the good work they have done this year and the good scores that we know we will receive.

We are going to shine through the testing next week,” said Gilmer. “We want to teach them that this is a time to shine, not something to be worried or nervous about.

“Last year we went through accreditation and we scored the second highest out of all (Department of Defense Education Activity) schools worldwide. We really take seriously taking care of our military Families,” she continued.

SEE SHINE, PAGE A5

PERSPECTIVE

Created equal

Army celebrates 50th anniversary of Civil Rights Act



World War II selectees boarding a train to Fort Benning, Ga., July 21, 1941.

ARMY FILE PHOTO

By Staff Sgt. Corey Baltos
U.S. Army North

FORT SAM HOUSTON, Texas – The theme of this year’s Black History Month is civil rights in America. This year also marks the 50th anniversary of the passage of the Civil Rights Act, a landmark piece of legislation prohibiting discrimination on the basis of race, color, religion, sex or national origin.

However, the passage of this law might never have happened if it had not been for millions of African-Americans who served their nation as Soldiers throughout the nation’s history.

Once a person has demonstrated their commitment to the nation by serving in the military, there can be little challenge by those who doubt the quality of African-Americans to deny them their civil rights, said Dr. Isaac Hampton II, command historian, U.S. Army South.

The civil rights movement, which gained momentum in the 1950s after the formal desegregation of the armed forces, had its origins during World War I, when African-American Soldiers serving in Europe realized the rest of the world was not like America.

When the Soldiers came back from France, they had a new mentality, said Hampton. The new negro, as they were known, wanted change.

African-American participation in World War II would further push the struggle for civil rights forward, as they launched the double V campaign in 1942. This campaign called for two victories – the first over the Axis powers and the second that African-Americans receive full citizenship rights at home.

Throughout the war and post-war period, African-Americans used their growing political power to demand integration of the armed forces. But mostly, said former Secretary of Defense Robert Gates in a speech commemorating the 60th anniversary of the military’s integration, there was the quiet service of black servicemen who willingly served their country even though their country was not willing to defend their rights.

This goal was realized with the passing of Executive Order 9981 in 1948, which formally desegregated the armed forces.

EO 9981 was a major flashpoint in history, said Hampton. One of our most famous and hallowed institutions in America was taking this step to integrate. This was an extremely important step for our nation.

It would take nearly eight years to fully desegregate the Army.

The story of African-American Soldiers up to desegregation was, in the words of one former Soldier, “We were needed, but never wanted,” said Hampton. There was a cultural idea that blacks do not deserve the honor of leading troops into combat.

The last segregated units had integrated by 1956 and the momentum for equality and civil rights was quickly moving to the forefront of American society.

Rotor Wash

“The South has recently experienced bitter cold, but last week people enjoyed 70-degree weather. What did you do to enjoy the temporary change?”



Staff Sgt.
Nicholas Hirth,
C Co., 1st Bn.,
13th Avn. Regt.

“I built a sandbox for my kid in the backyard. We also went on a lot of walks.”



Staff Sgt.
Mandrell Douglas,
C Co., 1st Bn.,
13th Avn. Regt.

“I have been getting out more and running outside instead of running at the gym on a treadmill, and I have been taking my kids to the playground more.”



Sgt. 1st Class
Marvin Brown Jr.,
NCOA

“I have been exercising outside in the morning and in the afternoon, when I get home me and my wife and our dog have been going on walks, and I have even taken some rides on my motorcycle.”



Staff Sgt. John Glover,
C Co., 1st Bn.,
13th Avn. Regt.

“I have been doing a lot of yard work.”



Glorrynne Leonguerrero,
Army veteran

“I have just been enjoying not having to turn my heat on. But I have been walking a lot outside for fresh air and exercise.”

COMMAND

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

Col. Stuart J. McRae
FORT RUCKER GARRISON COMMANDER

Lisa Eichhorn
FORT RUCKER PUBLIC AFFAIRS OFFICER

Jim Hughes
COMMAND INFORMATION OFFICER

David C. Agan Jr.
COMMAND INFORMATION OFFICER ASSISTANT

EDITORIAL STAFF

Jim Hughes
ACTING EDITOR.....255-1239
jhughes@armyflyer.com

Jeremy P. Henderson
SYSTEMS & DESIGN EDITOR...255-2253
jhenderson@armyflyer.com

Sara E. Martin

STAFF WRITER.....255-1240
smartin@armyflyer.com

Nathan Pfau

STAFF WRITER.....255-2690
nfpau@armyflyer.com

BUSINESS OFFICE

Robert T. Jesswein
PROJECT MANAGER.....702-6032
rjesswein@dothaneagle.com

Brenda Crosby

SALES MANAGER.....347-9533
bjcrosby@dothaneagle.com

Laren Allgood

DISPLAY ADVERTISING.....393-9716
lallgood@eprisenow.com

Mable Ruttlen

DISPLAY ADVERTISING.....393-9713
mruttlen@eprisenow.com

Joan Ziglar

DISPLAY ADVERTISING.....393-9709
jziglar@eprisenow.com

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Higher calling: *Family life chaplain called to heal, offer guidance*

By Sara E. Martin
Army Flier Staff Writer

(Editor's note: This is part of a continuing series looking at different jobs and the people who get them done at Fort Rucker. Readers who have ideas for jobs or people to be highlighted in the series can send an email to jhughes@armyflyer.com for the staff to consider.)

Eight years ago, Chaplain (Capt.) Troy Allan, Fort Rucker Family Life Chaplain, reported for his first day of his new job as an Army chaplain, and since he answered that higher calling to help others, he has spent it doing nothing less.

Called to the Lord at a young age, Allan began teaching music to reach out to others. That soon turned into a path of being an Army bandsman, then a chaplain. He has worked in hospital wards with Soldiers from wars past and overseas with today's Soldiers battling internal demons.

But now, as a garrison chaplain, he says he still feels like he is in the heat of battle and a necessary part of the Army machine.

"Growing up, I always wanted to be a doctor," he said, joking that that didn't work out too well. "But it seemed I always wanted to help people and it was something that I was good at, even young. But I care for people and it is funny how God directs our paths."

Focused on Family, grief, marriage and crisis counseling, Allan sees six to eight Families on a weekly basis, and four to five individuals a week. He also gives two briefings a week around post where he teaches organizations, leadership and management how to help Soldiers handle different types of crisis.

Allan said God directed his path towards clinical care and that he loves it despite its dangers. Compassion fatigue is the chaplain's worst enemy, but he fights it off every day.

"Chaplains can get overwhelmed and burdened by the difficulties of the world," he said. "At first, I was very aware of the things that I would say to my clients and how much of an impact it might have on their life. And it was stressful sometimes thinking that I had to find the perfect words to help them. Now that I understand the process a little better, it's not so bad."

Allan said that self care is what keeps him mentally and emotionally fit. He likes to spend his free time fishing and doing other outdoor activities with his Family to fight off the sadness that sometimes can weigh him down.

"I have to take care of myself and my own Family in order to take care of others," he said. "If I am really stressed or a story has made me feel (upset in any way), I make sure that it is gone before I go home. I cannot let the burden of others completely burden me."



PHOTO BY SARA E. MARTIN

Chaplain (Capt.) Troy Allan, Fort Rucker Family Life Chaplain, reads his personal Bible in his office Feb. 20 before meeting with an individual for a counseling session.

His ministry provides hope and healing for those who are distraught in any way, and although he works on the mental aspects of things, he said he is very much aware of the spiritual side of things as well.

"That is the big difference between, say, myself and a mental health counselor. We step into the spiritual realm, where others may not feel comfortable going," he said. "The things I have seen and been a part of, I really wouldn't want everybody to be a part of that. But there are so many lessons learned and so many people's lives changed."

It is really hard to concentrate on jobs, assignments and missions when there is a problem at home, said Allan. Even though Soldiering is these men and women's lives, when something is amiss at home it takes away from what they are supposed to be doing on the job.

"I have seen a lot of broken Families here on post. They have to find a way to heal that brokenness so they can give back to society. That's where I can come in and help, with the healing," he said. "If our Family systems are broken, it is very difficult to work in other systems. It only takes a brief lapse of attention that can cause serious problems in the field."

He said that when there is a machine with a broken cog, the machine will not work no matter how small the cog, and the same goes for Soldiers and their Families.

"The better I can heal a Soldier the better off that Soldier will be in the long run. They will be whole – completely healthy and ready to take on anything the Army throws at them," he said. "Trying to understand pain and suffering is sometimes difficult, especially when I know God loves all of his children, but it is an honor to serve in this capacity."

Allan said he loves seeing people's lives changed, and although he has seen his clients hit rock bottom and below, when they come back to receive more care and he can see a change, it is both beautiful and rewarding.

"There are times when it is difficult because I see so much pain and grief and sadness. But I come back every day because I know I can help," he said.

The Fort Rucker Spiritual Life Center and its chaplains offer many services from private sessions to large classes on a range of services including grief counseling, addiction and anger management. To begin the steps of healing, call 255-3946.



PHOTOS BY SARA E. MARTIN

IRON SQUAD

Left: Sgt. George Sanchez and Staff Sgt. Nicholas Hirth race to the top of the NCO Academy rope climb during the Iron Squad competition Monday.

Right: Sgt. Ritchie Lopez leaps off a wall obstacle.

News Briefs

Road closure

A portion of Andrews Avenue between Whitaker Road and Airport Road is scheduled to be closed for construction from 6 p.m. today through 4 a.m. Tuesday. During this timeframe, traffic will be detoured around the construction and signs will be displayed to assist motorists.

Traffic entering through the gate will turn right on Whitaker Road and then go left on Christian Road to get back on to Andrews Ave.

Traffic exiting post through the gate will turn left onto Christian Road from Andrews Avenue then turn right on Whitaker Road towards the Ozark Gate to exit.

Motorists entering and exiting the Ozark Gate will be affected by this closure and are encouraged to plan their travels accordingly and be prepared for possible delays. This detour should add no more than three-five minutes of travel time for motorists utilizing the Ozark Gate. The construction is being done in an effort to enhance the security posture for the installation. In the event of inclement weather, construction will be rescheduled to a later date.

USAACE change of command

The U.S. Army Aviation Center of Excellence and Fort Rucker change of command ceremony is set for March 20. Brig. Gen. Michael D. Lundy will assume command as USAACE and Fort Rucker commanding general. Lundy currently serves as the deputy commanding general of the U.S. Army Combined Arms Center, Army Training and Doctrine Command, Fort Leavenworth, Kan.

Maj. Gen. Kevin W. Mangum has been announced for appointment to the rank of lieutenant general and assignment as deputy commanding general and chief of staff of TRADOC at Joint Base Langley-Eustis, Va.

AER kickoff

The 2014 Army Emergency Relief Fund Campaign kickoff ceremony will be held Tuesday at 2 p.m. in the U.S. Army Aviation Museum. The theme this year is "A Soldier's First Choice."

For more information, call 255-2341.

Spouse club scholarships

Fort Rucker Community Spouses Club scholarship applications are available on the FRCSC website at www.fortruckeresc.com/scholarships. Scholarships are available for high school and continuing education students who are dependents of active-duty, Reserve, National Guard, retired and deceased military residing within a 50-mile radius of Fort Rucker, and also for dependents of Department of Defense civilians assigned to Fort Rucker. The club additionally offers scholarships to any student (military affiliation not required) who will be enrolled in a full-time engineering program in the 2014-15 academic year.

