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CRUISIN' Office offers cruise tips, expectations

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LIFEGUARD Courses offer career opportunity

Story on Page D1





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

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FORT RUCKER ★ ALABAMA

JANUARY 16, 2014

Posts battle domestic abuse

By Sara E. Martin Army Flier Staff Writer

domestic violence.

Three military installations joined forces at Fort Rucker last week to help understand the distinctive and diverse issue of

Fort Rucker, Eglin Air Force Base Fla., and Fort Benning, Ga., Soldiers and civilian workers attended a domestic violence seminar Jan. 6-10 at Wings Chapel to help understand each other's role in the community, spread awareness and to learn more about the complicated issues that surround the controversial topic, said Luticia Trimble-Smith, Family Advocacy Pro-

gram manager. "We have realized that domestic violence is not just a law enforcement problem but a community problem," said Larry Maxwell, behavioral science education and training division instructor at Fort Leonard Wood, Mo. "In this class, we have a mixture of victim advocates with FAP, we have Criminal Investigation Command,

we have military police, we have social workers, and we have drug and alcohol counseling representatives. We all have to work together to best help with Family violence issues or cases."

The class taught participants several things: the dynamics of domestic violence, the psychological and behavioral dynamics of the victim and the subject, the effects on children, the legal aspects of investigating, non-violent crisis intervention, officer safety and other types of abuse, such as abuse of elderly people.

Maxwell and other instructors and speakers lectured to the class, but a large portion was spent in role playing, practical exercises, group activities and discussions, and question and answer sessions.

"We finish the course with a practical exercise called 'In Their Shoes.' We divide them into groups, but each group represents one victim and they play through 17 scenarios, and they have to make choices

SEE FORCES, PAGE A5



Spc. Britney McCarthy, places a bandage on Pfc. Michael Adams, both of 6th MP Detachment, signifying that their team was physically abused during a practical domestic violence exercise Friday at Wings Chapel.

Day the

Second Lt. Dorothy Marie Reid, D Company, 1st **Battalion**, 145th Aviation Regiment, checks her aircraft, a UH-60 Black Hawk, for flight Monday at Lowe Army Heliport. For more on the day in the life of a flight school student, see Page A3.



Ceremony keeps post steeped in tradition

By Nathan Pfau Army Flier Staff Writer

From the bugle call early in the morning to the cannon fire in the evening, people on military installations across the U.S. have become accustomed to these familiar sounds daily, and Fort Rucker is no exception when it comes to upholding this centuries-old tradition.

That tradition is something that returned to Fort Rucker relatively recently in 2011, and is an important part of the duty day, according to Sgt. Maj. Marvin A. Pinckney, U.S. Army Aviation Center of Excellence G-3 sergeant major.

"Customs and courtesies, and rendering honors to the flag and nation are obviously big parts of being in the military, and tradition is what runs our Army," said Pinckney. "'Reveille' and 'Retreat' have been used by the military for centuries, but more importantly it was used by the United States forces during the days of the Continental Army during the Revolutionary War to communicate to the troops and make sure they were up



Soldiers from the NCO Academy fold the flag during the 'Retreat' ceremony on Howze Field Tuesday.

in the mornings, went to mess and make sure they were bedded down at night."

Today, the familiar sound of the bugle and boom of the cannon are mostly ceremonial, but technically do signify the beginning and end of the duty day on the installation, added the sergeant major.

"Today, we can communicate readily, but back then they needed other means to communicate with the Soldiers," said Pinckney.

The daily ceremony takes place on Howze Field where a seven-Soldier group raise the flag during "Reveille" at 5:30 a.m. Mondays-Fridays and 6 a.m. on holidays. "Retreat" is sounded at 5 p.m. Mondays-Thursdays, and 4 p.m.

SEE CEREMONY, PAGE A5

Fort Rucker's recycling plan pulls its weight

By Sara E. Martin Army Flier Staff Writer

With the arrival of the new year, some people think about making new, healthy habits, and Fort Rucker is helping people go green by continuing to make on-post recycling acces-

Fort Rucker offers many ways to recycle, including the Corvias Military Living program, the environmental center and the hazardous waste center, and according to Melissa Lowlavar, environmental management branch chief, the post is pulling its weight when it comes to helping with the growing epidemic of overflowing landfills.

"It is super easy to drop things off at our centers. No hassle, no paperwork and no fees. You can live off post, you can bring your neighbors' stuff, you can be a civilian, you can work on post - it doesn't matter," she said. "We all should be stewards of the Earth. (Everyone needs to) do (their) part to make sure that future generations have all of the needed resources to live on this beautiful planet."

The recycling center collects material year round. Some of the typical things it takes are cardboard, aluminum cans, paper, mixed plastics, old toner cartridges, used oil, metals, wood pallets, and electronic waste such as old cell phones, computers and compact discs.

"All of our efforts make a difference," said Kevin Bryan, environmental scientist. "Using plastics as an example: the number of bottles that it takes to make up a bale of plastic for recycling would more than fill up a standard in-ground swimming pool. That is a lot of space that we are saving in our local landfills."

The fact that anyone can use the hazardous waste and environmental centers, with their easily accessible locations, and the fact that they collect materials at office buildings make them a good choice when it comes to local recycling, he con-

For those that have daily recyclables, there are paper and cardboard recycling bins set up at a variety of locations around the installation. There is one in almost every office building, said Bryan. But for those with large lamounts, the center is located in the center of post for drop off.

"People can collect their segregated recyclables, drive up and into the warehouse (Bldg. 9322) where some of our staff will be glad to assist and direct them. On bad weather days, if the big roll up door is closed, people will have to go through the smaller, personal door in order to get assistance."

The centers have a few rules when it comes to dropping things off to be recycled.

"People have to separate what they bring in and food residue cannot be in any of the containers," said Lowlavar. Officials also request that pizza boxes not be brought in, and that bottles and cans that used to contain liquids be washed out to keep the facility as clean and rodent-free as possible.

"Parents should encourage children to be involved in the process and make it be educational," she continued. "It really hits home with children when you tell them how long it takes certain things to biodegrade in the landfill."

It's just as easy taking something to the dump as it is to bring it to the center, added Bryan, saying that it is more ef-

ficient and healthier than letting it sit around the house. Fort Rucker even has an incentive program to reward units

SEE PLAN, PAGE A5

PERSPECTIVE

ACAP: Think outside the box

By Bryan Tharpe

Fort Rucker Army Career and Alumni Program

Do you have tunnel vision when it comes to thinking about what jobs you could do when you transition out of the military?

If you do, you're not alone.

Most people have trouble seeing themselves doing anything other than what they have spent their military career doing. For most people, continuing to do what they have the most experience doing pays the most money.

However, the exception could be a military transitioner. Soldiers have unique experience, attributes and training that their civilian counterparts most likely don't. Therefore, ery "soon to be veteran" get a job when they

you should be open minded and think what career opportunities your skills would be transferrable to. For instance, a Soldier in a combat arms career field could do a lot of things just based on leadership and management skills. Sometimes it takes a talent manager to help you see what you can become.

I spent a good part of one morning last week talking with Pete Charest, vice president of recruiting operations for Hirepurpose. Charest is a veteran and has a multitude of years in recruiting for the military, as well as corporate America. He spends a lot of his time on the road talking with and selling other employers on the skills and attributes of the men and women in the military.

His goal is lofty, but he wants to help ev-

transition out of the military. He works with every rank from enlisted to general officer to help find them great employment. His services are free to the service members.

One of his tools is a skills assessment test that is located on his website: www.hirepurpo.se. This tool gives you the insight to finding a great job in a new career path. Charest suggests that everyone take this test before they post a resume on the website.

Most employers say they want to hire veterans; however, most don't know how to go about it, so their words and actions don't quite match up. But the companies that Charest talks with understand what veterans can bring to their companies. He is the tip of the spear for selling you to the employers. Some of the biggest companies are listening

to his selling points and are using him to help them connect with you.

Charest has agreed to partner with the ACAP Centers across the country to help put our veterans to work. You can go to the Hirepurpose website: www.hirepurpo.se and post your resumes so that he can assist you with finding that great job.

Also, be flexible on where you can live after you transition. After all, you don't want to lock yourself into an area of the country with no good paying jobs. Lastly, be opened minded when looking for a job – even if it is in a new industry. Think outside the box. Let Charest help you get that new job that you deserve when you transition.

For more job advice, call the Fort Rucker ACAP Center at 255-2558.

VA career technical training track: What's in it for you?

By David Phelan

Veterans Affairs Education Counselor

Beginning a new career as a civilian employee when leaving the military can be filled with exciting opportunities to grow both professionally and personally.

In order to succeed, one must be ready to take the time required to manage all aspects of a new career.

As part of the enhanced Transition Goals, Plans, Success program, service members and spouses have the option of selecting from three tailored, two-day tracks to attend: a career technical training track for those seeking job-ready skills and industry-recognized credentials in shorter-term training programs; an education track, for those pursuing a traditional col-

lege education; and an entrepreneurship track for those wanting to start a business.

Conducted by the Department of Veterans Affairs, the career technical training track assists service members and spouses in transitioning to civilian life, while navigating through the choices and decisions involved in selecting a technical career.

Participants will receive assistance in identifying required credentials and investigating training options to pursue those qualifications. The outcome is a customized plan for success to help smooth a service members' transition to a technical

During this career technical training track, participants

• Define their personal technical career goals;

• Identify required credentials;

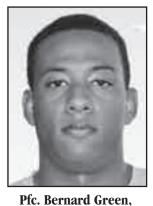
- Find technical training opportunities;
- · Identify local Veteran resources; and
- Create a plan to utilize their VA education benefits.

For an optimal experience in this course, VA recommends completion of the Core Transition GPS program prior to attending. If available, participants should bring their individual transition plan, military service transcripts, O*Net Self-Assessment/MOC Crosswalk results and personal budget to the workshop.

For more information on the course, visit the VA benefits briefer in Bldg. 4502, Rm. 203, or call 255-1868 or 255-1158. You should also call your ACAP Center at 255-2558 to sign up for the next available career technical training track.



Martin Luther King Jr. saw the importance of having and pursuing dreams. Why is it important for people to have dreams and to pursue them?"



B Co., 1st Bn., 11th Avn. Regt.

"Without goals there is no purpose to do anything. You set goals in everything you do, and that is what drives all of us to do better.'



Second Lt. Stephen Middlebrook, D Co., 1st Bn., 145th Avn. Regt.

"Its important to have a dream or aspiration to work towards because it helps you stay positive about stuff even when you have setbacks.



Nicholas Bennett, military Family member

"We need goals to go after so we have something to look forward to."



Sabrina Ward. retired Army

"So you can live a better life. When I was young, my dream was to be successful. And now that I am older, I don't have to work as hard to obtain the things that I want because I pursued my dreams when I was vounger.'



Charlotte Fox, retired military spouse

"That's what America was founded on - to work to see how high you can achieve. The more you work the better you get, and the better you get the more you achieve and succeed."

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Ask your buddy

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

Care for your buddy

· Remove any means that could be used for self-

iniury.

- Calmly control the situation, do not use force.
- Actively listen to produce relief.

⊏scort your buddy

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

Classroom to cockpit

Day in the life of a student helicopter pilot

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@armyflier.com for the staff to consider.)

Her alarm goes off at 3:30 a.m. and her loveable hound-lab mix, Rupert, is there to make sure she doesn't hit the snooze button.

Second Lt. Dorothy Marie Reid rubs the sleep from her eyes as she prepares for another day as a UH-60 Black Hawk student with D Company, 1st Battalion, 145th Aviation Regiment, 1st Aviation Brigade.

"I start my day by studying some of my simpler memorization facts like (emergency procedures). Once I am mentally capped, I will try to get a run in," she said.

After a quick shower and a yogurt cup, Reid heads to Ford Hall for morning (lecture) at 7 a.m. or the airfield at 5:30 a.m. and has class for five to seven straight hours.

"Most students skip lunch and they tend to some of their business, like checking email or running personal errands," she said, but Reid usually heads home to take Rupert out, give him some much needed attention and eat a lunch she prepared the night before.

"After lunch hour we switch. So, if you were out on the airfield in the morning, you go to class in the afternoon, and vice versa," she continued.

Afternoon instruction lasts another four to five hours, according to Reid, then students are released for the day.

"I know a lot of students have Families, and this is the only free time parents have to spend with their children and have dinner, but I spend my down time by taking Rupert for a run," she said.

Reid calls her husband around 6:30 each night while cooking dinner. She buries her head back into textbooks after her evening call and completes what people would consider homework.

