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ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

JANUARY 23, 2014

Post celebrates MLK legacy

By Sara E. Martin
Army Flier Staff Writer

There once was a voice of freedom that called out for justice using nonviolence, but all too soon that voice that shared a message of having courage in the face of opposition and love when experiencing hate, was snuffed out.

But other voices arose to spread Dr. Martin Luther King Jr.'s message of peace and justice overcoming all barriers, and it is still alive today in the people that live those values in

their own lives as they go out and meet conflicted people.

Fort Rucker helped spread King's message and honored his legacy during an event at the post theater Jan. 16.

King was instrumental in the passing of the Civil Rights Act and the Voting Rights act, and the post celebrated his accomplishments with inspirational readings, speeches, prayers and songs that had many in tears and on their feet.

Guest speaker Command Sgt. Maj. William S. Hayes, 1st Battalion, 14th Aviation Regiment

command sergeant major, who is a native of Memphis, Tenn., where King was killed, went into character several times while reading segments of the Declaration of Independence, portions of King's speeches, as well as works used by Nelson Mandela, Marianne Williamson and Thomas Jefferson.

"Today we celebrate the legacy of the life of a legendary American. As a military man, his works are important because his teachings tear down separations

SEE LEGACY, PAGE A5



PHOTO BY SARA E. MARTIN

Sheila Jackson, musician, performs a rendition of "Do it Anyway" during the Dr. Martin Luther King Jr. celebration program at the post theater Jan. 16.



PHOTO BY SPC. LUIS SAINZ

Texas tour

Maj. Gen. Kevin W. Mangum, commanding general of the U.S. Army Aviation Center of Excellence and Fort Rucker, thanks Capt. James Kelly, commander, A Company, 2nd Battalion, 501st Aviation Regiment, Combat Aviation Brigade, 1st Armored Division "Black Cats," at the conclusion of the general's local area orientation flight during his visit to Fort Bliss, Texas, and Biggs Army Airfield, Jan. 8.

Fort Rucker celebrates African American History Month

By Nathan Pfau
Army Flier Staff Writer

Although Martin Luther King Jr. Day has come and gone, Dr. King's legacy and teachings live on through February during African American History Month, and Fort Rucker will honor that history with events planned throughout the month.

To kick off the month, the Fort Rucker Equal Opportunity office and the post exchange will host the African American History Month kickoff event Jan. 31 from 11:30 a.m. to 1:30 p.m. at the post exchange to promote diversity and inclusion in the armed forces, said Susie Antonello, Army and Air Force Exchange Service visual merchandiser.

The event will feature performances, prizes and complimentary food tastings, and Sgt. Maj. Marvin J. Pinckney, U.S. Army Aviation Center of Excellence G-3 sergeant



PHOTO BY SARA E. MARTIN

Master Sgt. Thomas J. Reid, chief equal opportunity adviser, dishes out home-style cuisine to patrons at the African American History Month kickoff event held at AAFES last year. This year's kickoff will be Jan. 31 from 11:30 a.m. to 1:30 p.m.

major, will be on hand as the guest speaker for the event. Attendees will also be treated to performances by the Fort Rucker Elementary School choir, as well as presentations and performances from other local acts,

said Antonello.

The theme for this year's African American History Month observance on Fort Rucker is "Yester-

SEE HISTORY, PAGE A5

New lab improves patient flow

By Nathan Pfau
Army Flier Staff Writer

A project 10 years in the making, Lyster Army Health Clinic welcomed an updated addition to its facility that will better serve patrons and manage patient flow more efficiently.

Hundreds converged upon LAHC for a ribbon cutting ceremony Jan. 15 to open the clinic's new up-to-date laboratory that boasts an automated system that will help patients more effectively get the care they need in a timely manner, said Karla Moorehead, chief of laboratory services.

"The lab renovation project was part of a five-year plan that began more than 10 years ago when we transitioned from a hospital to a clinic, and the actual design process for the new lab began (about) two years ago," she said.

The lab has served Fort Rucker for almost 30 years since it opened in 1985 and wasn't only a clinical lab, but an anatomical lab, as well. Since the anatomical section closed in 2004 and Lyster was downsized to a clinic, the laboratory was left with excess administrative and technical space, said Moorehead.

"The new laboratory replaced a very old facility that's footprint and design was much larger and antiquated," said Col. James A. Laterza, LAHC commander. "The opportunity to move the laboratory into a new and improved functional space coincided with the renovation of the pharmacy. The pharmacy needed to expand to meet an ever-growing demand for services, while the laboratory footprint could reduce as technology improved."

Moorehead, who has been working with the clinic for more than 30 years, agreed that the reduction in space was a good thing

"As technology in laboratory medicine advances, the instrumentation's footprint typically gets smaller," she said. "The new lab's design has greatly improved work flow."

The relocation and renovation of the lab is part of a string of updates to the health clinic that also includes the pharmacy and behavioral clinic, as well as smaller projects like revamping the entrance to the facility.

The renovations are necessary in maintaining the best possible patient care on all levels that Lyster's facilities can provide, said Laterza, adding that the laboratory is no exception when it comes to the services it delivers.