More information is available on the website.

Thrift shop

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

The thrift shop is also giving out about \$30,000 in scholarships – people can pick up packets to apply at the shop during business hours. The deadline is Saturday.

For more, visit <http://www.fortruckeresc.com/scholarships.html> or call 255-9595.

Opportunity knocks

The following internal position is available on Fort Rucker: Human Resources Assistant, GS-0203-06, with the Directorate of Human Resources, with a closing date of Friday.

For more, check out www.usajobs.gov.

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 Friday. 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.

SSA closes for inventory

The Logistics Readiness Center's Supply Support Activity in Bldg. 1212 will close while it conducts a wall-to-wall inventory March 24-28. Normal operations will discontinue at 4:15 p.m. March 21. SSA expects to resume normal business March 31. Customers will be notified by the accountable officer. During this period, the SSA will only accept emergency requisitions.

For more information, call 255-9504.

Contracting 101

Because of the inclement weather in late January, the Mission and Installation Contracting Command-Fort Rucker rescheduled its first Contracting 101 class for March 26 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.c.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.

Budget shrinks

New BRAC round would save money, increase Army readiness

By David Vergun
Army News Service

WASHINGTON — As the budget shrinks and the active Army draws down to 490,000, elimination of excess infrastructure is needed, said leaders from Army Installations, Housing and Partnerships.

There are a lot of spaces and facilities at installations throughout the U.S. that are not being utilized or are just partially utilized, said Paul Cramer, deputy assistant secretary for IHP.

Yet by law, he said, the Army is required to maintain those facilities.

So the Army's recommendation to the Office of the Secretary of Defense and Congress is that a new round of base realignment and closure is needed for 2017, he said.

The Army is finalizing its database on infrastructure status and will give its findings to OSD, he said. In turn, OSD will present the Army's recommendations — along with those of other services to Congress in the form of draft legislation, most likely by April.

IHP provides policy, programing and oversight of the secretary of the Army's Title 10 responsibilities in real estate, military construction, housing, engineering and BRAC. The agency reports to Katherine Hammack, assistant secretary of the Army for Installations, Energy and Environment.

If Congress authorizes another BRAC round, the Army would develop a long-term force structure plan, said Andy Napoli, assistant for BRAC, IHP. For the last round of BRAC, in 2005, the Army provided a 20-year plan, he said.

While there's a lot of talk about Army end strength going down even further than 490,000 and with the budget in a state of flux, Napoli said the Army can nonetheless provide an accurate forecast model by plugging in any force structure figures, dollar amounts and infrastructure status.

"You have to know where you're at first, in order to know where you want to be," he said, describing the process they're now finalizing.

Napoli said IEE wants for every Army installation to be used at 100 percent. A new BRAC round should not be done in piecemeal, shaving infrastructure from every single installation to balance the reductions. Rather, it would be more prudent in terms of management and readiness to close underutilized installations and consolidate the remainder.

Napoli explained that reducing the infrastructure and manpower of an installation by, say, 20 percent, would not benefit the community outside the gate. That 20 percent reduction would have a ripple effect in the community, with losses in revenues for hotels, fast food, real estate and so on.

If a community doesn't subscribe to a BRAC closure, they'd be locking themselves in to that 20 percent or whatever cut is made, he said, and they wouldn't have a say in how the land or structures are reutilized.

On the other hand, if a facility were slated to close under BRAC, the commu-

nity would, by law, have a say in how the land and facilities are reutilized, he continued.

"We think there's an argument to be made that there's goodness for all communities to be in on the BRAC talks process," Napoli said.

Cramer said there are examples of communities "that fought BRAC 2005 and now say it was the best thing that happened" to them.

He cited a number of installations, including Port San Antonio, Texas; Fort Ord, Calif.; and Fort Monmouth, N.J., that were turned over to the community which redeveloped the land and structures commercially with subsequent benefits in employment and tax revenue.

Napoli added that the reserve component, particularly the National Guard, has expressed some interest in a future round of BRAC.

In BRAC 2005, he said, a limited number of states decided to come onboard. As a result, they found cost savings and other efficiencies by consolidating smaller armories into larger ones near population centers.

States not participating in BRAC 2005 saw that and now they too want to get in on the benefits, he said.

The proposed BRAC 2017 would not resemble the BRAC 2005 round, Napoli said. For one, BRAC 2005 was more expensive than other rounds before



COURTESY PHOTO

An AN/MLQ-34 "TACJAM" Countermeasure Set being moved from Fort Monmouth, N.J., to a museum in Aberdeen Proving Ground, Md., July 14, 2011. Fort Monmouth was closed under the authority of BRAC05. The local community got involved in land and facility reutilization, and an information technology firm has taken residence there.

it because force structure at the time was increasing due to the wars in Iraq and Afghanistan.

Secondly, installations in Korea and Germany were being turned over to the host countries, and tens of thousands of Soldiers were returning to the U.S. and more spaces were needed for them.

Third, BRAC 2005 was also used as a tool to convert the Army from a Cold War legacy force to a modern, more easily deployable modular brigade combat team structure.

Even with those cost increases, Napoli said the Army is realizing more than a billion dollars of savings a year as a result of BRAC 2005. "That's not an insignificant return on

investment." Napoli and Cramer both said BRAC 2017 won't have those three variables in play and that even greater cost savings and efficiencies could be realized.

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Hangar: Family, friends celebrate Aviators’ legacy

Continued from Page A1

ed to be done – the right thing, the right way.

“Tragically, these two heroes made the ultimate sacrifice that morning, attempting to help ensure the safety of their fellow Aviators who would continue to fly and defend freedom,” he said. “While we dedicate this hangar to a crew, a team, it’s important that we appreciate and celebrate the lives and careers of these two selfless servants.”

Although both men had decorated careers, Family members agreed that Yoakum and Defrenn would have been embarrassed by the attention.

“I’m quite sure that Keith would have a big grin on his face, but he would also be quite embarrassed because he wouldn’t think that his name should be on a hangar,” said Kelly Yoakum, wife of Keith.

For the Family, it was more about the legacy the Soldiers were able to leave for their children.

“This is just a real honor for my boys, (Andrew and Michael),” said Jennifer Defrenn, wife of Jason. “Jason would have really loved this and my boys were excited.”

For Kelly, she said it was enough for her children to know that their dad would be remembered by so many and that his spirit will live on.

“My children learned their work ethics from their father, and they also learned that if they have a passion for something, that’s what they should be doing,” she said. “Keith enjoyed every minute of his Army career, so I think they took a lot from that.

“For the 18 years I was married to him, he spent 16 of those 18 years at a hangar,” she said. “When he wasn’t flying, he would be in the hangar mentoring and doing his job, and he just loved turning wrenches – that’s just what he did. Of any building that you could come up with to put his name on, this is the most befitting.”

Yoakum enlisted in the Army in 1986 and completed Initial Entry Rotary Wing Aeroscout Course at Fort Rucker in 1992. From there he went on to complete the AH-1 Aircraft Qualification Course and the AH-64A Aircraft Qualification Course. In 1996 he completed the AH-64A Maintenance Test Pilot Course and served as a maintenance test pilot for the Security Assistance Training Team in Cairo, Egypt; the 6th Squadron, 6th U.S. Cavalry at Illsheim, Germany; and the 1st Battalion, 223rd Aviation Regiment, Aviation Training Brigade at Fort Rucker.

Yoakum’s career as an Apache pilot stretched far and wide, performing not only as a maintenance technician, but also as an armament technician, test pilot, instructor pilot, instrument-

flight examiner and standardization instructor pilot.

In 2005, Yoakum was selected to be a pilot for the U.S. Army Parachute Team, the Golden Knights, but turned down the opportunity to return to the Apache and deploy to Iraq in support of Operation Iraqi Freedom.

He earned a myriad of awards and decorations throughout his career, including the Bronze Star, the Purple Heart and the Army Commendation Medal with five Oak Leaf Clusters.

Defrenn also had a diverse career, joining the Army in 1998 and serving as an infantryman in his first assignment. He attended Warrant Officer Candidate School in 2001 and graduated from Warrant Officer Basic Course to earn his wings in 2002.

Shortly after, he attended the AH-64A Apache Combat Aviator Qualification Course as well as the maintenance managers course and the Aviation Life Support Course at Fort Rucker.

Defrenn’s first assignment was with the 1st Infantry Division in Germany where he served as an AH-64A pilot for the unit. Upon his return to Fort Rucker after his first combat tour, he attended the AH-64D Longbow Supplemental Course and the maintenance test pilot course.

Defrenn’s military decorations include the Bronze Star, Purple Heart, Army Commendation Medal, Air Medal and more.

AER: Jail-A-Thon returns for 2014 fundraising effort

Continued from Page A1

know that we’re here for them – we need to be their first choice.”

Throughout the campaign period, many fundraising events will be held to not only raise money for the campaign, but promote awareness, said Whittaker.

“The biggest thing we want to get across is that this is a program for Soldiers,” he said. “We want to be able to publicize procedures, so that they understand that they can come and get AER assistance.

“It’s not always that they’re in a dire emergency, but things do arise that are unexpected and

it’s great to have an organization like AER that Soldiers can come to knowing that there are people here who have their best interests at hand,” he continued. “AER will take all the means necessary to assist with and alleviate the stress of financial burdens.”

Two of the most popular events held throughout the campaign season are the Army Aviation Center Credit Union Golf Tournament to benefit AER, and the Jail-A-Thon put on by the 6th Military Police Detachment.

The golf tournament is held every year and proceeds go to benefit AER, said Whittaker. This year’s

tournament will be held April 25 at Silver Wings Golf Course during which people will participate in teams to compete for prizes.

The Jail-A-Thon, one of Fort Rucker’s most popular fundraising events will return to give people the opportunity to have their coworkers, spouses and even bosses arrested for a donation, said Whittaker. The cost to have people arrested depends on their rank or pay grade.

Upon being issued an arrest warrant, the accused will be taken to a makeshift jail, and sentenced in front of a judge and ordered to either serve time or post bail.

These two events are some of AER’s fundraisers, but donations are welcome through any avenue throughout the campaign season, said the campaign coordinator.

“Since 9/11, almost \$800 million has been distributed to Soldiers and their Families in the form of interest-free loans, grants and scholarships to children and spouses of active-duty and retired Soldiers,” said retired Lt. Gen. Robert Foley, AER director, in a press release. “In the first four years, nine new categories of assistance have been added to include dependent care, replacement vehicles, heating, ventila-

tion and air conditioning and appliance repair, rental vehicles, relocation travel, cranial helmets and infant car seats.”

In addition to the theme, extra emphasis is being placed on spouses this year recognizing that spouses make daily Family financial decisions, especially when their Soldiers are deployed, according to the press release.

Soldiers needing AER financial assistance can contact their unit chain of command or go directly to Fort Rucker’s AER office in Bldg. 5700.

For more information, call 255-2341.

Shine: Encores entertain students, faculty at school rally

Continued from Page A1

The highlight of the rally was the performance of the Encores’ award-winning show.

The entire school participates in the rally, although second graders do not take the test. Older students, though, said they are not worried about the test and that they

feel totally prepared.