"I will study until I realize I am not retaining the information, which is usually about two hours, and then it is definitely bedtime,"

Reid believes that other students would need a schedule similar to hers to stay on top of their respon-

She is a self-proclaimed Army brat who doesn't claim any hometown, but she is a Family girl who is married to an infantryman currently stationed at Fort Benning, Ga., a luxury that she is taking



Second Lt. Dorothy Marie Reid, D Company, 1st Battalion, 145th Aviation Regiment, attends class Friday at Ford Hall as part of her training to become a UH-60 Black Hawk pilot

full advantage of, even though her weekends are just as packed as her work weeks.

"Every Saturday, I will either drive to Fort Benning or he will drive here so we can try to spend some time together," she said. "The drive is hard for both of us, but I appreciate the time I do have with him because I do get the support I need that many students don't have."

The Reids never go a Saturday without making a big breakfast and doing something athletic together, such as going on a hike or playing racquetball before completing errands. Saturday night is either date night or study night, which Reid believes most students also indulge in.

"Sunday morning we always try to sleep in, and if I am in Georgia I will drive home and listen to my audio notes. Sunday night is studying and checking up on anything I have neglected during the week, like laundry," she said while laughing.

Although she knew her schedule would be incredibly busy, Reid said she never anticipated the complexity of the training.

Students first go through basic officer leadership course when they arrive at Fort Rucker, where they learn the basics of Aviation. Survival, Evasion, Resistance and Escape training follows, along with "primary," where students begin flying the TH-67, then "instruments," she said.

Students finish the initial entry rotary wing phase after refin-



Reid stands in front of a UH-60 Black Hawk Monday at Lowe Army Heliport. She is currently in the third week of the academic portion of learning the basics of flying Black Hawks.

ing their map making skills, Reid said.

The Army usually selects what airframe the students will be flying and they begin taking classes that focus on that airframe, as well as going to the airfield and working with the helicopter on the ground.

Eventually, after extensive testing and time in simulators, student pilots begin flying again. After completing night flying checkrides, many weeks later, students graduate.

Reid is currently in the third week of the academic portion of learning the basics of flying Black

"This journey has really shown decompress at the end of each day me what my weaknesses are, and or the weekend. how to tackle them to be a better person inside and outside of the military. But growing throughout has been eye-opening, and I am a better person and officer now than when I first got here," she said.

The exclusivity of flying, and wanting to be a part of the mission that brings troops to the fight as well as supporting the fight itself, is what attracted Reid to getting her boots off the ground.

Even though re-teaching herself how to learn and memorize is especially time consuming, Reid said it is still important to find a way to

"I think that students really need to take at least a few hours in the weekend to do something for themselves so they can recharge," she said. "The effort and the energy has to be there on Monday because you're training, and no matter what is happening in your life you are expected to perform and match the bar that your instructors set."

Although Reid said she was sometimes frustrated with certain aspects of flight school, she wouldn't trade the "exceptional" opportunity for anything in the

News Briefs

Change of responsibility

The U.S. Army Combat Readiness/Safety Center command sergeant major change of

responsibility ceremony will take place Friday at 10 a.m. at the U.S. Army Aviation Museum. Command Sgt. Maj. Leeford C. Cain will assume responsibility from Command Sgt. Maj. Richard D. Stidley, who is retiring after more than 34 years of military service.

AAFES closures for inventory

Fort Rucker Army and Air Force Exchange Service facilities will conduct inventory operations in mid-January. The military clothing sales and the mini mall express (gas will still be available) will be closed Friday, the main store will be closed Sunday, and the Triangle Express (gas will still be available) and Class Six will be closed Monday.

Retirement ceremony

Fort Rucker hosts its quarterly retirement ceremony Jan. 24 at 2 p.m. in the U.S. Army Aviation Museum. All are invited to attend and honor the post's latest retirees.

Chili Cook-off, 5K

The 22nd annual Chili 5K and Cook-off, hosted by the Army Aviation Association of America, takes place Jan. 25 on Fort Rucker's Festival Fields. The festivities begin with a 5K road race at 9 a.m. Children and adults may participate in a 1-mile fun run at 10 a.m. Awards for first, second and third place in a variety of age categories will be presented to runners at 10:45 a.m. Chili teams will prepare chili and attendees can purchase chili for \$1 per cup starting at 10:30 a.m. - all proceeds benefit the AAAA scholarship fund. Chili judging begins at noon, and awards, including best tasting, best in show and people's choice, will be presented at 1 p.m.

Heritage month kickoff

People can register at www.chili5k.com.

The African American Heritage Month kickoff takes place Jan. 31 from 11:30 a.m. to 1:30 p.m. at the post exchange. The Fort Rucker Elementary School choir will perform during the event. For more information, call 598-9423.

Opportunity knocks

The following internal positions are available on Fort Rucker: Income

Tax Preparation Clerk, GS-0303-03, SCEG147812881028645, closes Friday; and Electrical Engineer, GS-0850-12, SCEG137767761008696D, closes Tuesday. For more, check out www.usajobs.gov.

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

For more information, call 255-3932.

Contracting 101

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

For more information, call Staff Sgt. Ambrosio Alvarez at 255-2846 or send an email to ambrosio.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.

Nurse advice line

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

Commissary scholarships

Applications for the 2014 Scholarships for Military Children Program are available at commissaries worldwide or on the Internet at

http://www.militaryscholar.org. Applications must be turned in to a commissary by the close of business Feb. 28. Packages must be handdelivered, 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.

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

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

For more information, call 255-9595.

Alcoholics Anonymous

Alcoholics Anonymous meets Thursdays at 7 p.m. at the Spiritual Life Center, Bldg. 8939, Rm. 38. AA is described by chapel officials as a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from the use of alcohol. The program is focused on spirituality and religion, having an impact on changing a person's

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

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

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

Warrior Transition Command restructures as numbers fall

By J.D. Leipold Army News Service

WASHINGTON — With the numbers of wounded, ill and injured Soldiers steadily declining over the last 14 months to its lowest levels since 2007, the Warrior Transition Command will restructure over the next nine months.

Five of the 29 warrior transition units and all nine community-based warrior transition units will be deactivated due to the falling numbers, explained Brig. Gen. David Bishop, Warrior Transition Command commander, during a media roundtable today. He added that 13 community care units would be formed and embedded within warrior transition battalions and brigades at 11 installations.

"The decision to reorganize was also based on periodic reviews and lessons learned over the last few years," Bishop said, emphasizing that WTC remains fully funded and upcoming changes "are not related to budget cuts, sequestration or furloughs."

The WTUs being shut down are located at Fort Huachuca, Ariz.; Fort Irwin, Calif.; Fort Jackson, S.C.; West Point, N.Y.; and Joint Base McGuire-Dix-Lakehurst, N.J. As of Jan. 2, the total number of Soldiers assigned to those five units stood at 62.

Bishop said those 62 Soldiers are anticipated to transition naturally as part of their healing plan by the end of September. If they haven't, they'll be assigned to a community care unit or WTU at another instal-

The nine CBWTUs in Alabama, Arkansas, California, Florida, Illinois, Massachusetts, Utah, Virginia and Puerto Rico will all be deactivated, but Puerto Rico will have a community care unit detachment under the mission command of the Fort Gordon, Ga., Warrior Transition Battalion.

Before the 13 community care units begin receiving Soldiers from the CBWTUs, they'll first be certified at their initial operating capability by the commanding generals of regional medical commands to ensure resources and training is in place.

"Every Soldier will go through a series of interactions with both their gaining and losing cadre to ensure their complete care and transition plan is fully understood and accountability is maintained and continuity is sustained throughout the process," Bishop said.

WTC began looking at ways it could improve the transition process in July 2012. While the command had capacity to handle 12,000 Soldiers, the population had dropped to 7,070. Bishop said it was appropriate to reduce capacity given the population decrease, but feedback from oversight agencies, Soldiers and their Families identified improvements that could be made.

"We were able to add capabilities to units as well as occupational therapists, occupational therapist assistants, physical therapists, transition coordinators and nurse case managers to improve the experience of Soldiers going through the program," he said.



Retired Spc. Luis Puertas, a native of Orlando, Fla., celebrates as he crosses the finish line first after completing the Men's 1500 meter (above the knee single and double amputee) race at the U.S. Air Force Academy in Colorado Springs, Colo., May 14 during the 2013 Warrior Games. The WTC's mission is to develop, coordinate, and integrate the Army's Warrior Care and Transition Program for wounded, ill or injured Soldiers, veterans, and their Families or caregivers, to promote success in the force or civilian life.

"For example, nurse case managers have a ratio of one to 20 Soldiers across the program. In battalion headquarters companies, we're now going to improve that to one to 10, and squad leaders will go from a ratio of one to 10 across the program to one to eight within battalion headquarters," Bishop added, noting that in the CBWTUs the ratio of platoon sergeants to Soldiers was one to 40 and that will change to one to 33.

That will increase the capacity of leadership to take care of Soldiers and it should be felt positively by Soldiers and cadre members, he said.

WTC is also working to reduce the transfer and evaluation time, Bishop said. Now when Soldiers go to a CBWTU, they must first in-process at a WTU on an installation and after evaluation and assessment go through several medical appointments until the commander deems them prepared to go home. That takes an average of 107 days, he said.

"The Community Care model is going to help the cadre and the Soldier by virtue of being on an installation within the footprint and leadership of a warrior transition battalion," Bishop said. "Right now the CB-WTU cadre are on leased space or on some military space, but separate from WTUs on

the installations; but under the Community Care model, they're going to leverage the command structures, the staff of the WTB, the military treatment facility clinical staff and the senior commander who is overseeing the WTU.

'We think the increased standardization, reduction in transfer time, improvement in our simplification of the command structure and the provision and leveraging of installation command structures and resources will help very much," he added.

Addressing the nearly 4,000 military and civilian personnel required as cadre at WTUs and CBWTUs across the Army, the

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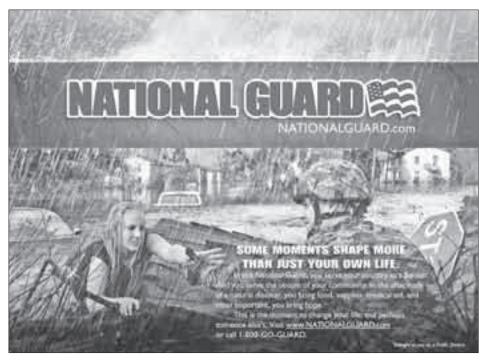
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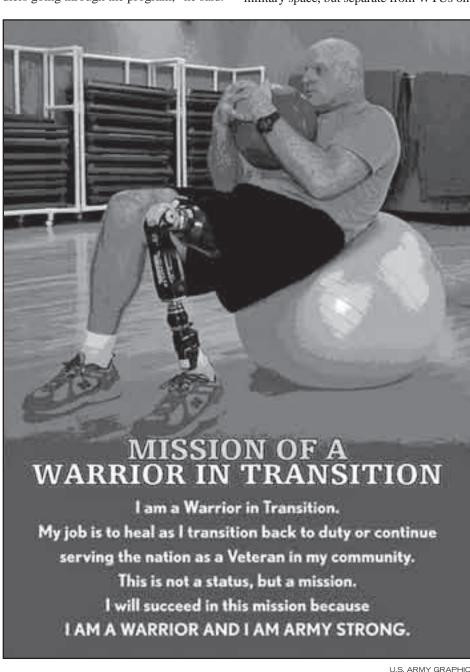
RIDE ALONG - PG13

III FROZEN - PG

general said the force structure modifications would result in 549 fewer personnel requirements – 36 fewer civilians and 513 fewer military, most of the latter from the reserve components.

"Commanders will be managing the transitions to these new unit structures, and Medical Command will do everything within its power to take care of its employees - mobilized reserve-component cadre on active-duty orders will have the option of being released or applying for other reserve-component positions elsewhere or in this program," he said. "The same will be true for our Army civilians."





U.S. ARMY GRAPHIC



The Warrior Transition Command announced Jan. 9 that it would restructure its transition program for wounded, ill and injured Soldiers because numbers had been steadily falling.

Forces: Class analyzes different perspectives

Continued from Page A1

based on a set of cards," said Maxwell. "Their decisions lead them to more abuse or safety. It is kind of an eye opener that ties everything together, because for many it is the first time they understand how a victim feels when every option is a poor one and there seems to be no way out."

During the week-long seminar, Maxwell mixed participants into various groups "so everyone can understand their piece of the puzzle."

"We want everyone to understand what role other organizations play, so we can find the best possible outcome," he said. "MPs need to know what kind of questions FAP has or questions a commander is going to have. It's getting the community together to learn what each of us needs to help the Family and even the subject."

Spc. Susan Marie Stone, 6th MP Detachment, said that the mixing of the occupations was her favorite part of the

"Learning about the different perspectives was great because as law enforcement we don't get to see the emotional side to it. I have learned that there is so much more involved," she said. "This training is really important because we can get complacent with our job and anything could happen even though this is a small installation. Learning how all aspects of the post need to work together on these cases was really eye opening."