"The laboratory provides the main portal of entry for pathology services for Soldiers, Families and retirees," said the LAHC commander. "The military mission of Aviation relies heavily on medical qualification to perform duties, and laboratory testing is used extensively in the process. It's also vital in post-mishap evaluations to ensure Soldiers are evaluated completely when accidents occur."



PHOTO BY NATHAN PFAU

Col. Stuart J. McRae, Fort Rucker garrison commander, Command Sgt. Maj. Buford E. Noland, garrison command sergeant major, and Col. James A. Laterza, Lyster Army Health Clinic commander, take a tour of the new laboratory at Lyster after the ribbon cutting ceremony to open the facility Jan. 15.

PERSPECTIVE

Dietitian offers strategies to avoid office weight gain

By Lt. Col. Twyla Leigh
U.S. Army Public Health Command
Registered Dietitian

It's been a long day at the office. Visions of the vending machine flash through your mind. Caffeine and sugar are calling your name.

Stop! The additional 140 calories from a 12-ounce can of soda and 220 calories (or more) from a candy bar or bagged snack, if consumed on most work days, will create a weight gain of a jumbo 25 pounds per year.

Even if the soda is diet and only the candy or bagged snack is eaten, expect a weight gain of 15 pounds per year. Add to that the extra calories we eat when someone brings in donuts or goodies to the office, or what about that desktop candy jar? These office hazards add to inevitable weight gain that most of us blame on aging, heredity and metabolism, or the lack thereof.

In addition, technology has created an environment (office and home) that promotes sedentary behaviors. Studies have shown that sitting too much during your waking hours (whether it is at your desk, in meetings or in front of the television) is detrimental to your health, and may increase your risk of cardiovascular disease and other chronic diseases. In addition, sitting too much and lack of physical activity (at least 30 minutes of moderate-intensity exercise) can contribute to weight gain.

Healthy nutrition coupled with activity are two of the three key components of health defined in the Army surgeon general's Performance Triad (the third is quality sleep). Quality nutrition promotes health, prevents



COURTESY GRAPHIC

disease and contributes to achieving and maintaining a healthy body weight. We think better, feel better and perform better when our bodies are well nourished.

We are not destined to work in obesifying office conditions and can make positive changes in our work world to manage our health and weight. Be prepared for office pitfalls (even if you work from home) and plan ahead.

The following is a list of strategies to consider for a healthier work environment.

- **Eat breakfast** — Breakfast skippers start the day at a disadvantage, and may start grazing early and feel they have no will power or resistance to sugary and fatty foods that they might otherwise avoid.
- **Bring healthy (and portion-controlled) lunches and snacks** — Prepare your lunch and snacks the night before. By doing this you have complete control over

the size of your meals and what goes in your body, and you save money, too. In addition, having healthier, portion-controlled snacks on hand will keep you from visiting the vending machine.

- **Eat mindfully** — No matter what you are eating, focus on the smell, taste and crunch. Avoid eating while you are working at the computer. This type of multi-tasking doesn't allow you to realize that you are satisfied with your snack or meal and you may be tempted to keep grazing. Try eating in a relaxing area away from your desk instead.
- **Think thirsty, not hungry** — Have lots of cool water on hand to drink throughout the day. Many times we think we are hungry and overeat when we have not had enough fluids. Watch those sugary, calorie-laden cold and hot beverages.
- **Sit less, move more** — Grab a move-

ment break. Stand up and stretch. Take a 10-minute walk break and get some steps in to reach the recommended Performance Triad goal of 10,000 steps daily. Walk briskly to meetings. Take the stairs instead of the elevator. Park your car at the farthest point in the parking lot. Limit phone calls to co-workers and walk over instead.

- **Identify supportive co-workers** — Share recipe ideas for healthy snacks. Encourage one another to eat healthy and exercise more.
- **Change the office culture** — Model good eating. If you bring in a snack to share, make it healthy – fresh fruit, whole grains and lower fat recipes. Suggest non-food rewards and celebrations. Positive recognition and certificates of appreciation add to a supportive, productive and healthier work culture.

Rotor Wash

“Classes are now being offered for people to be trained as lifeguards for the summer at the physical fitness center on Andrews Avenue. Why do you think it is important for teens to have summer jobs?”



Alison Fales, civilian

“Teens should get jobs early on because it gives them a sense of independence. Now they don't have to ask mom and dad for money, they can buy what they want with what they earned.”



Troy Golden, military Family member

“I think it's important to have that first summer job because it builds character. It really teaches teens about responsibility and gives them a taste of the real world.”



Sgt. 1st Class Brian Brenner, NCOA

“Teens acquire social skills, experience and knowledge. Teens need to understand that money does not come for free and that hard work and dedication is required in order to make it in the world.”



Sgt. Brandon Noel, NCOA

“I believe it is important to instill a strong work ethic and an appreciation for monetary value.”



W01 Cassidy Hollowell, B Co., 1st Bn., 145th Avn. Regt.

“They can learn responsibility and have their own sense of independence. If they grow up always depending on an allowance then they will never learn to appreciate something if they can't get it for themselves.”