“I got a 98 percent last year, so I am just going to try to beat that this year,” said Abby Morris, sixth grader. “It’s not bad because we only take the test for one period a day, but we do it all week. So it’s nice that it is spaced out for us. And I like that we get the show today. It is like they are saying, ‘We know you are going to do well, so

here is your reward ahead of time.’”

The test is ranked nationally and the school has ranked above average for as long as Gilmer can remember. The five testing areas include multiple choice and written sections. The written sections are several of the student’s favorite part.

“You can really put your voice into the responses, so I like it better. I like being

able to express my feelings,” said Shekinah McDaniel, sixth grade. “Sometimes when I get nervous during other parts of the test I just breathe in and out to calm myself and relax. I know I will do pretty amazing.”

The rally concluded with the school performing its special musical number “We Got This” to entertain the show choir.

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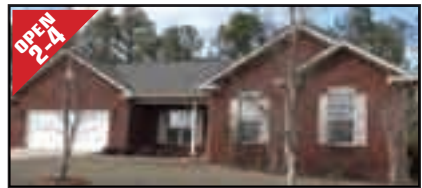
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405 East Morningview ~ \$189,900

Beautiful 4BR/2BA, custom cabinets, granite countertops, stainless steel appliances, gas stove, walk-in closets, pantry in kitchen, laundry room has built-in cabinets plus closet, storage shelves in garage, lot of storage room in this house, screened back porch, large private fence backyard, large enough to install pool or garden. No thru traffic, wooded. **MILDRED OWENS 464-2121** Directions: Off Shell Field Road, right onto Hickory Bend, left on Windsor Way, right on Valley Stream, left into Valley Chase to last street, take left street, butts into Morningview.



Century 21 helps grow America with fourth-grade foresters



Century 21 Regency Realty representatives presented all Enterprise City School fourth-graders with long-leaf pine seedlings for an Arbor Day celebration this week. Above, Century 21 agent Lesley Anderson presents seedlings to College Street Elementary students.

All fourth-grade students in Enterprise City Schools, Enterprise Preparatory Academy and Wiregrass Christian Academy now have the opportunity to help in the growing global warming problem and assist in air pollution.

Century 21 Regency Realty in Enterprise presented nearly 80 long-leaf pine seedlings to all fourth-grade students in Enterprise this week so that students will have the chance to become fourth-grade foresters.

Century 21 agents Evelyn Hitch, Lesley Anderson, Jodi Gunnnett and Erin Tullis presented trees Monday to College Street and Pinedale elementary students with Hitch giving a short presentation to the students on the importance of Arbor Day.

"In the era of our global warming situation and more air pollution, tree planting is more important than ever," Hitch said and told the students the trees came from the Arbor Day Foundation and each one can take the seedlings home and plant them, care for them "And when you (students) get in the 12th grade, we want

you to let us know how your trees have grown."

Since 2007, more than 505,000 fourth graders across America have received trees and planted them, according to the Arbor Day Foundation. In 1885 a national group of educators urged observation of Arbor Day in the nation's schools on the official Arbor Day in their own state. School observances grew and millions of students received and planted seedlings with the millions of seedlings becoming millions of trees, which has made forests planted by generations of America's school children.

"This is a way we can help revitalize the observance of Arbor Day in our schools and make children part of the solution to the demand of trees and growing forests, along with the global warming that is taking place," Hitch said. "We're glad we at Century 21 can help in the process."

Along with Century 21, the Alabama Forestry Commission in Coffee County will begin giving away seedlings today starting at 8 a.m. at the Coffee County AFC office in New Brockton.



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SKELETON: 1 SILVER ~ 1 BRONZE



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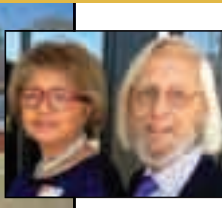
3153 ACHEY ~ \$90,000: Fabulous renovated town home. "New" carpet, "new" floors in upstairs BA. New light fixtures, freshly painted interior, garage & garage floor. Includes washer & dryer. Nice fenced backyard, corner unit. **DEBBIE SUNBROCK 406-9079**

\$119,900



215 EAGLE LANDING: Beautiful 2BR/2.5BA townhouse in great location. Brick & architectural shingles, deck off MBR, clubhouse & pool access. **PAT LEGGETT 406-7653**

NEW LISTING



467 OAK LAKE ~ \$220,000: Large 4BR home with inground pool, lake view, priced as is. **FRAN & DON KALTENBAUGH 790-5973**

\$115,000



104 NANCY: Great starter home or investment property. Cozy living room with fireplace, 3 roomy BR/2BA, updated kitchen with stainless appliances, inside laundry room, large 2-car garage with a storage room with lots of shelves. Established neighborhood convenient to Ft. Rucker/Enterprise gate, schools, churches & shopping. **JUDY DUNN 301-5656**

NEW LISTING



101 HIGHLAND ~ \$199,500: A lot of house for the money, great home built in 1950. Original hardwood floors, ceramic tile bathroom upstairs with 2 end bedrooms that extend from the front to the back of the home. On right side there is a room that could be an office/library/nursery. Master suite or in-law suite added on back downstairs off breakfast area. Formal living room with fireplace & 2 doors to screened porch. Formal dining room or could be used as a den off kitchen. 3 separate HVAC's. **EVELYN HITCH 406-3436**

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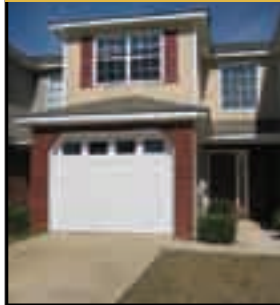
123 COMMONS ~ \$69,500: Minutes from the Ft. Rucker gate, shopping, restaurants & business areas. Beautifully maintained 2BR/2.5BA townhouse with a 1-car attached garage. Townhouse has new paint & carpet throughout. Foxhill Commons amenities include community pool, clubhouse, lawn care & pest control. **JUDY DUNN 301-5656**

NEW IN TARTAN PINES



100 WEST ROBERTSON ~ \$359,900: On the golf course. Beautiful custom 2-story 3BR/2.5BA, granite kitchen, wine grotto with cooler, abundance of cabinetry in breakfast room, kitchen & laundry. Hardwood floors in great room, formal dining room & kitchen. Crown molding throughout. Upgraded tile in baths & laundry. Oversized 2-car garage with inside storage room. Media room & separate office. **TEXT TERRI 406-2072**

NEW LISTING



219 WAKEFIELD ~ \$119,900: Immaculate 2BR/2.5BA townhouse very convenient to Ft. Rucker gate. Like new & ready for immediate occupancy. Must see. **BOB KUYKENDALL 369-8534**

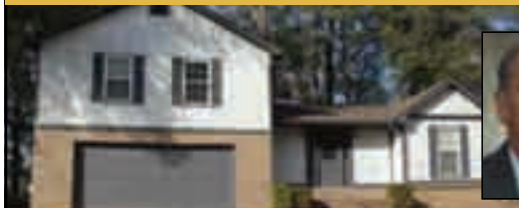


\$78,200



270 OAK ~ DALEVILLE: Convenient to Ft. Rucker. 2-car garage attached & 2-car garage detached. **JOHN SIZEMORE 389-1450**

\$148,900



405 WILDWOOD: Nice refurbished traditional home with new flooring, new windows, new fixtures & more. 3BR/2BA, 2-car garage. Beautiful wooded backyard with fence. Nice deck to enjoy nature. **JOHN SIZEMORE 389-1450**

View more pictures of these homes at www.c21regencyrealty.com

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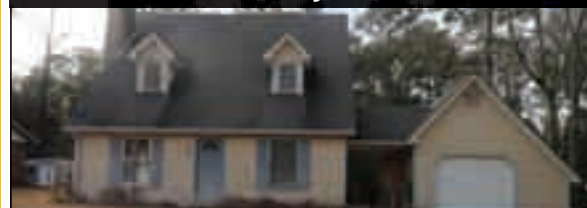
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\$84,000



76 WOODFIELD: Spacious end unit within minutes to Ft. Rucker or downtown Enterprise. 2BR/2.5BA with open floor plan for living room, dining room & kitchen complete with all appliances. Master bedroom features a double vanity & separate tub & shower as well as a deck off the back. Come make this your home as it is vacant & ready. HOA fees for pool & clubhouse.

\$115,000



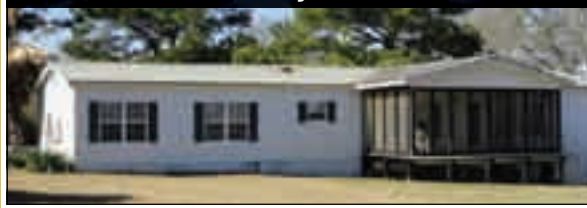
111 CRESTVIEW ~ FOXHILL SUBDIVISION: Cape Cod, 3BR/2BA, wood ceiling in grandroom & space under the stairs for a desk & computer. Fireplace in grandroom. Choice of master bedroom up or downstairs, both have walk-in closets but upstairs also has a fireplace. Beautiful covered deck on back with sunken hot tub. Finished garage makes for a man cave with wet bar, extra lighting, heat pump, stackable front load washer & dryer (negotiable) & carpet but you can still park your car if you want to.

\$154,000



413 WEST ADAMS: Great entry foyer with wooden banister & hardwood floors. Formal living & dining rooms, ceramic tile in kitchen/breakfast & baths. Downstairs BA remodeled so possible for master suite up or downstairs with walk-in shower, dressing room & BR. So many possibilities. Corner lot with trees & privacy fence. Upstairs BR has 4 closets. Call today for your personal showing.

\$60,000



967 STEWART: SLOCOMB: Looking for country living? Here it is at a price below market value. 4BR/3BA manufactured home on 1.4+ acres. Cathedral ceiling in grandroom with 70" remote control fan & gas fireplace. Metal roof with lifetime warranty. Field lines installed in 2010. Upgraded appliances to include upright freezer. Screened porch with ceiling fan.

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20 COUNTY ROAD 438: NEWTON ~ \$60,000: Commercial building between Daleville & Wicksburg off Highway 84 on County Road 438. 1200+ sq ft, reception area, display & storage, half bath, CH&A.



Pick Up

Rangers assigned to 2nd Battalion, 75th Ranger Regiment, prepare for extraction during Task Force Training on Camp Roberts, Calif., Feb. 1.

PHOTO BY SPC. STEVEN HITCHCOCK

Odierno, NFL coach visit troops

By Sgt. Antony Lee
ISAF Regional Command South

KANDAHAR AIRFIELD, Afghanistan – The 38th Chief of Staff of the Army, Gen. Raymond T. Odierno, visited southern Afghanistan Feb. 6-7 and met with deployed service members and received Regional Command (South) updates.

During his stay at Kandahar Airfield, Odierno visited Soldiers of 1st Infantry Division's 1st Combat Aviation Brigade, with Maj. Gen. Paul. J. LaCamera, RC(S) and 4th Infantry Division commanding general.

Odierno re-enlisted two sergeants – Jennell Waelty and Justin Schreiner – during the visit. The cold wind did not stop the two from repeating the oath outside on the flight line in front of an AH-64 attack helicopter, as Odierno recited it.

"First, I want to thank you for allow-

ing me to re-enlist you," Odierno said afterward. "It's one of the things I like best about my job – I get the chance to re-enlist great Soldiers."

Waelty and Schreiner both agreed it was a once-in-a-lifetime opportunity.