One of the most important things Maxwell said the students learned was the psychological effects. A lot of times people understand the law, but not why a victim would stay with an abuser.

"We can't just take a step in the victim's shoes. We have

to look at the situation through the victim's eyes because a lot of times we just don't understand the victim's actions, and the cycle of violence is important to understand," he

Maxwell spent 20 years as an MP and another 20 on the teaching side of the program, and with all that time and experience he said he often uses personal stories to help teach those in his classes.

"Education is power and this training helps everyone involved to understand these situations on a more personal level. I put a lot of personal stories of what I have seen in my lectures, and I think that helps it hit home to the students," said the instructor.

The class gave three upper-level college credits to those that completed the course, as well as continuing education units and police officer standardized credits.

Plan: Program offers rewards for recycling efforts

Continued from Page A1

and organizations for their recycling efforts.

"In the program, groups are awarded monetary credit towards their Directorate of Family, Morale, Welfare and Recreation account that they can utilize for numerous things. There are several units that have been credited several hundred dollars for their efforts," he said.

Corvias has a separate recycling program that Soldiers and Families that live on post can utilize that has just as many opportunities to recycle with just as much ease.

"Each home comes with a 35-gallon rolling-recycling container that is picked up every Monday, and the program is free to use and you don't have to sign up for it," said Michael Gregory, Corvias Military Housing director of capi-

tal improvements, maintenance and purchasing.

The materials that are allowed in each container are: aluminum, steel and tin cans; cardboard; paper and paper bags; books; No. 1 and 2 plastic bottles; and pizza

Things that cannot go in the container are plastic bags, Styrofoam, yard waste, wax cartons and glass.

"So far, we have recycled more than 1,400 tons since 2006," he said.

One of the biggest events that focus on recycling will be held April 22 at the festival fields. The Earth Day Exposition will begin at 10 a.m. and last until 3 p.m.

The recycling center at Bldg. 9322 and hazardous waste center at Bldg. 1315 are open Mondays through Fridays from 8 a.m. to 4 p.m.



PHOTO BY SARA E MARTIN

Jason Dykes and Kent Tate, URS contractors, and Melissa Lowlavar, environmental branch chief, begin to unload a truck filled with cardboard and pack it into a baler at the Fort Rucker Environmental Center.

Ceremony: All vehicles should stop during 'Reveille,' 'Retreat'

Continued from Page A1

on Fridays and holidays.

The seven-Soldier detail is switched out twice a month and cycled through four different units on Fort Rucker: members of the 1st Aviation Brigade, Warrant Officer Career College, NCO Academy and 110th Avn. Bde.

According to Army Regulation 600-25, during "Reveille," Soldiers in uniform and not in formation must come to attention and salute in the direction of the flag upon the first note. If the flag cannot be seen, Soldiers should face the direction of the music.

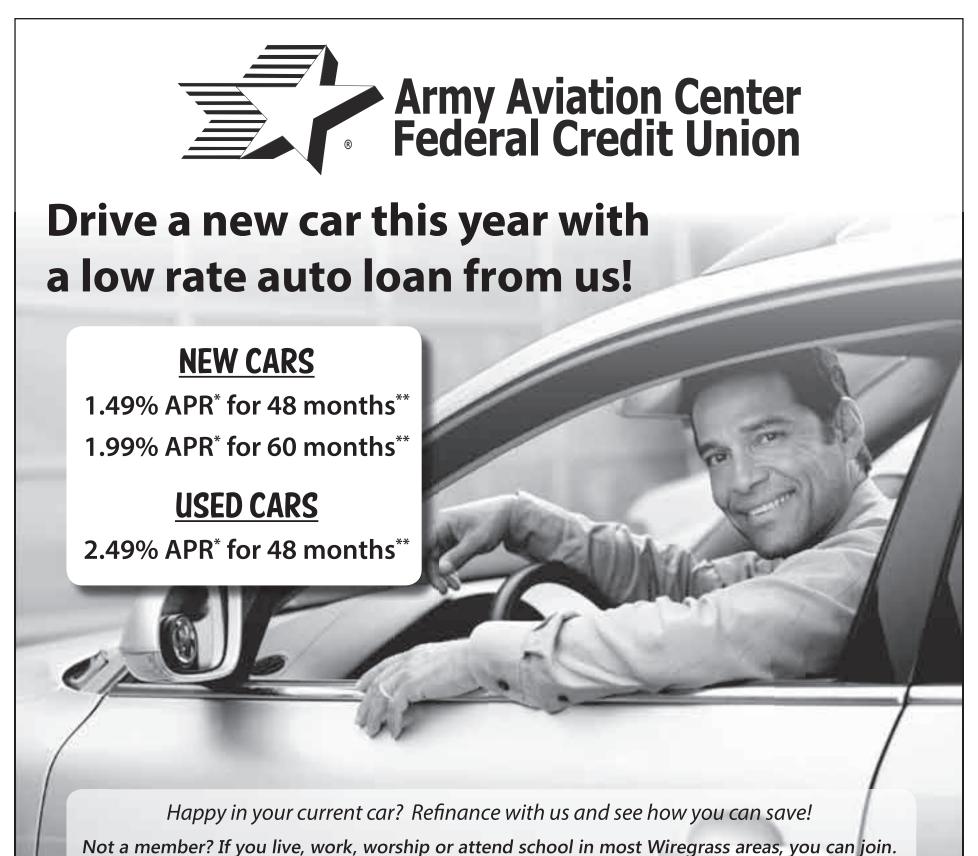
Soldiers in formation should follow the command of their senior Soldier who should call the group to attention.

During "Retreat," Soldiers in uniform who are not in formation should come to attention upon the sound of the first note, remain at attention until the cannon blast is heard, then salute. If no cannon is heard, the Soldiers should salute upon the first note of "To The Colors."

The same rules apply for Soldiers in civilian clothes, but Pinckney said that a salute is not required. Instead, they should stand with their hand over their

heart, facing the direction of the music.

All vehicles on the installation should come to a stop, including civilians, but Soldiers who are in a vehicle during "Reveille" or "Retreat" are required to stop and dismount their vehicle to render honors, added Pinckney.



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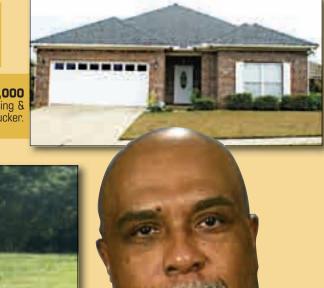
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Directions: Boll Weevil Circle West. After you pass the Enterprise High School on PURVIS-STEVENS your left, the next left is Jasmine Circle



JONATHAN

SUNDAY 1:00-3:00 DIRECTIONS: Brookwood Subdivision:
From Boll Weevil Circle at Sante Fe Restaurant go East on County Road 708
(Bellwood Road). Take first left into Brookwood Subdivision which is Grey Fox
Trail or take the left past the Huddle House into Brookwood & take right.

JANUARY 19

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126 GREY FOX TRAIL

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JANUARY 16, 2014

Task Force creates survival course

By Staff Sgt. Patricia McMurphy U.S. Army Alaska

FORT WAINWRIGHT, Alaska — With temperatures dropping below minus 20, Soldiers in Alaska brace for the long, cold winters where training doesn't stop just because of a little snow on the ground.

Soldiers in Alaska must be Arctic tough to work and train in the cold during the day-to-day missions, as well as be prepared for anything that may spring up in a moment's notice – none more so than Soldiers with U.S Army Alaska's Aviation Task Force.

Members of Aviation units travel great distances over terrain that may or may not be accessible by motorized vehicles. For this reason, they must know how to survive in the elements if they ever crash or become stranded due to weather or mechanical problems.

This year, a new cold-weather course was introduced to the men and women of UATF. The course was designed specifically for Aviators and their crews, and taught by their own experts on subjects that would help them to survive in the Arctic if the need arose.

One of the instructors, CW2 Christopher Rucker, CH-47 Chinook pilot currently



U.S. Army Alaska Aviation Task Force Soldiers get hands-on experience using smoke and flares from their aircraft survival kits during the Aviation Cold Weather Course, a new cold weather course designed specifically for Aviators by Aviators at the Northern Warfare Training Center's Black Rapids Site.

serving as the Aviation life-support officer for 1st Battalion, 52nd Aviation Regiment, said with the vast area of operations USARAK covers, this course was not only needed, but asked for by several Soldiers in the unit.

"This course is driven more towards Aviators or those performing Aviation duties," said Rucker. "These individuals that can pick up from here and be hundreds of miles from this location in minutes versus days or weeks – that's who this is geared

Many Soldiers in Alaska attend a variety of cold-weather courses, such as the Cold Weather Indoctrination Course,

Cold Weather Leaders Course or the Cold Weather Orientation Course. Northern Warfare Training Center officials said these courses are intended to prepare USARAK Soldiers, mentally and physically, to operate safely and effectively in an inherently dangerous Arctic environment, and train Soldiers in critical skills required to conduct safe operations and training in Arctic environments.

Emphasis is placed on the effects of cold on personnel and materials, use of basic cold-weather clothing and equipment, winter field craft, snowshoe techniques, and winter and cold regions navigation and route planning.

"This course has taken the CWIC 1, 2 and 3 courses and redesigned (them) to give a survival spin to help out a lot of the aircrews that are flying around in the local flying area because we've got a pretty big flying area compared to a lot of installations," said Rucker.

"For a lot of the Soldiers in this class, this is the first time they have ever seen any of it," he added. "For them to get this level of training, they would have to attend CWOC or CWLC and some type of survival school such as Survival, Evasion,

SEE SURVIVAL, PAGE B4

C-23 Sherpa makes final flight

By Tech Sgt. David Eichaker National Guard Bureau

WASHINGTON — The sounds of the C-23 Sherpa are a thing of the past as the Army National Guard bids farewell to the venerable aircraft after two decades of service.

The box-shaped aircraft, described by many as a work horse, is heading into retirement. Throughout its operations in the Army Guard, the Sherpa has been used in response to natural disasters and war missions, said Mai. Matthew Moore, chief of future operations with the Operational Support Airlift Agency, adding that it was also a widely used aircraft to support parachute-drop training missions for all components of the Army and special operations organizations.

The Sherpa, a fixed wing aircraft, was introduced to the Army Guard in the early 1990s and has been flown in countless missions in both stateside and overseas operations, including the 1991 Gulf War, and more recently during operations in Iraq and Afghanistan.

"The C-23 provided limited rear support during the Persian Gulf War," said Moore. "However, it saw continued action from 2003 through 2011, in Operations Iraqi Freedom and New Dawn, often moving halfa-million pounds of cargo a month."

The aircraft has seen continued use in other missions as well, including in Egypt as part of the Multi-national Force and Observers' peacekeeping mission.

"I was fortunate enough to ferry the first C-23 through Israel to El Gorah, Egypt," said CW5 Clarence Shockley, an instructor pilot and instrument examiner for the OSAA. He said the mission was twofold: to use the C-23 as an observation platform for the Multi-national Force and Observers and to monitor military activity on the



PHOTO BY SGT. FDDIF SIGUENZA

GOIN' HOME

Members of the Guam Army National Guard's 1st Battalion, 294th Infantry Regiment, load equipment and duffel bags onto a CH-47 Chinook Dec. 25 as they commence movement out of Afghanistan. Task Force Guam's last group of Soldiers departed Dec. 26 after a nine-month tour.

Picatinny counters UAS threats

By Bhavanjot Singh and Eric Kowal Picatinny Arsenal Public Affairs

PICATINNY ARSENAL, N.J. — As the military use of unmanned aircraft systems has increased dramatically, including by entities that may pose a threat to the United States, scientists at Picatinny Arsenal are part of the effort to counter potential threats to U.S. armed forces by such systems.

UAS is the term to describe an advanced drone, unpiloted flying object or aircraft used to carry out a military operation.

In many cases, UAS are used to gather intelligence with cameras and sensors, thus there is a need for the U.S. armed forces to have counter measures in place. Such measures may include jamming the electronics from its ground controller or shooting down the system.

The UAS challenge has grown exponentially in the last decade as the world's inventory of UAS has grown from about 20 system types and 800 aircraft in 1999, to more than 200 system types and about 10,000 unmanned aircraft in 2010, said Nancy Elliott, a spokeswoman with the U.S. Army's Fires Center of Excellence at Fort Sill, Okla. The center of excellence is the Army service lead to counter

Elliott also said that as the worldwide proliferation of drones continues, the FCOE has produced a counter-UAS concept of operations. The document focuses on the low, slow and small UAS threat, and will drive future Army efforts to develop solutions and integrate capabilities while contributing to joint efforts to counter the threat, she added.

Since 2010, the U.S. Army Armaments Research, Development and Engineering Center



David Castellano, executive director of U.S. Army Armaments Research, Development and Engineering Center's Weapons and Software Engineering Center, briefs Secretary of the Army John McHugh in September about

at Picatinny Arsenal has been positioning itself as a player in the close-in counter UAS mission by participating in an annual experiment to assess the Department of Defense, interagency and private industry capabilities in Counter-UAS.

In 2012, ARDEC partnered with the Navy's Office of Strategic Systems Programs, and successfully demonstrated the capabilities of fire-control radar to detect, track and charac-

terize UAS. This information was then used to veer a remote weapon station gimbal at the threat UAS, emulating a potential defeat sys-

Given the success in being able to accurately detect and track UAS, in fiscal year 2013, AR-DEC directed its focus on integrating the fire control radar with a variety of current weapon

SEE FLIGHT, PAGE B4

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Survival: Course builds trust, confidence

Continued from Page B1

Resistance, and Escape."

These Soldiers learned tasks included in the regular cold-weather courses, as well as Aviation-specific tasks for survival, including how to recognize and prevent cold weather injuries, in-depth instruction on their survival kits, building shelters and starting fires to stay warm, food and water procurement, movement techniques for snow covered terrain, as well as Aviationspecific tasks, like proper use of signaling devices to get help.

"A lot of people tend to think that deserts are the worst place they can find themselves. I would say that this is probably the worst. In this environment, without some type of training and a little bit of knowledge, it can kill you the quickest," said Rucker. "There are places you can fly where you are not near any roads with no

way to get to you quickly. A lot of the nonrated crew members have never had any type of formal survival training."

Some of the survival tasks Soldiers learned were not as easy as people may think. According to Rucker, procuring water in Arctic conditions is not as easy as one may think.

"It's very difficult to melt snow at a campfire," said Rucker. "You can fill a canteen cup full of snow, and set it on the

side and think you're going to have some water shortly. Usually, what happens is, you char the outside of the cup long before the snow starts to melt."

Aside from learning skills and having knowledge on how to stay alive, Soldiers with the UATF learned to trust and have confidence in their gear. Aviators and crew members are issued uniforms that differ from ground troops due to the hazards and nature of their jobs.

Flight: Aviators share aircraft memories, experience

Continued from Page B1

Sinai to ensure compliance with the peace treaty between Israel and Egypt, and, also to provide transportation to personnel and cargo from different locations throughout the region.

The Sherpa was no stranger to disaster response or providing assistance to other countries around the world.

"The C-23 provided disaster relief during hurricanes, the oil spill in the Gulf of Mexico, forest fires, flooding, blizzards and the earthquake in Haiti, and was also used during the (2010) Winter Olympics in Vancouver, British Columbia," Shockley said.

The Sherpa was a versatile aircraft and was used to do things other cargo aircraft could not do, Shockley said.

"A C-130 (Hercules aircraft) simply cannot land at every location," he said. "Sometimes a CH-47 (Chinook helicopter) is too expensive to operate for a light load. It was another tool that was cost-effective in homeland defense, disaster preparedness and the Global War on Terrorism."

But for Shockley, one of the best things about flying the Sherpa was that "it was a very stable instrument platform," and the crew stations were comfortable.

Now, with the aircraft at its final destination and set to be retired, Shockley said he has many personal memories about the aircraft.

"My first deployment, in 1999, was to Soto Cano Air Base, Honduras, for disaster relief after Hurricane Mitch devastated much of the coastal regions of Central America," Shockley said. During his time in Honduras, he flew the Sherpa to haul disaster relief supplies, medical per-

sonnel, engineers and construction equipment throughout Central America.

Other moments stand out, as well. Shockley recalled a flight in 2009 from Greenland to Iceland when a cockpit side window blew out.

"It was a little noisy and cold, but where are you going to land when you are over the North Atlantic? We landed in Keflavik, Iceland, without any problem," Shockley said

Being a pilot of the Sherpa also sparked an interest in the aircraft in Shockley's son, Conor.

UAS: New weapons systems help protect ground Soldiers

Continued from Page B1

systems that could potentially neutralize the UAS threat.

After a System of Systems analysis, the integrated C-UAS System of Systems included three different end-to-end kill chain capabilities.

According to Hannibal People, ARDEC project officer, ARDEC was proven to be successful with its effort in 2013, since the integrated System of Systems showed as a promising solution after defeating the UAS threat at two different test events.

This ability marks the first time a small-class UAS has been defeated by a prototype U.S. Army gun launched munition using a novel warhead design.

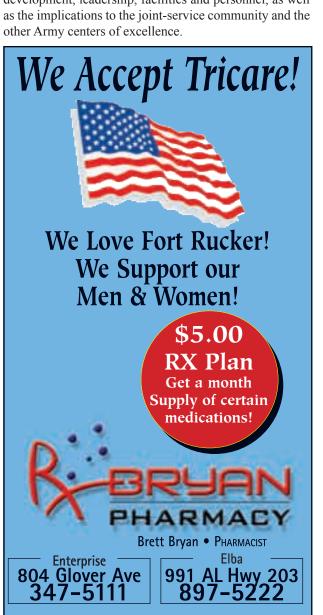
The significance of this accomplishment is the potential to provide a single-shot, low-cost-per-kill weapon system that can function in a multi-role capability for both fixed and mobile Army platforms.

Overall, ARDEC proved the viability of its integrated close-in C-UAS capabilities and solidifying a strong foothold for ARDEC's future in the mission space, according to People. The full C-UAS kill chain was demonstrated in a 10-month span of effort. People said ARDEC is looking to continue to develop this capability to support the Warfighter's needs.

"We recognize the need to protect dismounted Soldiers as well as combat vehicles within the BCT from inbound UAS threats" said Ted Maciuba, deputy director of the Mounted Requirements Division of the Maneuver Center of Excellence at Fort Benning, Ga.

Annually, the Fires Center of Excellence plans to hold a conference for member of the Counter-UAS community to address the growing challenges that unmanned systems pose to the United States and its allies.

The first such conference was held a year ago in December. At that gathering, the center introduced its operational concept to counter UAS, discussed the threat, implications to doctrine, organization, training, material development, leadership, facilities and personnel, as well as the implications to the joint-service community and the other Army centers of excellence.





COAST GUARD

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Story on Page C3

JANUARY 16, 2014



Office offers cruise tips, expectations

By Sara E. Martin Army Flier Staff Writer

From new innovations to new destinations, cruises offer a multitude of choices for travelers seeking to get away for a week or a weekend, and for those worried about getting lost at sea, Fort Rucker Travel Leisure officers say the only thing to worry about is finding the strength to get back onboard to return home.

For Families or couples looking for a unique vacation that offers a large amount of things to do besides the usual camping, beach or amusement park trip, cruising offers many options for people looking to get far away, said Michelle Harris, travel leisure program manager.

"Cruising is a great option for Families or even singles," she said. "There are hundreds of things to do and see and people to meet. Cruises have something for everybody."

Travelers new to cruising usually have many questions concerning safety, price and weather, but Harris said that although people may have worries, there is usually nothing serious to worry about.

"One of the things that our customers are worried about is being nickeled and dimed once they are on the ship. And the ways around that is for people to know what is and is not included in the price of the trip," she said.

Meals, some drinks, port fees and entertainment are included in cruises. Alcoholic beverages are not included, as well as soda drinks and juice, unless passengers buy those packages, and shore excursions and activities.

"A lot of people wonder if they are going to have motion sickness, but generally the boat is a big island. You will feel some of the tremors of the waves and things like that, but it's not at all like being in a fishing vessel in the middle of the ocean," said Harris.

"But it is a moving ship, and if you are prone to motion sickness then maybe you should start with a shorter four-day cruise and bring motion sickness medicine with you, just in case," she continued. "That way you are not stuck for seven days on the boat if you do get sick. It's also a good idea for first time cruisers anyway because they can see if they are going to enjoy a cruise vacation without committing to a huge stay."

People can book a vacation with six various cruise lines through leisure travel.

"People tend to think cruises are not affordable, and they really are, especially if you are in the military because a few lines



COURTESY PHOTO

Fort Rucker BOSS Soldiers get ready to begin their cruise to Nassau, Grand Turk and Half Moon Bay last year.

offer great discounts all year long," said Heather Linnell, travel clerk. "People are also worried about the weather and if their leave gets denied. But cruise lines will typically work around those things. If the weather is bad or dangerous in one port, they will usually change the route and stop at that port when the weather clears

Cruise ships are always trying to improve their services and their safety measures, and though some cruise lines have experienced major mechanical problems recently, Linnell and Harris agreed that maintenance is a precautionary action, not a reaction when it comes to these cruise

"They maintain these ships – they are on it when it comes to making sure they are on top of things," said Harris. "Cruise safety is the same as with airlines. Accidents happen, but it is so much safer than traveling in your own car."

If passengers prepare themselves as if they are going on a plane rather than a cruise, Linnell said that they will be adequately prepared for customs, security and baggage check.

"You do go through security just as if you were flying. You will check documents and going through metal detectors, so don't think you can bring a pocket knife or any other prohibited items on board,"

If leaving and returning from the same U.S. port, vacationers do not have to have a passport, but it is advised to have one in case someone misses the boat while in port. Passengers will need an original birth certificate with the seal in place of a passport, and everyone needs two pieces of photo identification.

"My advice is that people should always have their documents before booking a cruise, because you never know what might happen when trying to get the appropriate documents in the mail. I have found its best to have them at the ready before you pay for anything," said Lin-

One thing people don't expect to be allowed to bring on most cruise lines is a bottle of wine per person or a case of water or soda, she continued. "But every cruise line is different in the amount they can bring, and most do not allow patrons to bring hard liquor on board."

There are dress codes for dinner on most boats. Swimsuits and flip flops are not allowed in most dining areas, but there are other dining options, Linnell said, where people can wear whatever they want.

"There are many ways to eat on the boat. One option for casual diners is the

buffets that are usually open all day and night," she said. "And there is one formal night in the dining rooms where passengers are encouraged to dress up."

Looking for something different than a typical amusement park vacation, Linnell said that cruises offer everything from Vegas style shows and pools for adults only to with two-story water slides for chil-

"Onboard entertainment rivals that of major shows, and there are full-service spas, child activity centers and programs, fitness centers and sometimes casinos on most boats," she said. "And for the long days at sea, there are activities such as karaoke, bingo, trivia, movies, dances and

Choosing a cruise vacation is something that is appealing to more and more people because different cruise lines offer different experiences, is a semi-inclusive vacation, passengers can visit several destinations in one trip, and people participate in on-board and off-board activities that range from animal towel folding to parasailing in the tropics, and Fort Rucker Leisure Travel is ready to help passengers set sail on their maiden voyage.

To learn more about available cruises, visit leisure travel on the first floor in the Soldier Service Center, Bldg. 5700.

Post participates in statewide fitness program

By Nathan Pfau Army Flier Staff Writer

It's no doubt that hundreds, if not thousands, of people on Fort Rucker made New Year's resolutions to lead a healthier lifestyle, and a statewide program is helping people keep up with their commitment.

The 2014 Scale Back Alabama contest, hosted by Alabama's hospitals and the Alabama Department of Public Health, kicks off today at 10 a.m., and is designed to help people lose weight in a healthy manner and participate in friendly competition during the process, according to Lynn Avila, post fitness programs coordinator.

Gina McDonald, 2013 winner of the TV show "Biggest Loser," will lead the charge during the statewide kickoff. She is a shining example of what people can achieve if they put their mind to it, losing 113 pounds and 46 percent of her body weight during her time on the show, Avila

Participants in the Scale Back Alabama program don't have to be as ambitious, however.

"I'm encouraging anyone who wants to lose a few pounds to find



Women participate in a morning pilates class at the Fortenberry-Colton Physical Fitness Center as a way to improve their fitness. This year's Scale Back Alabama contest kicks off today and runs through April 11, and people can sign up and weigh in at the Fort Rucker Physical Fitness Center on Andrews Avenue and Bldg. 5700 in Rm. 230.

some friends and join the contest," she said in a news release.

The 10-week program challenges teams of four to lose at least one pound every week for the duration of the contest. If each team member loses at least 10 pounds over the course of the program, their team will be eligible for a random drawing for cash prizes.

"This is a great program and a good time of the year to be motivated, and what better way than to be

motivated by money," said Avila. "This is also a safe way to promote losing weight, because one pound a week is completely safe and effective. At that rate, it's almost guaranteed that (participants) will keep the weight off."