"It's an honor to have (Odierno) re-enlist us," Waelty, an AH-64 attack helicopter repairer, said. "I love my job. There's nothing like it. There's nothing more rewarding than working on an aircraft and seeing it fly."

Schreiner, who is also an AH-64 attack helicopter repairer, said he re-enlisted in the Army "to continue to defend (my) country."

Odierno addressed the service members in attendance after he re-enlisted both Soldiers, and said that the Army "couldn't do it without people like you who are willing



PHOTO BY SGT. ANTONY S. LEE

Baltimore Ravens head coach John Harbaugh signs a flag for a service member at Kandahar Airfield, Afghanistan, Feb. 6.

SEE VISIT, PAGE B4

Final flight



PHOTO BY CAPT. GREG PASQUANTONIO

Maj. Gen. Walter M. Golden Jr. and his wife, Joann, stand in front of one of the 4-6th Cavalry Squadron's OH-58D Kiowa Warriors following his final Army flight on Camp Humphreys, South Korea, Feb. 7.

Golden milestone
Army Aviation pioneer flies into sunset

By Walter T. Ham IV
Eight Army Public Affairs

YONGSAN GARRISON, South Korea – The top U.S. Army Aviator in South Korea completed his 33-year career here Feb. 13.

Maj. Gen. Walter M. Golden Jr., 8th Army deputy commanding general for operations, and his wife, Joann, were recognized for their service at a retirement ceremony, which was hosted by the U.S. Army's top operational command in South Korea.

American and South Korean military leaders, including Gen. Curtis M. Scaparrotti, commander of United Nations Command, Combined Forces Command and U.S. Forces Korea; Lt. Gen. Bernard S. Champoux, 8th Army commanding general; and Lt. Gen. Jan-Marc Jouas,

7th Air Force commander, attended the ceremony.

A West Point graduate, cavalry officer and one of the first members of the U.S. Army Aviation Branch, Golden has served in 8th Army since August 2012.

It was his second assignment in South Korea, following a tour as the deputy division commander for maneuver for the 2nd Infantry Division.

Golden accumulated around 2,000 flight hours in a variety of helicopters, including the OH-58A/C Kiowa, UH-1 "Huey" Iroquois, UH-60 Black Hawk and AH-1 Cobra. He also flew U-21 and C-12 fixed-wing aircraft.

His parents inspired him to join the Army, Golden said — both of his parents served in the Army and met at Patton Barracks in Germany.

He became the first general to come from the small Colorado town of Salida, about 150 miles south of Denver. He was also the first person from his family to graduate from college — all four of Golden's children have since followed his example and graduated from college.

One of the highlights of his career was his 36-month tour as the brigade commander for the 4th Brigade, 1st Infantry Division (Mechanized), in Germany, according to Golden.

"I spent nine months in Kosovo, came back to Germany for six months and deployed my brigade to Iraq for a year," said Golden. "One of my proudest accomplishments is the fact that we spent 12 months in Iraq with an Aviation brigade — well over a 1,000 people — and brought

SEE GOLDEN, PAGE B4

SURVIVE

16th CAB brushes up on survival skills

By Staff Sgt. Bryan Lewis
16th Combat Aviation
Brigade Public Affairs

JOINT BASE LEWIS-MCCHORD, Wash. – As Soldiers from the 16th Combat Aviation Brigade, 7th Infantry Division make final preparations for their upcoming deployment to Afghanistan, leaders down at the lowest level continue to train the newest members of their teams.

New UH-60M Black Hawk helicopter crew chiefs and door gunners from A Company, 2-158th Assault Helicopter Battalion received classes Feb. 12 on survival techniques needed if they become stranded after a helicopter goes down.

Black Hawk pilots and noncommissioned officers who had participated in a survival, evasion, resistance and escape school were in-

structors for the class that involved more than 20 Soldiers.

"We wanted to prepare the new Soldiers for the deployment, knowing that they have never been a part of an air crew," said CW2 Joey Ybarra, A Company mission survivability officer. "Aviators can still end up on the ground, so it's important to remind them of the skills they might need."

The training focused primarily on how to survive in different environments, ways to evade enemy forces until the Soldier or team can be extracted, and radio communications between Soldiers on the ground and incoming helicopters.

During the survival portion of the training, the instructors walked the Soldiers through trails on Joint Base Lewis-McChord and

SEE SURVIVE, PAGE B4



PHOTO BY STAFF SGT. BRYAN LEWIS

UH-60M Black Hawk helicopter crew members from A Company, 2-158th Assault Helicopter Battalion, 16th Combat Aviation Brigade prepare their team to be extracted during survival training Feb. 14 on Joint Base Lewis-McChord, Wash.

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Visit: Odierno observes flight line training

Continued from Page B1

to make that sacrifice,” and that he looked forward to both becoming sergeants major one day.

“The fact that they want to stay on and remain a member of what I call the ‘Army Family’ is really important, especially during times of war and conflict,” he added.

Odierno also observed training on the flight line and talked to 1st CAB Soldiers about the Army’s plans for the AH-64 Apache helicopter and OH-58 Kiowa helicopter.

John Harbaugh, Baltimore Ravens head coach, also traveled to KAF with Odierno, although the two split ways on Friday. Command Sgt. Maj. David M. Clark, RC(S) and 4th Inf. Div. command sergeant major, escort-

ed Harbaugh to Forward Operating Base Masum Ghar, where Harbaugh met with troops and signed autographs.

The previous day, Harbaugh met dozens of Soldiers with the 1229th Transportation Company, as well as other service members, at KAF’s morale, welfare and recreation game room, where he also took photographs and talked football with Ravens fans.

Golden: Aviator thanks Family, friends for experience

Continued from Page B1

everybody back home again.”

Another highlight, he said, came when he commanded the 3rd Squadron, 4th Cavalry, 25th Infantry Division out of Schofield Barracks, Hawaii, where he spent six of his 24 months in command at Fort Hood, Texas, fielding the Kiowa Warrior.

As a general officer, in addition to his two assignments in South Korea, Golden served as the personnel chief for the Joint Staff and the deputy commander for police at the NATO Training Mission in Afghani-

stan.

During his time in Afghanistan, he helped to implement literacy standards and training for the Afghan police force and Ministry of Interior. Golden said he was surprised to be picked for the assignment.

“It occurred at a significant time in our Afghan campaign,” said Golden, adding that the Afghans had made progress in “establishing the foundation that would at least set the conditions for the Afghans to be both successful and to be able to take the lead for their own nation’s security.”

Champoux said Golden “improved lives and empowered leaders” on three continents.

“General Golden, one of the Army’s most senior, experienced, respected and distinguished Aviators, cut his teeth in the cockpit of an AH-1 Cobra in a Cavalry Regiment, and has flown in demanding, diverse and harsh environments,” he said.

“This master Army Aviator has literally served around the world in a collection of challenging, eclectic and sometimes thankless assignments, and in the most demanding environments. Even more re-

markable is that he stepped forward, time and again, to volunteer for most of them,” said Champoux. “His legacy is secured in the people he mentored and in the formations he led.”

Golden took his last U.S. Army flight in an OH-58D Kiowa Warrior with the deployed 4th Battalion, 6th Cavalry Regiment at Camp Humphreys Feb. 7.

Golden said that flight gave him the chance to come “full circle,” since his first flight was in an OH-58A Kiowa.

“It allowed me to put a Stetson on again,” he said.

Survive: Soldiers work to sharpen leadership skills

Continued from Page B1

explained different methods of purifying water using iodine tablets, fire or filters, as well as the importance of conserving sweat as opposed to conserving water. Instructors also pointed out different edible vegetation to maintain their intake of nutrients.

The next portion of the class focused on concealment and evasion, where the group was split into two teams and were given a scenario to relocate their team, including simulated casualties, to various extraction points.

“It’s hard to get concealment, especially when you have casualties and have to carry your battle buddies around,” said Cpl. Brian Foster, Black Hawk door gunner.

Junior enlisted Soldiers were put in charge of the teams to get them in a mind frame of being the highest ranking person on site and to let them work on their coordination skills.

“They have to realize, once they’re on the ground, due to certain circumstances, the most junior Soldier could find him or herself

the leader of the pack due to injuries,” Ybarra said. “They can be a leader regardless of their rank.”

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FEBRUARY 27, 2014



PHOTO BY SARA E. MARTIN

Kevin Hargrave, dental assistant, inspects Xavier Ledoux's, kindergartner, mouth during an oral screening Feb. 6 at the Fort Rucker Primary School. Hargrave volunteered to go to the school during the day to promote oral hygiene among Fort Rucker's youth.

TIME IS RUNNING OUT

to recognize Fort Rucker volunteers for their time, efforts in bettering community

By Sara E. Martin
Army Flier Staff Writer

Contributions from volunteers enrich the Fort Rucker community, and make activities and resources available that may not otherwise exist, and programs that benefit the most from volunteers' dedication to the installation want to make sure that their deeds do not go unnoticed.

The 2014 Fort Rucker Volunteer Program Award Recognition Ceremony is closing in and the deadline to nominate those who gave so much to the community is March 10.

"Sometimes words cannot truly express how thankful we are to our volunteers. To relay to them just how valuable they are to the program, how much they have made a difference, is sometimes difficult," said Beth Gunter, Survivor Outreach Services financial counselor. "There would be programs that we would not be able to provide to the community if it wasn't for our volunteers — one is our youth sports programs that are run by volunteer coaches. And without those programs, it would really weaken our community."

Gunter said the gift of time is the most precious gift anyone can give, and Curtis Williams, Army volunteer corps manager, said that many of Fort Rucker's programs do not have enough people to be able to handle all of what Fort Rucker Families need. Volunteers filling that void make a large difference on the installation.

But volunteering also has its benefits to the volunteers, not just the programs they support. It is a way to network with others and a way to enhance skills.

"It creates an opportunity for participants to learn and get on-the-job experience. It is a way to learn valuable skills that they can put on their resumes, like customer service skills," said Williams.

Karyn Kaempfer has been volunteering at Fort Rucker for several years, and said she began volunteering when she found



COURTESY PHOTO

Volunteers from 110th Aviation Brigade show their Fort Rucker spirit at last year's Family Readiness Group Open House at the Corvias Military Living headquarters building.

herself with ample amount of time on her hands and a desire to meet people that she might share interests with.

"Working in SOS has allowed me to learn about different services that are offered both to survivors as well as veterans. It also makes the loss of those lives we hear about on the

nation is a reward in itself, and for many Fort Rucker officials is a way for them to say, "We see what you're doing and we are very grateful. We want to show you how much we care about you."

There are many types of awards that volunteers can be nominated for, but only those that documented

"We see what you're doing and we are very grateful. We want to show you how much we care about you."

— CURTIS WILLIAMS
ARMY VOLUNTEER CORPS MANAGER

news much more personal," she said.

Kaempfer added that she got a lot of satisfaction from volunteering because she feels like she has helped make a project happen and in small ways has made some people's lives a little better.

"Volunteering is also a great way to take your mind off your own issues. We tend to get stuck in our own lives and think that whatever our current crisis is is the most important thing," she said. "Volunteering is a great way to re-focus your perspective and realize that maybe you don't have it as bad as you think. Or it might even put you in the path of someone ... that has been where you are and can help you."

Williams said that nomi-

their volunteer hours in the Volunteer Management Information System, are eligible for the Garrison Recognition Certificate and the Commanding General Recognition Certificate.