To register, participants must be at least 18 years of age and join a team of no more or less than four individuals during the weigh-in week. All team members must weigh in at the weigh-in site during the kick off week, now through Jan. 24, and teams must begin and end the contest with the same mem-

Participants on Fort Rucker can weigh in at either the Fort Rucker Physical Fitness Center on Andrews Avenue, or at Bldg. 5700 in Rm. 230.

Prizes will range from individual prizes to team prizes, with the grand prize awarding the winning team with \$1,000 per team member. Second team drawn wins \$500 per team member and third team drawn wins \$250 per team member. Up to 50 individuals will also be selected to win one of 50 achievement prizes of \$100 per person.

The final weigh in will take place April 5-11 and prizes will be announced April 25, but during the time leading up, people can use various methods as a team to lose weight, suggested Avila.

"Participants can come to the fitness centers as a team to get tips or even participate in the classes together, or even hire a personal trainer to work with their team," she said, adding that although it's a contest, people can get together with other teams to help motivate each other to the ultimate goal -

living a healthier lifestyle.

Alabamians have lost more than 1 million pounds since the Scale Back Alabama contest began, and about 30,000 participants take part and lose approximately 130,000 pounds in the contest every year, according to the news release, and many have had success in the program, not only through exercise, but through diet, as well, added Avila.

"One pound a week could be easy to do if done right," she said. "Find one unhealthy thing in your diet to eliminate a week. If you drink one soda throughout the day, eliminate that one soda and that will equal about one pound a week."

Another suggestion is to go without cream and sugar in coffee, which can equal up to 3,500 calories depending on how much a person uses.

"It's not just about exercising. You have to put in the nutritional side of it, too," said Avila. "This is a great time to learn how to lose the weight and learn about what people should be doing to get into a healthier lifestyle."

For more information or tips on how to stay healthy, visit www. scalebackalabama.com.

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

Newcomer's Welcome

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

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

AFTB military knowledge

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

For registration and childcare information, call 255-2382 today.

Lifeguard courses

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

For more information, call 255-2296.

Get a Clue Party

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

255-2271 or 255-2260.

For more information, call

Youth sports batting cages close

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

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

Family resilience training

Army Community Service hosts Family member

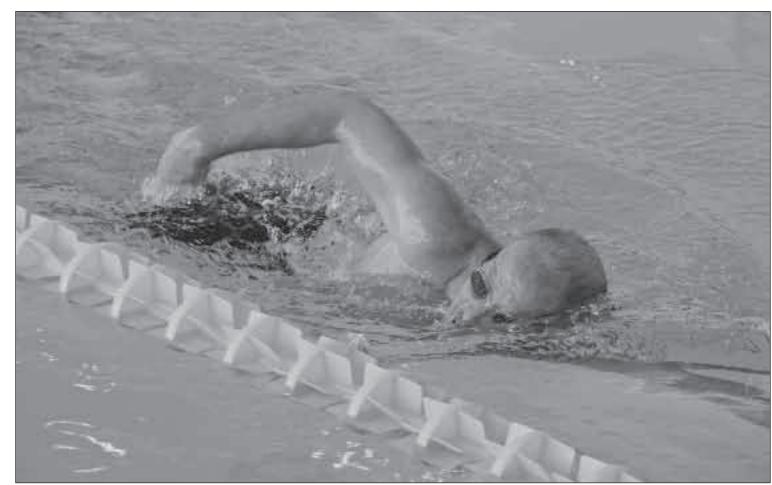


PHOTO BY NATHAN PFAU

Adult swim lessons

The Fort Rucker Physical Fitness Center offers adult swim lessons throughout January. Beginner-level swim lessons will be held from 5-5:45 p.m., and intermediatelevel swim lessons will be held from 6-6:45 p.m. Tuesdays and Thursdays this month for a total of eight sessions. Register at the Fort Rucker Physical Fitness Center's front desk. Cost is \$35 and there is a minimum requirement of three participants in order to conduct the course. For more information, call 255-0825 or 255-2296.

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

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

CYSS Heart-to-Heart Skate Night

Child, youth and school services holds a Heart-to-Heart Skate Night Feb. 7 at the school age center gym. The safety skate will be 16 people to register. This held from 6:15-7:15 p.m. workshop is open to active The remainder of the night will be skating in the gym from 7:15-10:30 p.m. Children participating in the regular skate can come to a social hour from 7:15-8:15 p.m., and enjoy refreshments and a special photo option. Children can come dressed in their best Valentine's attire to see who has the best costume - red. pink, heart clothing and accessories. Safety Skate is \$2 and is open to children of all ages with a parent present. Cost for regular skate is \$5, and children 6 and older are welcome. Younger children must have a parent or guardian at least 13 years old or older with them at all times. Payment is accepted in cash only and people are asked to bring correct change.

For more information, call 255-9108.

Financial readiness training

Army Community Service offers its financial readiness training Feb. 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

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

Stress management

Army Community Service offers a free stress management class Feb. 11 from 9-11:30 a.m. at The Commons, Bldg. 8950. Attendees will learn about identifying causes of stress, symptoms of stress, techniques to manage stress and developing a stress management plan. Registration is required by Feb. 7 and space is limited to the first 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.

Valentine's craft making

The Center Library hosts a Valentine's craft making activity Feb. 11 from 3:30-4:30 p.m. Light refreshments will be served. The activity is open to children ages 3-11. Space is limited to the first 65 children to

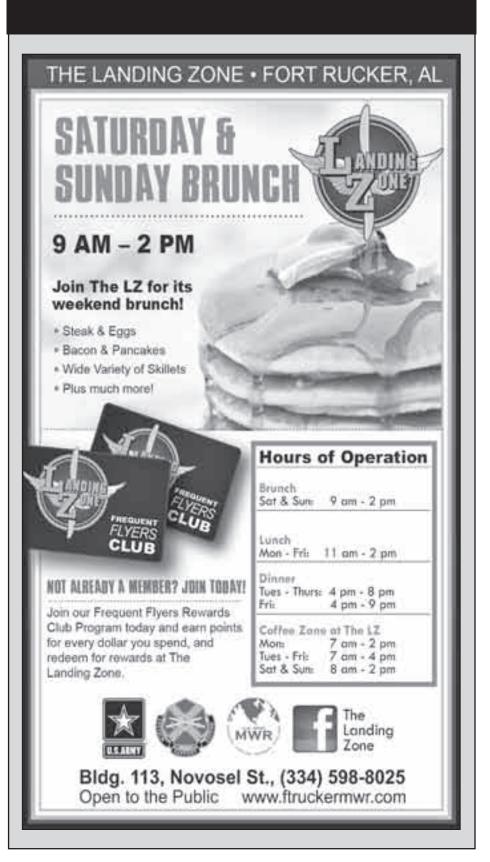
For more information and to register, stop by the library or call 255-3885.

EFMP Focus Group

Army Community Service Exceptional Family Member Program invites people to let their voices be heard at an EFMP Focus Group Feb. 14 from 10-11 a.m. at The Commons, Bldg. 8950. EFMP officials want people's ideas and suggestions on providing services to eligible activeduty Soldiers with exceptional Family members or disabled Family members. Participation is free and open to all interested eligible parents, guardians and spouses.

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

DFMWR potlight



CKER MOVIE SCHEDULE FOR JAN. 16 - 19

Thursday, Jan. 16

Friday, Jan. 17

Saturday, Jan. 18

Sunday, Jan. 19

Homefront (R)7 p.m.

Tyler Perry's A Madea Christmas (PG-13)7 p.m. The Hobbit: The Desolation of Smaug The Hunger Games: Catching Fire (PG-13)2 p.m.

Public Health Command ergonomist gets all shook up

By Jane Gervasoni

Army Public Health Command Public Affairs Office

If you have ever ridden in a military helicopter, you have felt the vibration that seems to shake your whole body during even a short trip.

What happens to the aircrew and passengers who are exposed to prolonged and repeated whole-body vibration?

The U.S. Army Public Health Command Ergonomics Program studied this question when asked to collect vibration data on the UH-60M Black Hawk and the UH-72A Lakota helicopters by the Vermont Army National Guard.

Coordinating the requirements to conduct the study took more than eight months and mountains of paperwork. While the data from the study hasn't been completely analyzed yet, it ultimately will allow researchers to assess whether there are health impacts to aircrews and how to reduce those impacts.

As well, this project is attempting to jump-start a program that will ultimately collect vibration measurements from all military rotary wing aircraft that other researchers, laboratories and equipment designers can use, according to Steven Chervak, USAPHC ergonomist.

"The ability to collect whole-body vibration data on an aircraft has been an exercise in collaboration," said Chervak. "The cooperation among the Army, Air Force and Army National Guard to collect this data has been extraordinary. It was a real team effort."

Team members including the Program Executive Office Aviation, Utility Helicopter Division, Redstone Arsenal, Ala., the ARNG and the Air Force Research Laboratory at Wright-Patterson Air Force Base, Ohio, and Chervak worked together as they prepared to collect data.



PHOTO BY LT. COL. PATRICIA HAMMONE

Steven Chervak, U.S. Army Public Health Command ergonomist, notes aircrew postures and collects vibration data during a UH-60 Blackhawk flight.

"Before we could even begin collecting data, we had to demonstrate the airworthiness of our equipment. We had to prove that the testing equipment would not adversely affect either the aircraft or the crew," said Chervak.

Team members demonstrated how the equipment would be attached to both the helicopter and the members of the aircrew to measure vibration at the seat and on the helmet without interfering with safety of the crew or passengers.

"Ken Forsythe, an industrial hygienist with the Maryland ARNG, wanted us to

target musculoskeletal pain, including low back pain, and discomfort reported by members of aircrews," according to Chervak. "We installed equipment to measure vibration and flew on the helicopters to observe posture changes among crew members in flight. We also looked at how their postures changed during day and night missions because of flight conditions and additional equipment such as night vision goggles."

Concern about musculoskeletal pain and discomfort is not new among military flight crews. Navy Aviation reports have indicated that back pain can even affect situational awareness in pilots and crew members.

Suzanne Smith, senior biomedical engineer with the Air Force Research Laboratory, directed the vibration data acquisition and will continue to work with USAPHC to share information and improve aircraft seat properties, explained Chervak.

"The number of hours pilots and aircrew are in the air has increased during deployments, and low back pain can interfere with mission accomplishment. Members of aircrews sit in one position for long periods, which can hinder blood flow, causing additional concerns," according to Chervak.

Vibration doesn't just affect the aircrews of helicopters. Many patients are transported by helicopter and subjected to vibration as well. Often, patients are not seated, but strapped on stretchers attached directly to the floor of a helicopter. Measuring the vibration they experience can provide information that will lead to better methods of transporting patients.

"The information we are collecting with the help of our partners will provide insight into occupational exposures and provide additional data for research," Chervak explained. "We are hoping to be able to perform additional testing on other types of helicopters and contribute to the redesign of seats and equipment to help eliminate or limit the occupational hazards of flying in helicopters.

"Information collected in our studies has the potential to affect not only military, but also civilian helicopters that transport patients to hospitals," he said. "This is a great opportunity to demonstrate the importance of ergonomics and to provide a real service in support of our Soldiers."

Human papillomavirus: what it is, how to prevent it

By Sgt. Terence Ellis and Zachary McCormic U.S. Army Public Health Command

The human papillomavirus is the most common sexually transmitted infection in the United States.

There are an estimated 79 million Americans currently infected and 14 million newly infected persons per year, according to the U.S. Centers for Disease Control and Prevention

There are more than 40 types of HPV that can affect the genitals, mouth and throat, and can lead to genital warts or many types of cancers, including cervical. HPV is passed between partners through skin to skin contact and nearly all sexually active people contract HPV at some point in their lives.

Many times, the infected person does not experience any symptoms of the HPV infection, but can continue to transmit the virus to a sexual partner. Additionally, in up to 90 percent of cases, the virus goes away on its own within two years, according to the CDC. When the virus stays, HPV can cause normal cells to become abnormal, leading to warts or cancer.

Until recently the main ways to prevent HPV infection were condom use and limiting the number of sex partners. With the introduction of the HPV vaccine, a safe, effective method to prevent infections with the most common types of HPV that cause infection and cancer is available.

Vaccination is most effective before people become sexually active, so the CDC recommends HPV vaccines for all 11- and 12-year-olds. Gardisil® (vaccine for males and females that is active against four types of HPV) and Cervarix® (vaccine for females only active against two types of HPV) can be administered up to the age of 26. Both vaccines are administered in a three-shot series. The vaccine won't treat an existing HPV infection.

After the introduction of the vaccine in 2007, studies conducted in Australia and the United States all identified a decrease in genital warts as a result of HPV in both

males and females younger than 25.

Similar decreases among the Army active-duty component beginning in 2007 were reported in a recent Medical Surveillance Monthly Report. The MSMR reported 163 new cases of HPV per 10,000 person-years from 2000-2012. Rates observed among women were twice as high as those among men. Rates for both males and females decreased with age, dropping substantially by age 25. By comparison, the rate of chlamydia for the same population and time period was 148 and for gonorrhea was 37.