For the Helping Hand Award, nominees, through their volunteer service, need to have demonstrated initiative or overcome significant challenges resulting in measured benefits to the Fort Rucker community.

For the Adult Volunteer of the Year, nominees, through their volunteer service, need to have made a significant or measurable impact benefiting Soldiers, Families and the Fort Rucker community.

For the Active Duty Volunteer of the Year, nominees, through their volun-

teer service, need to have made a significant or measurable impact benefiting Soldiers, Families and the Fort Rucker community.

For the Youth Volunteer of the Year, nominees, through their volunteer service, need to have made a significant or measurable impact benefiting Soldiers, Families and the Fort Rucker community.

For the Volunteer Family of the Year, members, through their volunteer service, need to have made a significant or measurable impact benefiting Soldiers, Families and the Fort Rucker community.

For the Lifetime Achievement Award, nominees need to have demonstrated continuous, outstanding volunteer service to one or more Fort Rucker agency or organization for a minimum of one year, with a total of 10 years volunteer service to the military community.

Anyone who has volunteered the past year on the installation can be nominated and anyone can nominate someone.

A committee of five Fort Rucker individuals is chosen to sit on a panel and decide on the awards. This year, four Army spouses and one Soldier sit on the committee to make sure there is fair representation.

Nominations can be submitted to Army Community Service or can be submitted online at www.ftruckerarmy.com/acs/army-volunteer-corps.

Health, fashion, beauty, more on tap at **GIRLS NIGHT OUT**

By Sara E. Martin
Army Flier Staff Writer

The Directorate of Family, Morale, Welfare and Recreation invites women to enjoy the seventh bi-annual Girls Night Out at the ballroom in The Landing March 7 from 6-9 p.m.

This lady's expo features shopping, browsing and entertainment, all of which are specifically catered to women's needs when it comes to health, fashion and beauty, said Leigh Ann Dukes, DFMWR sponsorship and advertising sales manager.

The event is open to the public for ages 18 and older with tickets currently on sale at The Landing.

Tickets are \$10 and will also be available at the door the night of the event. Ticket price includes entrance to the expo, a beverage, disc jockey entertainment, a fashion show, door prizes, gift bags and samplings from numerous vendors that cater to women.

"Girls Night Out is a ladies-only event that provides local women the chance to meet business owners and employees in a relaxed, yet vibrant atmosphere that is devoted strictly to them," said Dukes. "They can browse booths, shop, learn current trends, get an update on women's health issues, meet with friends and just have a good time."

"I enjoy the camaraderie of this event as numerous patrons get to engage with several businesses that cater to women," she continued.

Vendors that will be in attendance include: salons, retail stores, spas, at-home businesses and boutiques, and products such as cosmetics, makeup, jewelry, hair pieces, candles and lingerie will be featured.

During the event, there will be a drawing for 100 designer bags and a grand prize will be given away before the end of the night. People must be present to win.

This event, said Brian Jackson, DFMWR program manager, is not just a chance for women to shop and network at the 30 attending vendor booths, but is an opportunity for women who may be new to the area to get to know the local community businesses.

"It gets women out of the house, and experiencing what Fort Rucker and the local area has to offer. We welcome women of all ages, ethnicities and occupations — young female Soldiers to older female civilians, we want everyone to come," he said.

Jackson added that it is a great way for women to get away from work and the stress of the week.

"It's a morale-boosting event because women are going to be with their friends and will be able to live it up, as well as get some insight on women's issues and do some shopping," he said. "For only a \$10 ticket, patrons have a great chance of winning a door prize and even a shot at the surprise grand prize."

The high-energy night is the perfect time to get a babysitter and just have a night out with girlfriends, said Kristi Fink, special events coordinator, adding that the fashion show is a highlight.

"The event is held twice a year, once in the fall and once in the spring. Both event dates are during a date to kick off (the) respective seasons with a fashion show to showcase the upcoming arrivals for that season," she said. "It's a great way for ladies to grab a group of their friends and have a night out to enjoy a fun event on post."



PHOTO BY SARA E. MARTIN

Women shop and network with local businesses during last fall's Girls Night Out.

ON POST

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

Right Arm Night

The Landing Zone will host Right Arm Night beginning tonight from 4-6 p.m. The event is designed to provide a night of camaraderie and esprit de corps among the Fort Rucker community. Right Arm Night will feature special complimentary appetizers (quantity limited). Right Arm Night will be held the last Thursday of every month and is open to the Fort Rucker Community.

For more information, call 598-8025.

Free teen spa

The Fort Rucker Child, Youth and Schools Services Youth Center will be giving away free massages, facials, manicures and pedicures to CYSS teen members, ages 11-18, Saturday from 4-8 p.m. The youth center will supply the facial masks, sugar scrubs, lotion, massager chair, nail polish, and manicure and pedicure tools. There is no charge for youth center members or their guests.

For more information, call 255-2260.

Child Abuse Prevention Month Art Expo

In recognition of Child Abuse Prevention Month and the Month of the Military Child, the Family advocacy program and new parent support program will host an art expo for Fort Rucker children Saturday through March 21. The expo is open to all students attending Fort Rucker Primary and Elementary Schools, along with military children attending off-post schools, grades kindergarten-12. The artwork should raise community awareness for military children and child abuse prevention. Artwork should be on 8.5-by-11-inch paper in vertical (portrait) format. Children should include the following information on the front bottom right corner: first name and last name initial, grade and school. Original artwork will be displayed at various locations throughout Fort Rucker. On-post students must submit artwork to school teachers and off-post students can mail or drop off their artwork to: Army Community Service, Bldg. 5700, Rm. 350, 452 Novosel Street, Fort Rucker, AL 36362. All artwork must be submitted by March 21 by close of business.

For more information, call 255-9647 or 255-3898.

Talladega Superspeedway tickets

Talladega Superspeedway offers special ticket prices now through April 18 to all military personnel and their Families for the Aaron’s Dream Weekend May 3-4. Those interested can buy tickets at Fort Rucker Leisure Travel Services. Tickets are available for the NASCAR Nationwide Series, NASCAR Sprint Cup Series and for a Two-Day Ticket Package – service fees may apply. All sales are final and no refunds or exchanges will be given.

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

SFA Lifeguard Courses

American Red Cross Lifeguarding weekday Courses



PHOTO BY SARA E. MARTIN

Travel Extravaganza

CW2 Justin Arfa, B. Co., 1st Bn., 145th Avn. Rgt., with wife, Talia, and son, Owen, explore the booths at the travel extravaganza last year. Fort Rucker Leisure Travel Services presents the 26th annual Travel Extravaganza Wednesday from 11 a.m. to 1 p.m. at The Landing. The event will feature discounts on various destinations – from day trips to week-long packages – door prizes from vendors and more. Admission is free and open to the public. For more information, call 255-2997 or 255-9517.

will be held in both weekend and weekday sessions in March. The weekday courses are Monday-March 6 and March 10-13. The weekend course is March 8-9 and March 15-16. People must attend both weekends, Saturday from 8 a.m. to 6 p.m. and Sunday from 10 a.m. to 6 p.m.

Courses are available to people ages 15 and older. Cost is \$100 per person. Prerequisite test on first day must be passed to enter the course – non-stop swim of 500m, two-minute tread, timed brick retrieval and 15m underwater swim. People must attend both weeks, Monday-Thursday from 4-8 p.m. People can register at the front desk of the Fort Rucker Physical Fitness Center cutoff for registration is two day prior to the start date.

For more information, please contact the Fort Rucker Physical Fitness Center, (334) 255-2296.

Scream Free Parenting

Army Community Service will offer a free Scream Free Parenting course March 6, 13, 20 and 27 from 9-11 a.m. at The Commons, Bldg. 8950. This two-session course is designed to help people start a revolution in their Family. Scream Free Parenting is not just about parents lowering their voices, it’s about learning to calm their emotional reactions and learning to focus on their behavior more than their children’s for their benefit. Organizers said that with these techniques, parents can create and enjoy more calm, mutually respectful and loving relationships with their children. Registration is required by March 3 and is limited to the first 10 participants to register. The workshop is open to active-duty and retired military, DOD employees and their Family members.

For more information, call 255-3898 or 255-3359.

Financial readiness training

Army Community Service offers its financial readiness

training March 7 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.

Anger Management

Army Community Service will offer its free anger management class March 11 from 9-11:30 a.m. at The Commons, Bldg. 8950. Topics include: identifying causes and symptoms of anger, using different techniques to manage anger and developing an anger management plan. Registration is required by March 7. Pre-registration is required and space is limited to the first 16 participants to register. The workshop is open to active-duty and 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 group

The Exceptional Family Member Program invites all active duty military Families that have an exceptional or special-needs Family member to join it March 11 for an EFMP Information and Support Group from 9-10 a.m. at The Commons, Bldg. 8950, on Seventh Avenue. The topic for the meeting is spring break and traveling with a special needs Family member. Tips, tools and resources will be discussed that can assist Families and their special-needs Family members have a successful trip. The group offers camaraderie, friendship, information exchange, idea sharing, community resources, support and assistance with finding solutions.

For more information, call 255-9277.

DFMWR Spotlight

Fort Rucker Family & MWR Upcoming Events & Activities



TRAVEL EXTRAVAGANZA

March 5th | 11 am – 1 pm | The Landing

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Leisure Travel Services, (334) 255-2997/9517

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girls' night out

March 7th • 6 – 9 pm
The Landing

Fashion Show, Health and Beauty Vendors & more!

Tickets: \$10
Includes one drink stub, good for a complimentary glass of wine (only ages 21 and over) or a complimentary soda.

Family & MWR, (334) 255-9810



Feb. 27th • 4 – 6 pm
The Landing Zone Hosted by USAACE

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The Landing Zone, (334)598-8025

For more information visit www.ftruckerfmr.com.
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FORT RUCKER MOVIE SCHEDULE FOR FEB. 27 - MARCH 2

Thursday, Feb. 27

Robocop 4 (PG-13)7 p.m.

Friday, Feb. 28

Robocop 4 (PG-13)7 p.m.

Saturday, March 1

Lone Survivor (R)7 p.m.

Sunday, March 2

The Nut Job (PG)2 p.m.

TICKETS ARE \$4.50 FOR ADULTS AND \$2.25 FOR CHILDREN, 12 AND UNDER. MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME. FOR MORE INFORMATION, CALL 255-2408.

Breathe easy

Preventive medicine detachments routinely collect samples

By Lyn Kukral,
Army Public Health Command

BAGRAM AIRFIELD, Afghanistan – Service member concern about exposures to ambient air in the Central Command area of responsibility has grown with the passing of time.

To date, the Department of Defense has found little scientific evidence of long-term health effects due to these exposures, though short-term effects such as sore throat, cough, eye irritation, runny nose and other cold-like symptoms are possible.

Service member concern has caught the ear of Congress, which last year required the Veterans Administration to establish an airborne hazards registry of service member-reported health issues. Experts from the U.S. Army Public Health Command's Occupational and Environmental Medicine and Health Risk Management portfolios continue to assist the VA in development of the registry. As well, they continue to be involved in air surveillance and analysis.

Since the first Gulf War, the USAPHC and its DOD partners have sought to characterize the ambient air in the U.S. Central Command area of responsibility. Primarily a desert environment, the air there differs from that in most of the United States, routinely exceeding Environmental Protection Agency standards for particulate matter. This particulate matter comes primarily

from dust in the natural environment, although chemicals and compounds from oil well fires, Aviation, vehicle fuel, industry, indigenous solid waste disposal and other human activities contribute.

Deployed preventive medicine detachments routinely collect air samples, which are analyzed in laboratories – the USAPHC's and others – with results stored in the Defense Occupational and Environmental Health Readiness System – Industrial Hygiene, Environmental Health Business Area. Additionally, special sampling missions occur: the USAPHC has participated in the multiple site PM sampling conducted throughout the U.S. Central Command area of responsibility, in 2006-7 and the 2007-10; sampling at Balad, Iraq, specifically focused on air quality and burn pit emissions; and the September 2013 air surveillance mission to Bagram Air Field. The latter is the most detailed air sampling done in Afghanistan to date by the U.S.

"Our team went there at the request of Task Force Medical Afghanistan," said John Kolivosky, HRM Portfolio environmental engineer and team leader. "The task force concern was overall air quality given the natural dust, emissions from local communities and drifting down the valley from Kabul, Bagram Aviation operations and related airfield sources, and ground traffic."

While preventive medicine

detachments had conducted air sampling for particulate matter, Kolivosky's team brought in a literal ton of specialized equipment to identify organic and inorganic compounds as well.

"Previously, particulate matter had been sampled at Bagram by preventive medicine detachments, but not the other sampling that we did on this mission," Kolivosky explained. "We had multiple types of samplers, including high-volume samplers, passive canisters, battery-powered samplers, and real-time, continuously operating surveillance data loggers. PM detachments normally are using light-weight, portable samplers that are easy to set up and move, but don't provide this level of capability."

The team was on the ground for three weeks testing multiple areas on the air field.

"We selected locations on the basis of where the most people were concentrated, where the most people would be moving through, and where the Aviation brigade operated," Kolivosky said. "Our objectives were to get different air quality based on these locations and to address the potential exposure of the largest number of people."

While deployed, the team encountered scrutiny from the task force's public health chief, who turned out to be a friendly face from home.

"They delivered the most comprehensive sampling that has been done by U.S. forces to date,"

affirmed Col. Steven Cersovsky, now back from deployment and serving as the USAPHC's director of the epidemiology and disease surveillance portfolio. "They're providing a detailed snapshot in time – another series of data points that will help build the repository of exposures we hope to link with future health outcomes. This is the ultimate goal – the Holy Grail of public health – a goal that has been very difficult to achieve in the past."

The team sent back about 200 samples for analysis in the Army Institute of Public Health's Laboratory Sciences Portfolio.

"This number of samples is enough to give a good initial screening at a level of detail we previously haven't had for Afghanistan," Kolivosky said.

Once analyzed, a report on findings will be forwarded to Task Force Medical Afghanistan. The report will assess both operational and long-term health risks using Military Exposure Guidelines and EPA models, and will recommend whether additional air surveillance is needed, he said.

In addition to air surveillance, team members also extended the reach of the mission by providing their equipment and the training to use it to a preventive medicine detachment at Kandahar, the next Afghan location selected to yield a detailed snapshot of air quality.

"Our training of the preventive medicine detachment followed

the methodical 'crawl, walk and run' approach" said Capt. Ralph Sepulveda, an environmental science and engineering officer who also served as the team's operations officer. "Comprehensive training occurred over a two-day period and included equipment familiarization of the high volume (PS-1) samplers, assembly and disassembly of this equipment, trouble-shooting, maintenance and minor repair, data collection, and site selection. Day 2 allowed the detachment personnel actual hands-on training with setting up PS-1 samplers and collecting and processing sample media."

The team members on the mission included three civilians, and two military environmental science and engineering officers. With Kolivosky were Nathan Cook, environmental scientist, Justin McCardell, physical scientist, and Sepulveda all from the Deployment Environmental Surveillance Program at the AIPH. Capt. Godfrey Nkwantabisa, an environmental science and engineering officer from Public Health Command Region-North, also participated in the mission.

"Our mission was definitely a success," Sepulveda said. "We accomplished all our goals: sample collection, training of deployed personnel and risk communication fielding questions at the CRC (CONUS Replacement Center), during in- and out-briefs, and daily questions from interested base personnel."

TRICARE for Life Pharmacy Pilot notifications begin

TRICARE
Press Release

FALLS CHURCH, Va. — TRICARE for Life beneficiaries will soon receive letters guiding them to TRICARE Pharmacy Home Delivery or military pharmacies for some prescriptions.

The home delivery option saves time, transportation time and costs; is significantly less expensive for the beneficiary and the Department of Defense; and automatically delivers refills when they are due.

The TFL Pharmacy Pilot starts March 15 and requires TRICARE beneficiaries who use TFL to get certain medications through home delivery or at a military pharmacy. The pilot applies to refills of maintenance

medications taken regularly for chronic conditions.

As part of the pilot, TRICARE will only pay for these medications through the home delivery program or a military pharmacy. The pilot does not apply to medications for acute conditions taken for a limited time, such as antibiotics, pain medications or any generic medications.

Some individuals are exempt, including people with another prescription drug plan or people living overseas. People residing in a nursing home may contact Express Scripts to request a waiver from the pilot.

Impacted beneficiaries will be notified if they are taking a medication covered under the pilot. During the transition, two courtesy fills will be covered at a retail pharmacy

before impacted beneficiaries are responsible for the full cost of the medications.

TRICARE Pharmacy Home Delivery is safe, convenient and easy to use. Home delivery offers beneficiaries a 90-day supply of their medication with a \$0 copay for generic drugs and \$13 for brand name drugs. Switching from a retail pharmacy to home delivery can save TRICARE beneficiaries up to \$152 every year for each prescription. Beneficiaries can also save by asking their doctor to write them a prescription for a ge-

neric version of their medication.

Beneficiaries may call the TRICARE pharmacy contractor, Express Scripts, at 1 (877) 882-3335 or visit www.express-scripts.com/tricare to switch to home delivery or ask questions about their medications. To switch a prescription to a military pharmacy, beneficiaries may need to get new prescriptions from their doctors.

For the latest information on the TFL Pharmacy Pilot, visit www.tricare.mil/tflpilot.



MEANS STOP!

Motorists are reminded to obey all traffic signs.

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.
8 p.m. Latter-Day Saints Worship Service, Sundays.

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

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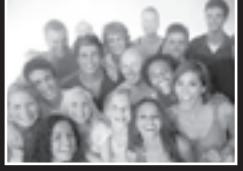
Church Directory

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

First United Methodist Church

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8:30AM & 11:00AM
Contemporary Worship - New Connection
8:45AM & 11:00AM
The Gathering - Youth
5:45PM
Sunday School
10:00 M
Nursery Care: During all services
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efumc@adelphia.net
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St. George Island hosts charity chili cook-off

Franklin County Tourist Development Council
Press Release

The St. George Island Regional Chili Cook Off will take place Saturday in the center of St. George Island, Fla.

The auction art preview is 5-7 p.m. Friday at the island's firehouse, located at 324 E. Pine Ave.

Saturday's activities begin with the 5K Red Pepper Run at 8 a.m. and a crock pot judging 10-11 a.m.

The auction begins at 11 a.m. Professional chili competition booths start preparing chili at 10 a.m., the Miss Chili Pepper and Mr. Hot Sauce judging begins at 12:15 p.m., professional chili judging starts at 2 p.m. and the awards ceremony begins at 3:30 p.m.

There is a \$5 entry fee for the competition. Proceeds benefit the St. George Island Volunteer Fire Department and First Responders.

For more information, call (850) 927-2753.



WIREFGRASS 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.andalusialegiopost80.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

MARCH 1 – Verizon Wireless presents a Charity Mardi Gras Ball benefiting the Exchange Center for Child Abuse Prevention to be held at St. Andrew's Market 7-11 p.m. and will feature live music, Cajun inspired cuisine and a silent auction. Formal attire or Mardi Gras costumes are encouraged. Tickets are \$50 per person. For tickets, call 671-1966 or email cindy@exchangechap.org.

MARCH 8 — The Veterans of Foreign Wars Post 6683 hosts Vets for Pets Poker Run at 10:30 a.m. at Old Homestead in Level Plains. Drawings will begin at 2:30 p.m. at VFW Post 6683. Cost is \$20 per bike and \$5 for extra riders. Participants will be fed at the end of the ride along with prizes. For more information, call 477-7076 or 406-3077.

MARCH 16 — The Flagship Theater will have auditions for "Romeo and Juliet" from 2-6 p.m. Actors must have a one-minute Shakespearean monologue prepared. All minors must have a parent with them in order to audition. For ages 6 and older. The show will run April 29-May 3 at 7 p.m. with a special matinee performance at 2 p.m. on May 3. For more information, call 699-3524 or visit www.theflagshiptheatre.com.

APRIL 5 — The Alabama Kidney Foundation is hosting its annual Make a Difference One Step at a Time Walk-a-Thon at Northview High School. Registration begins at 8:30 a.m. and the walk kicks off at 9:30 a.m. The Walk-a-Thon features a continental breakfast, lunch, snacks, child activity area, music and door prizes. A \$35 minimum collection of donations is required for adult entry. Dialysis patients and children are invited to attend for free. For more information, call 241-0003 or visit www.alkidney.org.

APRIL 8 – The Flagship Theater will have an intermediate and advanced acting showcase at 7 p.m. Tickets are \$10 for students and \$12 for adults. For more information, call 699-3524 or visit www.theflagshiptheatre.com.

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

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

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

OZARK

ONGOING — 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.

WIREFGRASS AREA

MARCH 1 — The Mystics of Pleasure Mardi Gras parade will take to the streets at 5:30 p.m. This krewe begins at Wintzell's and ends at Perdido Dunes in Orange Beach.

MARCH 4 — Three daytime parades will occur on Pleasure Island, Gulf Shores. The Mardi Gras Parade begins at 10 a.m. and runs along State Highway 59 from Clubhouse Drive south to the Main Public Beach. At 1:30 p.m., the Orange Beach Mardi Gras Parade starts at Wintzell's and ends at Ala. Highway 161. The 10th annual LuLu's Mardi Gras Boat Parade departs at 3 p.m. from The Wharf and travels west along the Intracoastal Waterway to the restaurant.

Beyond Briefs

Friday Fest

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

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@branson-cvb.com.

Heart Ball

The Bay County Heart Ball is an elegant evening that includes dinner, dancing, live and silent auctions benefiting the American Heart Association. The ball will be held March 9 at 6 p.m. at the Wyndham Bay Point Resort in Panama City Beach. People are asked to be dressed in black tie and formal wear. For more information, call (850) 814-8014.

14th annual Death by Chocolate

"Flappers, Gangsters, & Chocolate" is presented by The Emerald Coast Business Women at the FSU Holly Academic Center March 12 from 5-8 p.m. The evening

will include a silent auction, desserts from local restaurants, entertainment and a jewelry raffle. This event is a fundraiser for local adult educational scholarships. Tickets are \$25 in advance and \$30 at the door.

For more information, call (850) 832-5650 or email jreale@eyecarenow.com.