While there is no test to determine one's overall HPV status, the PAP test is used to screen for cervical cancer in females beginning at the age of 21. In females older than 30, an HPV test can be performed along with the PAP test. There is no HPV test available at this time for males, nor is there a test to identify HPV in the mouth or throat.

Consult with your primary-care provider if you have any concerns about HPV or HPV vaccination, or to begin the vaccine series.

Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

Headquarters Chapel, Building 109

8:00 a.m. Multi-Cultural Worship Service

Main Post Chapel, Building 8940 9:00 a.m. Catholic Mass Sunday

11:00 a.m. Liturgical Worship Service 12:05 p.m. Catholic Mass (Tuesday - Friday) 4:00 p.m. Catholic Confessions Saturday 5:00 p.m. Catholic Mass Saturday

Wings Chapel, Building 6036

9:30 a.m. Protestant Sunday School 10:45 a.m. Wings Contemporary Worship Protestant Service.

Spiritual Life Center, Building 8939

10:45 a.m. CCD (except during summer months).

BIBLE STUDIES

Tuesday-

9:00 a.m. Protestant Women of the Chapel, Wings Chapel

5:30 p.m. Youth Group Bible Study, Spiritual Life Center 6:00 p.m. Protestant Women of the Chapel,

Wings Chapel 7:00 p.m. Adult Bible Study, Spiritual Life

Center **Wednesday**-

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

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

30501 12:00 p.m. Adult Bible Study, Soldier Service Center

6:00 p.m. Adult Bible Study, Spiritual Life Center

Thursday-

9:00 a.m. Adult Bible Study, Spiritual Life Center

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

MOTHERS OF PRESCHOOLERS (MOPS)

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

For more information, call the Religious Support Office at 255-2989.

PROTESTANT MEN OF THE CHAPEL (PMOC)

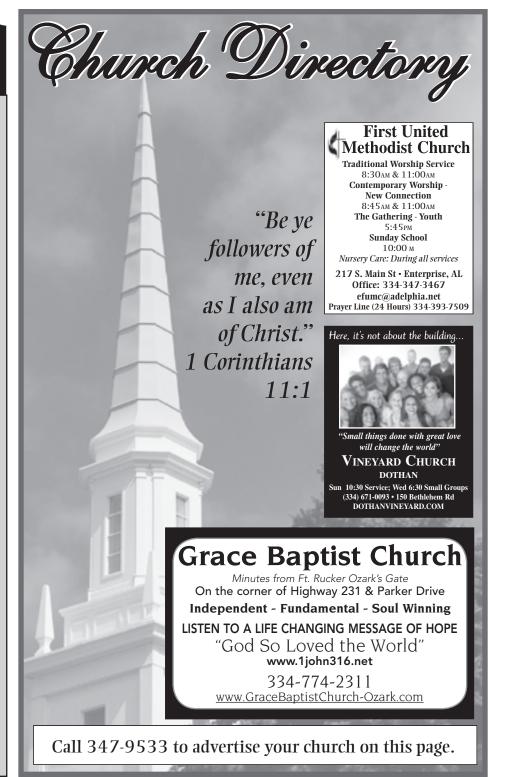
PMOC meets the first Saturday of each month at 8:00 a.m. – 9:00 a.m. at Ryan's Restaurant in Enterprise, AL. Men are encouraged to attend for a time of fellowship and a short devotion. Free breakfast is provided.

PROTESTANT WOMEN OF THE CHA-PEL (PWOC)

PWOC meets every Tuesday at 9:00 a.m. and 6:00 p.m. at Wings Chapel, Bldg 6036. Childcare provided only at 9:00 a.m. For more information, call 255-2989.

CATHOLIC WOMEN OF THE CHAPEL (CWOC)

CWOC meets every Wednesday, 8:30 a.m. – 10:30 a.m., at the Spiritual Life Center. Childcare provided.



Dinosaurs come to life in Dothan

Discover the Dinosaurs, a hands on exhibit including more than 40 animatronic and museum-quality dinosaur replicas roars into the National Peanut Festival Fairgrounds Saturday and Sunday.

Prehistoric times come back to life with the presence of a 20-foot T-Rex, life-size Triceratops, Stegosaurus and Pteranodon Dinosaurs fascinate kids of all ages in this touring exhibit, which showcases museum-quality pieces along with moving animatronic dinosaurs, all in a fun and educational environment.

The exhibit is scheduled to travel across the country in 2014.

Children and Families are encouraged to get up close and touch some of the dinosaurs on display, an opportunity which isn't usually available in museum exhibits and other dinosaur events. This is the cornerstone of Discover the Dinosaurs.

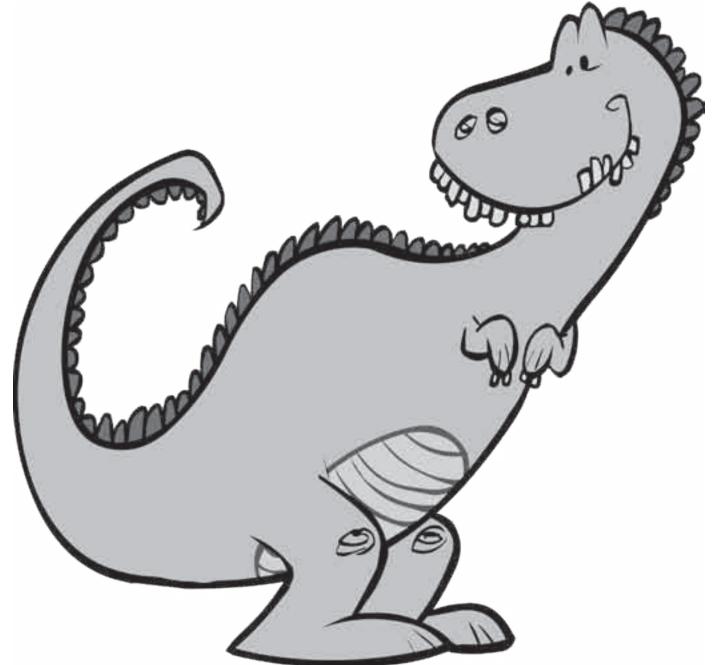
The event is open Saturday from 9 a.m. until 9 p.m. and Sunday from 10 a.m. to 7 p.m.

Admission is \$17 for adults, age 13 and older. Exhibit-plus admission is \$20 for children ages 2-12 and exhibit-only admission is \$13. Children age one and under are admitted free.

Exhibit-only admission includes the dinosaur exhibit, dino dig, dino den, dino theater, dino coloring area, dino mural, Jurassic maze and scavenger hunt.

Exhibit-plus admission includes the Dinosaur Exhibit, plus unlimited dinosaur rides, mini golf and inflatables. Gem and fossil mining and face painting are available for additional charge.

Discover the Dinosaurs engages the imaginations of children to learn, gives them the hands-on opportunity to touch a dinosaur and ride on the back of a T-Rex. The event provides fun activities and attractions that make spending the day with dinosaurs fun for all ages.



WIREGRASS

COMMUNITY CALENDAR

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

ANDALUSIA

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

DALEVILLE

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

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

DOTHAN

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

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

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

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

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

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

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

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

ENTERPRISE

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

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

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

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

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

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

GENEVA

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

MIDLAND CITY

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

For more information, call 983-3511.

NEW BROCKTON

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

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

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

OZARK

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

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

For more information, call 774-5480.

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

For more information, call 774-9321.

PINCKARD

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

For more information, call 983-3064.

SAMSON

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

TROY

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

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

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

Beyond Briefs

'Welcome Home' celebration

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

bransoncvb.com.

Storytelling Festival

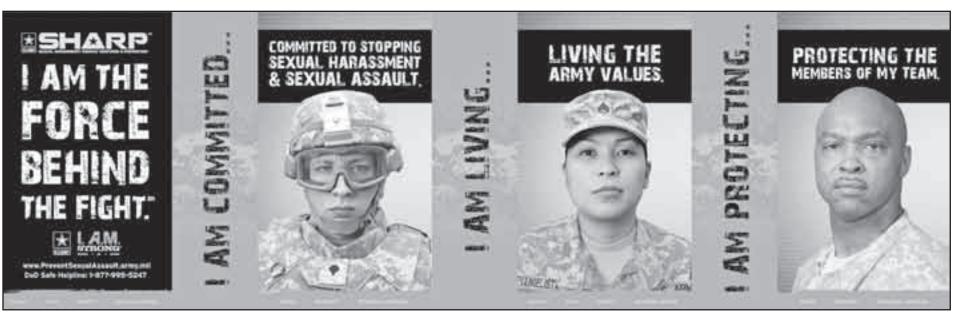
Pike Piddlers Storytelling Festival will take place Jan. 24 and 25 in Brundidge. Festival begins with supper and stories at the We Piddle Around Theater at 6:30 p.m. and continues with three storytelling concerts on Sat. at 10 a.m., 2 and 6:30 p.m. at the Trojan Center Theater at Troy University in Troy. Storytelling concerts include pre-show music. Admission for supper event is \$25. Other concerts are \$10.

For more information, visit www.piddle.org or call 670-6302.

Homecoming Dance and Social

The Winter Resident Homecoming Dance and Social in Panama City Beach will be held at the Edgewater Beach and Golf Resort from 4-9 p.m. Jan. 23. People can enjoy an evening of dancing, entertainment and fun. There will be a social hour and entertainment with dancing and food. Tickets are \$5 per person.

For tickets and more information, call (850) 233-5070.



COURTESY PHOTO

Victims of sexual assault 'safe with medical forensic nurses'

By David Vergun Army News Service

WASHINGTON - "It's important for victims of sexual assault to know that they are safe with the medical forensic nurses," said a nurse who's a sexual assault medical forensic examiner.

"We will take care of their emotional, safety, medical and forensic care," with the understanding that victims have been through a traumatic event and are still emotionally distraught, said Kelly Taylor, a sexual assault nurse examiner for adolescents and adults at Womack Army Medical Center, Fort Bragg,

Taylor said recent changes in Army medicine have made the process smoother for victims than before. Previously, they might have to re-tell their story four to six times to different health care providers, law enforcement and victim advocates.

"It's very re-victimizing and traumatizing to have to relive that experience over and over," she said, explaining that now, she and the 28 forensic doctors and nurses she supervises provide continuity of care to every victim so that they only need to tell their story once and the navigation through law enforcement and medical is helped along for

She described this process as "patient-centered care."

Victims will usually be seen

accompany them to the emergency triage unit where a medical screening takes place. Only after needed medical care is provided will victims be offered the choice of having a forensic exam, the details of which are fully explained to them, she said.

The exams are held in a room specifically dedicated only to forensic exams, she said.

The forensic exam can take four to six hours, sometimes even longer, she said, and the exam itself can often be traumatic because victims are reliving the assault as they provide all of the details of what happened in a 14-page document, known as the DD-2911.

The details include very personal questions about drinking, drug ingestion, threats made and so on, she said.

The document then goes into a box that also contains all of the tools for the exam. The box comes sealed and isn't opened until the forensic nurse and the patient are in the forensic exam room, she explained.

Separate consents are required for each level of the exam – photography, drawing blood, swabs, fluorescence imaging for fluids, fingernail cuttings and scrapings, collection of underwear and other clothing, full genital exam and photography, she said, adding that some of the procedures can be a bit painful, such as pulling a sample of head or pubic hair.

"I always tell patients, 'I'm are offered HIV prophylactic if Taylor said that while coming lations twice a year, along with

trol of it," she said.

Each piece of evidence collected has a separate envelop, all of which are placed in the box. Once the exam is completed, the box is resealed to protect the "chain-of-custody" of the evidence, she said.

Patients who receive forensic exams include not only victims but also the accused. And, these patients can include men, women and children. And, she added, all must consent to the exam and all can opt out of any part of the exam at any time, even after signing the consent form.

Victims and the accused are seen in different sections of the medical treatment facility and they are seen by different forensic nurses, she said.

Victims as well as the accused "receive the same level of care," she said. "We're not an arm of law enforcement or of the courts. We're forensic providers who are neutral and unbiased."

Although taking the forensic exam is strictly voluntary and can be long and somewhat painful, Taylor said most of the victims as well as those accused opt to consent to undergo the entire

Once the forensic exam is completed, victims are treated with prophylactic antibiotics for any possible sexually transmitted diseases and are offered Plan B. the morning after pill, if they so choose, she said. Also, patients ease Control guidelines and recommendations per a risk assessment form.

Part of being honest with the patients, Taylor added, is not giving them false hope.

"We're never going to look at a victim and say definitively, 'you were assaulted or you were not assaulted," she said. "What I can do is say, 'there are findings consistent with sexual assault.""

She compared the process to putting together a puzzle with different pieces of the puzzle being the victim's account, evidence collected, witness statements and so on.

Ideally, to get more definitive evidence, "what I'm hoping to gain from the forensic evidence is blood or body fluid from the alleged suspect that may be found on the victim that indicates unwanted sexual contact has occurred," she said. "I'm also looking for injuries."

Once the exam is over, the forensic nurse might not see the victims again unless they opt for an unrestricted report, meaning involving the courts and law enforcement. Should they choose that route, the same forensic nurse who examined them will testify in court, she said.

Whether they choose restricted or unrestricted, the victims will be offered follow-up care by doctors, nurses, health-care providers and victim advocates, she said.

by victim advocates, who often doing the kit but you're in con- they meet the Centers for Dis- in for the forensic exam sooner is post-training follow-ups.

better than later, victims should not hesitate to come in, even days later and even if they bathed or showered, although doing the latter isn't recommended.

The science and technology for extracting DNA are improving all the time and a lot of evidence can still be gleaned internally days later so "we definitely encourage patients to come in."

Taylor's team of 28 forensic examiners are on call "24/7, 365 days a year," she said, so someone will always be there for the

All have volunteered to do forensic exams and all have received forensic exam training that includes counseling skills, she said, adding that it's a collateral duty with most working as emergency room doctors and nurses.

"They often dedicate extra hours after they've done their normal shift to provide forensic care," she said.

As to why anyone would want to do extra hours in work that can only be described as arduous, she said "they're doing this for all the right reasons. They really want to help people and make the process as smooth and as painless as possible for them. They're an amazing group."

Taylor is helping to ensure the same level of care and training is provided elsewhere around the Army and she provides forensic exam training for other instal-



Pick-of-the-litter

Meet Bandit, a 10-week-old black and white male cuddle bug who is available for adoption at the Fort Rucker stray facility. He likes his belly rubbed. He has thick, medium hair and is super playful. It costs \$80 to adopt Bandit and other animals at the facility, which includes all up-to-date shots, the first round of age-appropriate vaccinations, microchip and neutering. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the stray facility, veterinary clinic or the commissary. Visit the Fort Rucker stray facility's Facebook page at http:// www.facebook.com/fortruckerstrayfacility/ for constant updates on the newest animals available for adoption.



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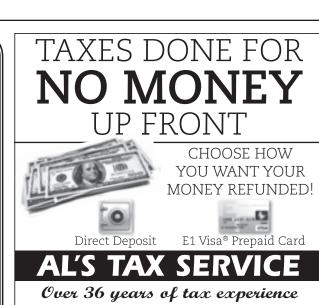
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To connect with our nursing staff, to find OB physicians who deliver here, or to schedule a tour of The Women's Center, visit MCEHospital.com.

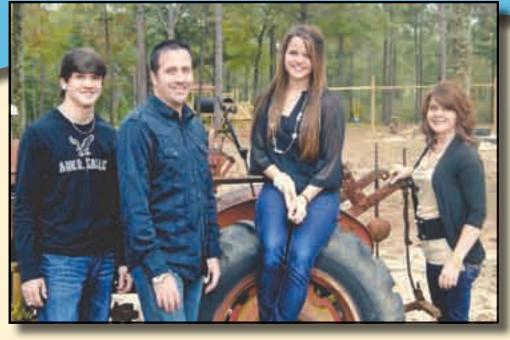
The Women's Center at

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OB physicians are independent members of the medical staff at Medical Center Enterprise

Welcome Rev. Shawn Crosby & Family



Justin, Rev. Shawn, Kelsey and Crystal Crosby

The First Assembly of God Church family and the City of Enterprise welcomes Rev. Shawn Crosby and family to their church as lead Pastor. Pastor Shawn is a brilliant young minister and a man of prayer. He is married to Crystal Crosby and the father of a son, Justin, sixteen years of age and a daughter, Kelsey, thirteen years of age. The entire Crosby family are very talented musicians ministering in the services by singing, playing instruments and leading Praise and Worship for the Glory of the Lord. Mrs. Crosby is also a minister of the gospel and is a faithful and dedicated pastor's wife. She is loved and honored by all who know her and uses her talents in ministering the gospel and in music ministry to assist Pastor Crosby. She has an outstanding Christian spirit and attitude.

For the past 5 years, before becoming pastor in Enterprise, Pastor Crosby served as senior pastor of Georgetown Assembly of God Church in Wilmer, Alabama. He is a graduate of Global University in Springfield, Mississippi.

Quotable: "I feel our mission here at First Assembly is to fulfill God's purpose in our life. Our most important task is to lead the people of the church and the City into the presence of the Lord and to lead them to His son, Jesus Christ. I believe it is God's Word that corrects our faults and teaches us to do what is right; so that God can prepare us for what He wants us to do. As we seek to change lives in these 'changing times,'

we sense the urgent need to pray and equip in joining God in the Great Mission of the Holy Spirit in making disciples of all Nations. Sis. Crosby and my family feel that we are here to help build God's Kingdom. We know that God has called us here for a reason and we want to help others learn the wondrous story of Jesus and to help us live it and tell it so as to win others to Christ. We want to see a Spirit filled church equipping saints and sending them to do the work of Christ. We would like to invite every unchurched person to come and enjoy our great services and see what God is doing in our lives. We have powerful praise and worship, anointed ministry and so much more. We feel much welcomed at First Assembly and we think this is a great community. 'God is still speaking and we are ready to listen.'"

Our young pastor is a man with a voice like that of John the Baptist. He urges the people to turn from their wicked ways and repent. His ministry is very effective with young people and adults alike. He is determined to do the work of God in the place which he feels God has called them and he realizes our possibilities.

If you are looking to find ministry: Then look no further!! We invite you to join us in ministry and worship at First Assembly of God Church located at 537 Boll Weevil Circle in Enterprise. If you need further information concerning our ministry you may call (334) 347-8447.



First Assembly of God

537 Boll Weevil Circle • Enterprise, AL 347-8447 • email: first180@centurytel.net

Story on Page D3

JANUARY 16, 2014

Courses offer career opportunity

By Nathan Pfau Army Flier Staff Writer

Job opportunities for Soldiers and civilians on Fort Rucker are not uncommon, but one opportunity gives people the chance to save lives.

Fort Rucker Aquatics is offering lifeguard courses now through March 30 for people interested in learning a skill that they can take with them beyond the installation, according to Carolyn Hacker, assistant aquatics manager.

"A lifeguard isn't there just to look good, they're usually the first line of defense when it comes to the safety of patrons at the swimming facilities on Fort Rucker," she said. "It only takes six seconds for a person to go under the water and drown, and lifeguards are there to prevent those kinds of mishaps from happening – not only in the water, but around the water, as well."

The courses encompass a total of 32 hours and are available as weekday courses or weekend courses. Weekday course durations are eight days within two weeks, and run Monday through Thursday from 4-8 p.m. and require participants to attend both weeks during the course. Weekend course durations are two weekends long, and run from 8 a.m. to 6 p.m. on Saturdays and 10 a.m. to 6 p.m. on Sundays.

Weekday course days through March are: Monday through Jan.23, and Jan 27-30; Feb 3-6 and Feb 10-13; March 3-6 and March 10-13; and March 17-20 and March 24-27. Weekend course days are: Saturday and Sunday, and Jan 25-26; Feb. 1-2 and Feb. 8-9; March 8-9 and March 15-16; and March 22-23 and March 29-30.

Review courses are also available to certified lifeguards who wish to renew their certifications, and are available as one week or weekend courses Feb. 15-16, 17-20, 22-23, 24-27 and March 1-2.

The cost for the lifeguard course is \$100 and cost the for review courses are \$75.

American Red Cross certification requires that the person be at least 15 years of age to become a certified lifeguard, and each course will begin with a prerequisite swim evaluation to make sure that each individual can perform the duties necessary, according to Hacker.

"Lifeguarding requires that people are able to swim 500 meters non-stop, utilizing two strokes - freestyle and breaststroke," she said. "It requires some degree of physical fit-



Zach Neudecker and Ryan Murphy, right, perform a deep-water, back-boarding rescue exercise using fellow lifeguarding student Ryan Groome as a stand-in victim during a DFMWR lifeguarding course at the Splash! Pool. This year's lifeguard courses run now through March 30.

The prerequisite swim also consists of a two-minute tread, timed brick retrieval and 15-meter underwater swim.

"This is a good opportunity for those seeking summer jobs, and a lot of times, lifeguarding is the first job that a lot of high school students get. It's a huge responsibility for them," said the assistant aquatics manager. "The training that is required for lifeguarding is right there below the training required for (emergency medical technicians)."

Hacker said the responsibilities that come with lifeguarding often give people a sense of pride in what they do, and it's a job where people learn to work well together because teamwork is essential.

"When lifeguarding, you don't work solo, you work with other members on your team," she said. "When responding to an emergency, lifeguards may get the person out of the water by themselves, but they are part of a chain and they are just the first step –the first responder to saving a person's life in that situation."

Although Fort Rucker allows lifeguards to start at 15 years of age, the installation requires that any lifeguards stationed on Lake Tholocco be at least 16 years old due to visibility limitations. Regardless of age, Hacker said that safety is the first and most important aspect.

"We're pretty strict on how many guards are posted at our facilities," she said. "A lot of times you get people who aren't familiar with water and that doesn't mix well, but that's why we want to offer the safest (swimming) facilities

Winter fitness boot camp shakes things up

By Nathan Pfau

Army Flier Staff Writer

With the new year still young, many people have new goals and are making life changes, and one Fort Rucker program is looking to help meet those goals and shake things up on a fitness level.

Fortenberry-Colton Physical Fitness Center's 2014 Winter Boot Camp begins Friday to provide people an unconventional way to increase their level of fitness and maintain a healthy lifestyle, according to Lynn Avila, fitness programs coordina-

"We need to inform people on how to make life changes," said Avila. "It's not just about working out and we want to be able to give people information to make life-long changes."

The six-week program will run through Feb. 28 and will be offered in two timeframes - 6:30-7:30 a.m. and 8:30-9:30 a.m. Participants will meet five days a week to incorporate five different elements of fitness for each day, said the fitness coordinator.

Cost of registration is \$100 and includes weekly consultations to keep track of progress, a T-shirt, as well as access to all group fitness classes for the duration of

Each day will consist of a different element: endurance day, which could involve running or any exercise for an extended period of time; field day, which will involve functional training; game day, which will involve some sort of competitive sports activity; intensity classes, which will incorporate plyometrics-type exercises; and information sessions, which is new for this session, and will include workout journals and nutritional counseling.

"I'm hoping that the informational portion will compliment the fitness regiment," said Avila. "We can't always be there and it's not just about the workout while you're there. It's about what you can do for yourself at home and after boot camp to continue your process."

Boot camp also utilizes facilities unique to the installation, such as the NCO Academy obstacle course, and the many trails found on Fort Rucker, including Parcours Trail, the Beaver Lake trails and the trails found at the Fort Rucker Riding Stables, depending on where the workouts will take place that week, she added.

"Each week we will have a different place where we will do our activities, such as Beach Week or Equestrian Week," said Avila. "Most of the activities will be performed on location during those weeks and we will use whatever is available at the sites to perform the exercises."

The program doesn't use traditional weights and fitness machines in order to get results, but utilizes objects found at the locations to perform certain activities, such as sand bags or bales of hay, which Avila said provides a nontraditional way to work out and a total-body workout.

"Because you're using outdoor equipment and whatever is in the area to work out, most of the objects we use are uneven (in weight distribution), so you have to use different muscles and muscle movements to move them," she said. "It's not your typical workout, but people are still getting a full-body workout that's pretty

The workouts can also be modified to fit each person's individual fitness needs. added the fitness coordinator.

Because of the intensity of some of the workouts throughout the program, Avila suggests that people who are interested have some sort of fitness background before signing up, but if they are highly motivated, then the program might be right up their alley.

"Boot camp is a commitment and people should know that before jumping into it," she said. "You're going to get out of it what you put in, so if you come in just for a one-hour session and leave, you're going to get the minimum results out of the program.

"If you come in with the attitude of, 'I'm going to take the six weeks to change my lifestyle, learn new things and push myself,' you will get the most out of it,"

One of the large benefits of the program is the access to fitness classes that are offered at the fitness centers, and Avila suggests that people take full advantage of the perk and use it to boost their results in the

"Participants should complement the workout with at least one of those fitness classes during the day, and that will give them the best results," she said. "If we do a strength exercise in the morning, compliment that with a yoga class in the evening. People need to use that six weeks as a life changer, and I truly believe that it

For more information or to sign up, call 255-3794.