Charity Rib Cook Off

The 13th annual Eastpoint Volunteer Fire Department Charity Rib Cook Off will be held March 14 and 15 at the fire house in Eastpoint, Florida at Vroom Park. There will be a carnival for children and adults. Admission is free and the gates open at 9 a.m. BBQ dinners will be served from 11 am until it's all gone. There will be ribs and pulled pork with all the trimmings. For more information or to enter, email pru911@fairpoint.net or call (850) 670-9000.

Got water?

Environmental engineers test water filters

By Jane Gervasoni
U.S. Army Public Health Command
Public Affairs

In the United States, we take safe drinking water for granted. Our warfighters do not have this luxury when they are on the battlefield.

The U.S. Army Public Health Command has been working across services to address the need for water production and quality surveillance at remote, austere locations, according to Art Lundquist, an environmental engineer in the drinking water and sanitation program.

“We have been supporting the acquisition communities since 2005 through the research, development, testing and evaluation phases to ensure the end products are protective of warfighter health,” he said.

At large bases, bulk water production is managed by military occupational specialty-trained personnel operating complex water treatment systems. Smaller, remote bases often do not have the personnel to staff these production facilities, nor do they need potable water in the large quantities supplied by this equipment.

“The current solution to ensure military personnel have clean, safe drinking water often involves transporting bulk and bottled water to remote bases in deployed locations,” explained Lundquist.

This option has disadvantages with regards to packaging, transport, time, personnel and force protection. However, there are other options for providing safe drinking water in austere, remote environments.

“The U.S. military lacks a materiel solution for producing water at the unit level; however, the commercial market offers numerous options that purport to fill this gap,” said Lundquist. “The services are evaluating commercial products and developing requirements to feed into a future program for fielding new equipment.”

In the meantime, individual water purifiers are an option that helps ensure Soldiers on missions have safe water to drink.

“For individual warfighter use during emergencies, or while on short-term planned missions, the Army has an established program and is evaluating individual water purifiers that are designed to



PHOTO BY GRAHAM SNODGRASS

Art Lundquist, drinking water and sanitation program environmental engineer, tests individual water purifiers to determine whether they meet Army requirements.

work with personal hydration systems,” said Lundquist.

DWSP personnel have been working with Jeffrey Dunn, a project engineer from the Natick (Mass.) Soldier Research Development and Engineering and the Aberdeen Test Center at Aberdeen Proving Ground, Md., to test the performance of individual water purifiers, according to Lundquist.

Lundquist said ATC tested the devices for their ability to withstand exposure to environmental conditions such as freez-

ing and thawing, vibration, compression and shock. The ATC pass-or-fail standard for these tests was based on visual inspection of the devices – were they damaged or broken?

The DWSP then used an evaluation process developed in the program to determine if the devices were still able to provide safe drinking water after being subjected to the physical and environmental stressors.

“We pumped contaminated water through each candidate filter then analyzed the water to see if coliform and Escherichia coli bacteria from the contaminated water had been filtered out,” explained Lundquist. “The data was then provided to ATC to document water purifier performance and to assist decision makers in determining if the candidates meet Army requirements.”

The DWSP evaluation provided a cost-effective means to document the integrity of the filter after the environmental testing. DWSP will continue to provide technical support to acquisition programs targeting safe water production in remote environments to help protect the health of warfighters.



COURTESY PHOTO

Pick-of-the-litter

Meet Frank, an eight-month-old male lab mix. He is calm for his age, but also has a lot of energy in the yard. He is very alert and willing to learn. Frank is \$80 to adopt, which includes neutering, a microchip and heartworm testing. 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 6 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 veterinary clinic or the commissary. Visit the Fort Rucker stray facility's Facebook page at <http://www.facebook.com/fortruckerstrayfacility/> for constant updates on the newest animals available for adoption.

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We extend our appreciation to the soldiers and military families for their personal sacrifices.



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FEBRUARY 27, 2014



Christian Edwards, player for Lay Down, goes for a layup during an intramural basketball game at the Fort Rucker Physical Fitness Center Monday. Lay Down beat Guns and Hoses 108-44.

PHOTO BY NATHAN PFAU

Get Down and Lay Down downs Guns and Hoses 108-44 in intramural HOOPS

By Nathan Pfau
Army Flier Staff Writer

Get Down and Lay Down put it down on Guns and Hoses during an intramural basketball game at the Fort Rucker Physical Fitness Center Monday.

Lay Down, A Company, 1st Battalion, 145th Aviation Regiment, beat Guns and Hoses, 6th Military Police Detachment, 108-44 in a game filled with three-pointers and rarely seen slam dunks.

"Tonight's game was awesome. It was definitely a good warm-up for (the championships) coming up," said CW3 Maurice Hayes. "I feel like we know how each other plays because we've played with each other for a while. We just play off each other's strengths and I think we're pretty much guaranteed to win the championship this year."

The game got off to a slow start, but Lay Down managed to get on the scoreboard first with a three-pointer that set the tone for the game. From there, they commanded the lead and dominated their opponents at every turn with a strong offense.

After more than five minutes, Guns and Hoses managed to sink their first basket to get on the board, but Lay Down continued to pull away with multiple three-pointers.

A Co.'s superior shooting kept them well ahead of their opponents and their defense managed to stay on top of Guns and Hoses'

shooters.

The 6th MP Detachment team seemed to find some footing as they went into the second quarter with a string of baskets, but it wasn't enough to slow their opponent's stride.

Lay Down showed off their offensive prowess with a slam-dunk by Christian Edwards, Army Family member, quickly followed by a two-point shot.

Guns and Hoses' lack of defense under the board made it difficult to secure any rebounds, giving A Co. a strong advantage. Coupled with their low shot percentage, it seemed unlikely that they would be able to turn the game around as the half ended, 51-17.

Down by more than 30 points, Guns and Hoses had their work cut out for them, but their opponents only seemed to gain momentum. Despite the scoring gap, they did their best to match A Co.'s energy, and their shooting improved throughout the second half.

Briefly, in the third quarter, Guns and Hoses went point-for-point with Lay Down, but their second wind wouldn't last long, as A Co.'s defense came back hard with three-pointer after three-pointer.

Lay Down continued to dominate throughout the second half, and ended up leading by more than 60 points before the final buzzer.



PHOTO BY NATHAN PFAU

Tina Wellenreuther, Zumba fitness instructor, leads her class in a session at the Fortenberry-Colton Physical Fitness Center Tuesday.

New fitness center classes keep workouts fresh

More than 15 classes help provide variety for various exercise styles

By Nathan Pfau
Army Flier Staff Writer

Workouts can often become monotonous and repetitive, and that's why Fort Rucker's fitness centers are making sure to find exciting new ways to keep workouts fresh.

The Fort Rucker physical fitness centers offer many classes to fit a variety of fitness needs, and new classes are being offered with new instructors to help people get on the fast track to a healthy lifestyle, said Lynn Avila, Fort Rucker fitness programs coordinator.

"(Working out) is not just about losing weight, but about staying healthy – mentally and physically," she said. "We want to help people get a new outlook on life and get them to lead a healthy lifestyle."

The fitness centers offer up to 15 different classes that cover a wide variety of fitness levels and styles of workout ranging from cardio, strength and aerobic, and some of the newer classes hit on multiple styles.

One such class is the Functional and Strength Training class, which is a one-

hour, high-intensity class that uses functional lifting combined with strength training for those interested in building muscle, said Avila. A FAST class demonstration is held once a month for those interested in learning about functional lifting, and for the first time, the fitness center is offering a Saturday FAST class because of such high demand.

The Army Physical Fitness Training class is another new addition to the fitness centers' repertoire. This is a class designed to help Soldiers improve their PT scores, said the fitness coordinator. Participants will do more than push-ups, sit-ups and running, but other exercises geared toward improving those three main exercises.

Tabata is another new class that is a high-intensity, interval-training workout designed to push participants to their limits, said Avila. The class builds aerobic and anaerobic endurance through maximum-effort exercises in 20-second spurts with 10-second rest periods in 4-minute intervals.

Express Circuits is another high-intensity workout that meets in the evening, and un-

like most classes is a 30-minute class. During this class, participants move from one exercise to the next in quick succession with very little down time to maximize their workout time in a short period, said Avila.

"This is one of those classes that's great to get in before going home and winding down for the day," she said. "If you want to get in a great cardio workout, this is the one to attend."

Some classes, like Zumba Toning, aren't new, but classes that have been improved upon. Like Zumba, Zumba Toning uses the same dance styles and workouts but incorporates toning sticks to help tone muscle as well as lose weight.

"Zumba is a great cardio exercise that focuses on losing weight, but this is a way to help people focus more on toning the muscles," said Avila. "People in the class love to dance already and wanted something more than just to lose the weight, so we incorporated the toning aspect."

Oh Baby is another new fitness class that came about due to popular demand, said the fitness coordinator. The class is low-impact and designed to accommodate expectant mothers and new mothers up to six months after giving birth.

"This is a great class for new mothers and mothers-to-be to continue exercising with-

out injuring themselves," said Avila. "The periods during and after pregnancy are very delicate and precautions should be taken while exercising, and this helps with that."

Although not new, H2O Cardio and Strength is one of the fitness centers' more unique classes in that it takes place in the pool. Participants utilize weights, cardio workouts and water resistance to give the workout an extra edge, according to the fitness coordinator.

"This class is a very good low-impact workout for people with joint or ligament issues," she said. "It's also great as a rehabilitation class for those who can't yet workout in the gym but want to keep their mobility in their workouts."

Avila said that although these classes offer a great way for people to stay in shape and remain healthy, it's also a great way for people to meet new friends.

"These classes offer people on Fort Rucker a great way to network and meet new people, on top of the benefits of working out," she said. "These are people with the same interests in doing the same things to stay in shape."

Classes are \$3.50 per class or \$30 per month for unlimited classes.