New England San Francisco PICKS 🐻 vs. Denver vs. Seattle Jim Hughes Public Affairs (73-43)**Brian Jackson** (68-48)John McGee CDID (79-37)Capt. Mike Simmons Directorate of Public Safety (66-50)Sharon Storti Network Enterprise Center (68-48)

OWN TIME



THAT REMINDS ME. WE PROBABLY NEED TO PICK UP SOME SALT FOR THE SIDEWALK

Just Like Cats & Dogs

Rodriguez

by Dave T. Phipps

1. LITERATURE: Who wrote the sci-fi novel "The Time Machine"?

2. LANGUAGE: What English word is pronounced exactly like its first letter, even though it's five letters long?

HISTORY: Which Russian leader introduced the policy of "glasnost," a greater openness?

4. FOOD & DRINK: What is Bardolino?

5. SCIENCE: What is the focus of

agronomy? 6. LAW: What is "voir dire"?

7. BIBLE: Which biblical character

ascended to heaven in a whirlwind? 8. MUSIC: What famous singersongwriter starred in the 1980 remake

of "The Jazz Singer"? 9. ANATOMY: How many wisdom

teeth does an adult usually have? 10. MOVIES: Who played the devilpossessed child in "The Exorcist"?

See Page D3 for this week's answers.

Super Crossword

6 Bus, rep

7 Arrive at, as

a solution

8 Not masked

9 Stat of fuel

efficiency

11 One peeking

Riviera city

Toledo dir.

18 In a foxy way

summer hrs.

58-Down

42 Punch noise

12 Vowel string

10 Gift for

music

13 Amateur

15 Dayton-to-

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vears.

17 Broader

16 Way up

14 ttaliun

- 4 Publication Cookie' that's quickly "Sesame thumbed Street" tune) 5 Add- -(peripherals)
- 105 Awakens 106 Oom-108 Subjected to severe trials

Mac-

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56 Brief moment

Past proper

53 Suffix with

Motor

again?

limits.

opal

64 Ending for

65 Bring forth

67 Lower ex-

74 Finer in

66 Union topic

69 L'Oréal rival

meaning

76 Taxing work

angles

79 Buenos

Loony

85 Drink like

Fido

bills

92 Washoo

93 "So long"

95 Irrelevant

102 its capital is

Nuku'alofa

88 S-X linkup

90 Woodsy, e.g. 91 Have unpaid

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"Nothing -

55 "Come

ACROSS

1 Symbol before a key

signature

5 Neighbor of

9 Actress Fox

14 Produces a

blanket?

19 Arriving like

anthropology

21 Prefix with

22 Smith's tool

character

26 Barks in pain

23 Out of

25 Hard up

27 Suffix with

meteor

stock

subj.

31 Not up on

current

trends

whack

37 States north

40 Bauxite, e.g.

43 Applying to

48 Ones going

51 Reassuring

a-courting

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36 Take a

41 Pizazz

28 Without face

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30 Theologian's

Kauai

- 113 Golf surprise 114 "Ad - per aspera* (Kansas' motto)
- Co. offering a Buddy List "The Family Circus"
- cartoonist 120 Shah, e.g. 122 A bit ill
- 127 Shah, e.g. 77 Construction 128 Hen's resting place 129 Remove from a
- 20 Enlarged map details computer Argentina 130 Arranged for 80 Gold, to Julio 131 Spanish for 24 D.C. 29 Declaration others* 32 Holdin
 - 132 Challenge for a lab rat. 33 Suffix with 133 "To be," to Tibenus
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- 1 Big name in
- time 37 Speech 38 Ponk
- 34 "Woo----! 35 Momentous Banquet
 - liquid holder 78 Onion or lity Help in crime 62 Boats (up) 39 Flay of fast-63 Coal carner food fame 84 Lea lady?

(care) 45 Suffix with 77 Women 87 Ollas, e.g. east 89 Ida. neighbor 46 With 62-92 Casino game 94 Ottawa site Down, rotten

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63 Tapered off

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62 See 46-

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70

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- helm child 99 Easter eats 54 Timmy's TV 57 Yogi of 100 "- to" (Verdi aria)

GETTING

PREPOSITIONED

86 Bancroft of

- 101 Oktoborfest 58 Inflated head dances 59 Lemon-hued 103 Maestro Toscanini
 - 106 City of Light 107 Lexus rival 109 To be — 110 Rat-a-
 - 111 Dull 112 Justice Kagan
- a snapt* 117 Figuring-out shouts 69 Coagulates Western films 118 "Little House
- Exempt from on the Prairie* regulations 72 Pol Quaylo shopkeeper 119 — Stanley 73 Municipal
 - Gardner 121 Otoscope
 - wielding doc 123 That, to Tito 124 ACLU
 - issues: Abbr. 125 Oz musical with "The" 126 Suffix with

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See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: * *

* Moderate ** Challenging * * * HOO BOY!

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See Page D3 for this week's answers.

KID'S CORNER





(TRESLET) Wants not above, there, Mr. Bullerty Heater Anderson Colors and Str. To. Red. 3—L1. gray. 3—Yellow 4—L1 grays. 3—Yellow 4—L1 grays. 1—Change 3—Ok graws.						
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**** ****						
THEN some I punts each for all earth of faul letters or more leand-among the letters.	-					
Try to score at least 50 posets.						



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Bullet-stopping helmet returned to Soldier

By Brian Lepley

U.S. Army Recruiting Command

SAN ANTONIO - When former Army Spc. Chance Darby was reunited in San Antonio Jan. 4 with the Advanced Combat Helmet that saved his life in Afghanistan, he said the headgear had successfully stopped an enemy rifle bullet, but left him with two big headaches.

One of those headaches lasted just a few days - a result of the impact of the high velocity round that hit his helmet. The other headache lasted several weeks, as he tried to keep the news he had been shot from his mother in San Angelo, Texas, and his fiancée who was attending Texas A&M University in College Station.

Darby had proposed to Cheryl shortly before he deployed to Afghanistan with the 82nd Airborne Division. May 31, 2012, a month or two before his tour in Afghanistan would come to an end, Darby's unit was dismantling an improvised explosive device. It was then his platoon was ambushed by the Taliban.

"My gunner and I began laying down fire when I got hit," Darby said. "My squad sergeant, who had been directing our fire, also got hit in the head and went down."

Darby, a specialist at the time, shook off the hard blow and continued fighting. His squad sergeant was knocked unconscious for 10 to 15 seconds, then revived and rejoined the battle. The fighting lasted for an hour and a half before the enemy withdrew.

Darby did not want to tell his Family about the incident even though, thanks to the Advanced Combat Helmet, both he and his squad sergeant had survived essentially unharmed.

"I just didn't want them to worry," said Darby, who finished his enlistment and now works as a civilian in the oil industry.



Former Spc. Chance Darby and wife Cheryl Darby attended a ceremony together in San Antonio Jan. 4. During the ceremony, officials from the Army's Program Executive Office Soldier returned to Darby the Advanced Combat Helmet that stopped a bullet from ending his life.

His fiancée could sense something had happened, however.

"I could tell something sounded different. He called me and said the guys went out on patrol without him," said Cheryl, who has recently graduated from Texas A&M University. "I finally pried it out of him because he got tired of me asking him."

His mother, Lynlee Darby, was the last to know her son had taken a bullet to the head.

"I only found out because the mother of one of his buddies over there called to tell me how glad she was for me and how angels were looking out after Chance," Lynlee said. "I wondered what she was talking about, so I kept her talking until I got the whole

story. Then I emailed him and said, 'Call me. Now!'"

Darby, his wife, mother, sister, brother-in-law, and a collection of nieces and one nephew traveled to San Antonio for a short ceremony outside the Alamodome. The U.S. Army All-American Bowl is a football game played among high school all-stars was played at the stadium that day, and it was there the Army returned to Darby the ACH that had stopped a bullet from ending

"Let me present a real American hero," said Command Sgt. Maj. Doug Maddi as he presented Darby with the helmet, which was mounted on a polished wood display stand.

Maddi is the senior NCO of Program Executive Office Soldier, the Army organization responsible for development and initial fielding of all the equipment worn or used by individual Soldiers, including helmets, body armor, uniforms, small arms and night vision goggles.

Darby described the combat incident during which he was hit, and said his protective equipment made a believer out of him.

"Everybody used to say they hated wearing their helmets," he recalled with a smile. "But I love mine now. I would wear it any-

"I love the Army equipment and how it protected Chance." said his wife, Cheryl. "I had seen pictures of his helmet, but it is different when you see it in person. When you see how close the bullet shot was, it takes my breath away."

The couple, who married one year after the helmet saved Darby's life, said they hope to build a house.

"This helmet is going to sit right there on the mantle," Darby said, as he held it in his hand. "You know, when my first sergeant told me I was going to get the helmet back, I figured it would just arrive in a box. I had no idea that PEO Soldier and the Army would hold this ceremony, or that they would put it on this display. That's awesome and I am very thankful for it."

ENTERPRISE BASEBALL

Enterprise's semi-pro baseball team is in need of will receive a medal. players. Tryouts will take place Saturday at Peavy Park in Enterprise. For times or to get more information, call 347-4275.

ADULT SWIM LESSONS

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

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

BLACK HISTORY 5K

Fortenberry-Colton Physical Fitness Center will host the annual Black History 5k and 1-Mile Fun Run Feb. 8 from 9 a.m. to noon. Registration on the day of the event will begin at 7:30 a.m. and end at 8:40 a.m. at the fitness center. Participants are encouraged to pre-register for the event. The fun run is free and open to all, and will begin after the 5k is completed. Fun run participants ages 12 and younger

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

For more information, call 255-3794.

YOUTH SPORTS BATTING CAGES CLOSE

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

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

ATV TRAIL RIDE

Outdoor recreation hosts an ATV Trail Ride Feb. 22 from 6 a.m. to 1 p.m. Preregistration is required and people must be 16 or older to participate. Participants must pass the safety driving test through outdoor recreation, and they must provide their own ATV and protective gear (helmet, boots, etc.). Protective gear must be worn at all times.

For more information, call 255-4305.

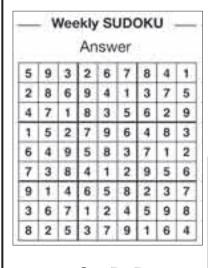
DISC GOLF

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

patrons only. For more information, call 255-2296.

RIDING STABLES RULES

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



TRIVIA

Answers

- 1. H.G. Wells. Ourur
- 3. Mikhail Gorbuchev
- 4. Italian red wine
- 5. Crop production and sail manage
- 6. Questioning of prospective jurors 8. Neil Diamond 10. Linda Blair



PUZZLE

ANSWERS





Warm-up changes prepare body to perform

By Staff Sgt. Christopher Klutts Joint Base Lewis-McChord

JOINT BASE LEWIS-MCCHORD, Wash. – The Army substituted static stretches for the more dynamic Preparation Drill with the introduction of the Physical Readiness Training program.

Now, the Performance Triad – a holistic approach to well-being that incorporates sound sleep and nutrition practices with safe physical activity - encourages Soldiers to prepare to perform every time they hit the gym, not just during unit physical training.

Maj. Daniel Rhon, a physical therapist at Madigan Army Medical Center on Joint Base Lewis-McChord, said preparing properly puts the body in "prime condition" for strenuous physical activity.

Rhon related preparing your body for physical performance to starting a car on a cold day.

"You wanna get your engine going," he said. "If you just get up in the morning, for example, and try to run down your stairs, you might feel a little stiff or a little sore."

The Performance Triad Leader's Guide and Planner recommends tailoring your preparatory routine to each workout session. The Physical Readiness Training program provides structured preparatory exercises that prepare specific muscle groups for activity. Before physical training with a unit, Soldiers complete movement drills to prepare for runs and conditioning drills

before strength training.

People should use the same concept of preparation when working out on their own. Rhon recommended taking a light jog before a long run or doing a few pushups before lifting weights.

Preparation is not limited to warming up before a single training session.

By creating a workout plan that incorporates cardiovascular training with resistance training, Soldiers can prepare their bodies to perform under the harshest conditions for extended periods of time.

Rhon said a balanced workout plan might include three days of cardiovascular training and two to three days of resistance training per week.

The need for preparation extends beyond the gym and to the battlefield. Sprinting 50 meters to cover under fire while wearing 60 pounds of body armor and ammunition demands cardiovascular endurance. Carrying an injured buddy who bears the same load demands strength. Soldiers are unable to do either if they're injured.

"Preparation for anything can be helpful," Rhon said. "We train, we go through a preparation process for missions and for procedures at the hospital. The same thing comes into play when you're getting ready to perform physically.'

For more information about preparing to perform and the Performance Triad, visit http://armymedicine.mil/Pages/performance-triad.aspx.







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