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

DOWN TIME



Super Crossword

ACROSS

1 Umpire's face wear
5 Consumer's antifraud gp.
8 Massive
15 Dating from
19 One of the Galápagos Islands
21 Kind of cable that conducts electrical signals
22 — monster (lizard)
23 Start of a riddle
25 Pol, middle-of-the-roads
26 Powerball, for example
27 "Evil Woman" rock gp.
28 Miss.-to-Mich. dir.
29 Dull-edged
30 Previous to
31 Riddle, part 2
36 Remove sodium chloride from
39 Villa d'—
40 Erie and Tahoe
41 Gold, in Spain
42 Keep attached
44 Most trifling

45 Prefix for "the same"
46 Riddle, part 3
49 Comedian
50 Swapped
52 With 6-Down, what a sad person sings
53 Robbins or Rice
54 Elongated fish
55 Thickhead
57 Inuit homes
59 Riddle, part 4
65 Hat fabric
66 "Gilligan's Island" star
67 Villain in 113-Across
68 Riddle, part 5
71 — frisé (small dog)
73 "Buy — regular price, get ..."
74 Mined matter
75 Give relief to
76 Past
77 Family name of old rulers of Florence
80 Bonny girl
82 Riddle, part 6
85 Suffix with percent
86 Rub with holy oil

88 Attaches with a pop
89 "Hold on a—"
90 Put in a new cage
91 Contender
92 AOL notes
96 End of the riddle
100 Frat "T"
101 "— a break!"
102 Prone (to)
103 "— hoo!"
104 Pick — (draw from the deck)
106 Lariat, e.g.
107 Riddle's answer
112 Greek strife goddess
113 Shakespeare play
114 Drive while car shopping
115 Part of YTD
116 Curly-coated dogs
117 "Gotcha!"
118 It borders Vietnam

DOWN

1 Whimpered like a baby
2 On the beach
3 Floods

4 "Boston Public" actor Nicky
5 Ghost's cry
6 See 52-Across
7 Part of some hammers
8 Polar
9 Unification Church member
10 Hawaii's — Loa
11 Did very well
12 Vardalos of films
13 "I've got a mule, her name is—"
14 Right-angled annex
15 Nimble
16 Small blood cavity in organ tissue
17 Language of medieval Scandinavia
18 Fare from McDonald's or Wendy's
20 Sgt., say
24 Makes out all right
29 Eateries
31 Old video game systems

32 Pkg. for a dozen eggs
33 Tightly packed fish
34 — out (barely exist)
35 Mix again
37 Hgt.
38 Caused
43 Verve
44 Hodgepodge
46 Rigid
47 "Gosh golly!"
48 Guy, informally
49 Splits anew
51 Top-floor storage area
54 Farthest from the start
56 Actor James Van — Beek
58 German king, 936-73
59 Higher-priced Kabuki sash
61 "— seen enough?"
62 Responses to groaners
63 Disco-era term meaning "galore"
64 "It hit me like a — bricks"
66 "Maude" star Arthur
69 — for (neglected)
70 Director Rob

71 Tendencies
72 Dialect
75 iPhone buy
77 Didn't ignite properly
78 Italian stage actress Duse
79 Dilapidated
81 Tempered with heat
82 What a cyclops has
83 Arctic regions
84 Genetic stuff
87 Pos., to neg.
88 Funny Caesar
91 ESPN sports analyst Dick
93 Roma's land
94 U.S.-Mexico border city
95 Washes with soapy water
97 Ed of Reagan's cabinet
98 Incantation
99 "There ought — law!"
104 Trial fig.
105 Lower-left PC key abbr.
107 Vortex
108 1999 Seattle protest subj.
109 "Well now!"
110 Hairstyles
111 — Kosh B'Gosh

CHIEF SODA PRODUCTS

TRIVIA

Trivia test by Fifi Rodriguez

1. GEOGRAPHY: Where is the Harney Stone located?
2. TELEVISION: Who was executive producer of the "Animaniacs" television cartoon show?
3. MOVIES: What Jon Voight/Dustin Hoffman film won the Academy Awards Best Picture in 1970?
4. MUSIC: Which Pink Floyd song featured the lyrics, "All in all you're just another brick in the wall"?
5. GAMES: How many dominoes are in a standard set?
6. POLITICS: In what year did a Republican run for president on the slogan, "A chicken in every pot and a car in every garage."
7. FAMOUS QUOTES: What ancient philosopher said, "The roots of education are bitter, but the fruit is sweet."
8. MYTHOLOGY: According to some popular accounts, what was the last name of the legendary King Arthur?
9. COMPUTERS: What does the acronym JPEG stand for?
10. LITERATURE: In which novel does the character of Madame Therese Defarge appear?

See Page D3 for this week's answers.



Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D3 for this week's answers.

See Page D3 for this week's answers.

KID's CORNER

Junior Whirl

by Hal Kaufman

SPOT CHECK Have you a sharp eye for design? Let's see. Study the design at right carefully, and see if you can come up with a convincing design for the circle shown at right.

TASK FORCE SCRAMBLE

Names of each of the 10 animals listed below are arranged in their respective rows. No. 1, Ed Dine, for instance, is a catfish. Can you find many of the rest you can recognize?

1. Catfish
2. Lion
3. Bear
4. Tiger
5. Elephant
6. Snake
7. Pig
8. Horse
9. Dog
10. Sheep

BOOYED UP! Our animal and insect friends above aren't happy with their lot. To complete picture, draw missing lines.

Wishing Well

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

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HOCUS-FOCUS

BY HENRY BOLLEHOFF

CAN YOU TRUST YOUR EYES? There are at least six other words in drawing above, between top and bottom panels. Can you find them? Check answers with those below.

Answers: 1. Catfish, 2. Lion, 3. Bear, 4. Tiger, 5. Elephant, 6. Snake, 7. Pig, 8. Horse, 9. Dog, 10. Sheep.

Army strong

Army coaches help U.S. women make Olympic history

By **Tim Hipps**,
*U.S. Army Installation
Management Command,*
and **Gary Sheftick**,
Army News Service

KRASNAYA POLYANA, Russia – Two Olympic coaches from the U.S. Army World Class Athlete Program had an unofficial hand in Team USA earning two Olympic medals in women’s bobsled competition Feb. 19 at the Sanki Sliding Center.

U.S. Olympic men’s bobsled assistant coach U.S. Army World Class Athlete Program 1st Lt. Mike Kohn and Team USA Olympic skeleton coach Vermont Army National Guard Sgt. 1st Class Tuffey Latour, a former U.S. and Canadian men’s and women’s bobsled coach, assisted Team USA silver medalists Elana Meyers and Lauryn Williams and bronze medalists Aja Evans and Jamie Greubel.

“I coached the women’s drivers in their early years, as they were learning to drive, but moved over to the men’s side two years ago,” said Kohn, who humbly downplayed his value added to U.S. Olympic women’s bobsled squad. “We all still pitch in to help all teams on race day.”

Williams, a silver medalist in the 100 meters at the 2004 Olympic Games in Athens, Greece, and a gold medalist in the 400-meter relay at the 2012 Olympic Summer Games in London, became one of a few women in the history of the modern Olympic movement to win medals in both the winter and summer Games.

Jazmine Fenlator and Lolo Jones finished 11th aboard USA-3. Kohn and Latour were at the track to motivate and help all of the Team USA women’s competitors with their sleds.

“He’s definitely a help on our race days and preparation for driving,” Fenlator said of Kohn, a two-time Olympic bobsled competitor making his Olympic coaching debut in Russia. “I was an athlete – a brakeman –



PHOTOS BY TIM HIPPS

U.S. Army World Class Athlete Program and Team USA skeleton coach Sgt. 1st Class Tuffey Latour leads Noelle Pikus-Pace to an Olympic silver medal and Katie Uhlaender to a fourth-place finish in women’s skeleton Feb. 14 at Sanki Sliding Center in Krasnaya Polyana, Russia.

when Mike Kohn qualified for the 2010 Vancouver Olympics. His story, alone, in qualifying that third sled for the Olympics was inspiring.”

Kohn, a member of the Virginia Army National Guard from Myrtle Beach, S.C., began competing in bobsled in 1990. At age 18, he was the youngest competitor at the 1991 U.S. Olympic bobsled trials. Kohn won a bronze medal in four-man bobsled at the Salt Lake City 2002 Olympic Winter Games in Utah, and was an alternate for Team USA at the Torino 2006 Olympic Winter Games in Italy. Kohn drove USA-3 to a 13th-place finish in four-man bobsled at the Vancouver 2010 Olympic Winter Games in Whistler, British Columbia.

“He’s definitely a big support system for us,” Greubel said. “He’ll be at the bottom of the

track helping us with the sleds.”

Greubel’s teammate, Evans, comes from a family of professional athletes. Her brother, Fred Evans, is a defensive tackle for the Minnesota Vikings. Her uncle, Gary Matthews, was a hitting coach before becoming an announcer for the Chicago Cubs. Her cousin, Gary Matthews Jr., was an outfielder who played for the Chicago Cubs, Pittsburgh Pirates, New York Mets, Baltimore Orioles, Texas Rangers and the Los Angeles Angels.

Jones finished fourth in the women’s 100-meter hurdles at the London 2012 Olympic Summer Games and began bobsledding later that year. She considers being selected to compete for Team USA at the Sochi 2014 Olympic Winter Games one of her most memorable athletic achievements.



USA’s Elana Meyers raises her arms in jubilation after crossing the finish line to earn an Olympic silver medal with a combined four-run time of 3:50.71, Feb. 19. Her teammate, Lauren Williams, applies the breaks as their bobsled approaches the stands.

PUZZLE ANSWERS

Super Crossword

Answers

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

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. Blarney Castle, Cork, Ireland
2. Steven Spielberg
3. “Midnight Cowboy”
4. “Another Brick in the Wall — Part 2”
5. 28 pieces
6. 1928; Herbert Hoover
7. Aristotle
8. Pendragon
9. Joint Photographic Experts Group
10. “A Tale of Two Cities,” Charles Dickens



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SPORTS BRIEFS

Intramural softball coaches meeting

The Fort Rucker Physical Fitness Center will hold men's and women's intramural coaches meetings Wednesday for people who are interested in entering a softball team. The first meeting will be held at 9:30 a.m. and the second meeting will take place at 5:30 p.m.

For more information, call 255-2296.

Silver Wings Cup registration

Silver Wings Golf Course members can register for the 2014 Silver Wings Cup Saturday through March 24 at SWGC. Format is individual match play (USGA handicap required). Registration costs \$20, plus cart fee for each time a player plays. Participation is limited to the first 32 paid entries.

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

Two-Man Buddy Bass Tournament

Outdoor recreation will hold a Two-Man Buddy Bass Tournament Saturday from 6 a.m. to 2 p.m. at West Beach, Lake Tholocco. There will be a \$100 entry fee per two man team. All entrants must have an Alabama State fishing license, Fort Rucker post fishing permit, and a Fort Rucker boater safety completion card. There are only 25 slots available, so early registration is encouraged. The Top 3 weigh-in totals will receive a cash prize. Door prizes will also be rewarded, as well as a special prize for biggest fish.

For more information, call 255-4305.

Rucker Lanes' Mardi Gras

Rucker Lanes will host its own version of Mardi Gras Saturday from 8 p.m. to midnight. People are welcomed to bring out the Family and let the good times roll with unlimited bowling for up to six people per lane; shoe rental for all guests; one large 16-inch, one-topping pizza; one pitcher of fountain soda or

tea; and Mardi Gras goodies for just \$50 per lane. Reservations are required and space is limited. Those who come dressed in costume become eligible for additional rewards and giveaways. Also, a VIP Experience price is available for \$75 and includes all the features of the standard reservation, plus an extra lane and the use of the VIP Bowling Lounge. The event is open to the public and exceptional Family member friendly.

To make reservations or get more information, call 255-9503.

Gobbler Classic Turkey Hunt registration


Registration for the Gobbler Classic Turkey Hunt continues through March 14 at Fort Rucker Outdoor Recreation. The hunt will be held March 15 through April 30. Cost is \$25 per person. Participants must have an Alabama State hunting license, a Fort Rucker post hunting permit and a hunter education card. Alabama State regulations and Fort Rucker Regulation 215-1 apply. The turkey must be harvested on Fort Rucker in order to qualify.

For more information, call 255-4305.

Youth sports registration

Registration for youth baseball and jump roping continues through Friday. Baseball season will take place April 8 to May 31. Children must meet age requirements by May 1. A current sports physical and valid child, youth and school services registration are required for participation. Youth sports will host a parents' meeting for baseball and jump roping March 13 at 6 p.m. in the youth center gymnasium, Bldg. 2800, for parents who are new to the Fort Rucker Youth Sports and Fitness Program.

Coaches are needed, so interested people can call 255-0950 to volunteer or get more information. Also, parents should call 255-2257 or 255-2254 to let the staff know children's shirt size when using WebTrac.



- Have a Family disaster plan and supply kit.
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