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FORT RUCKER COMMANDING GENERAL

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

ACE SUICIDE INTERVENTION

Ask your buddy

- Have the courage to ask the question, but stay calm.
- 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-

injury.

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

Escort your buddy

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

USACR/Safety Center welcomes new command sergeant major

By Julie Shelley

Directorate of Communication
and Public Affairs
U.S. Army Combat Readiness/
Safety Center

The U.S. Army Combat Readiness/Safety Center welcomed a new command sergeant major in a change of responsibility ceremony Friday.

Command Sgt. Maj. Leeford C. Cain, a native of Tampa, Fla., was installed as the Army's top enlisted adviser on safety issues after assuming duties from Command Sgt. Maj. Richard D. Stidley, who had been with the USACR/Safety Center since August 2011.

"It's a real honor to have this opportunity," Cain said. "It's also humbling, because what we do as an organization affects the entire Army. I look forward to getting out and talking with our Soldiers about the issues that matter to them and their Families."

Cain most recently served as command sergeant major for U.S. Army Garrison, Ansbach, Germany. He graduated from the United States Army Sergeants Major Academy in June 2006.

Brig. Gen. Timothy J. Edens,

director of Army Safety and commanding general, USACR/Safety Center, said he is confident Cain is ready to take on the demands of his new title.

"The Safety Center's command sergeant major billet is still relatively new," Edens said, explaining the position was upgraded from sergeant major in 2007. "The leaders who've filled it since have had a profound impact on Soldier safety and safety policy. I absolutely believe Command Sergeant Major Cain is the right person to continue this legacy, and I'm excited to work with him."

He also thanked Stidley, who is retiring from active duty after nearly 35 years of service, for his many efforts on behalf of Soldiers and Families.

"Rick is one of the most tireless advocates for Soldiers I've ever seen," Edens said. "It's been a privilege to work alongside him these past two years, and I'm grateful for all he's taught me about becoming a better leader."

For more information on the USACR/Safety Center or to view Cain's complete biography, visit <https://safety.army.mil>.



PHOTO BY DANNY CLEMMONS

Command Sgt. Maj. Leeford C. Cain and his wife, Jutta, receive guests after the change of responsibility ceremony at Fort Rucker, Friday. Cain was installed as the Army's top enlisted adviser on safety issues after assuming duties from Command Sgt. Maj. Richard D. Stidley.

Day in the life: Firefighters prepare for worst, hope for best

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 carry out the mission at Fort Rucker. Readers who have ideas for jobs or people to be highlighted in the series can send an email to jhughes@armyflyer.com for the staff to consider.)

Some men and women face firefights and some literally fight fires, but one man whose day begins and ends with thoughts that he might have to face smoke and flames at any minute, says that's what gets his blood pumping the most.

Scott Reid's day begins with a shower and morning chores, but by 7 a.m. he and fellow Fort Rucker firefighters are going non-stop preparing for the worst and hoping for the best.

"At 7 a.m. we report next to our gear, and we are briefed on the day before and what the plan of action for the day is. After all our radio and equipment checks it is breakfast until 8:30," he said.

Reid knew he wanted to help people who couldn't help themselves, and immediately after he started fighting fires in 2004 he fell in love with it.

"It is such an adrenaline rush and it is really fun. You get paid to play with million-dollar equipment," he said. "But the most challenging thing and definitely the most stressful part is being away from my Family. I don't think any of us really think about the danger of our job because we enjoy it so much, but the schedule is sometimes really hard on our Families."

Fort Rucker firefighters are on shift for 48 hours and off for 72. If overtime is re-



PHOTO BY SARA E. MARTIN

Scott Reid, Fort Rucker firefighter, makes breakfast with fellow Station No. 1 firefighters Friday.

quired firefighters could be on shift for three straight days. But after three shifts firefighters are on for 48 hours and off for 48 hours.

Firefighters out at the stage fields are on duty for 24 hours and then off for 24.

All the firefighters on post are DOD civilians, and although Reid calls Hartford, Ala., home, he said that most of the firefighters consider Station No. 1 on Andrews Avenue home, as well.

"We have to separate home from here. When I step through these doors I am a firefighter, and when I go home, I am still a firefighter, but I am a father and a husband first. I think that's how most approach it," he said.

Station No. 1 typically responds to seven calls a day, and Reid said that although many of them are false alarms they treat

each situation as if lives hang in the balance.

"You never know what you are going to see on the job while training," he said. "A few weeks ago, we had a fireman have to ask a Soldier to vacate his room so we could turn off the fire alarm that was going off. The only problem was the Soldier answered the door naked."

The firefighters train from breakfast to dinner each night, with a three-hour break for physical fitness and lunch, which most bring from home because big meals are typically eaten together on the weekends.

Training could be anything from classroom lectures on emergency medical services or hands-on training where firefighters go through scenarios in housing or off Dustoff Street where their training grounds are.

"After dinner, we are on our own schedules as long as we stay at the firehouse to be ready for calls to come in," he said. "The tones like to go off around 3 a.m., every morning, but if there is a call during in-field training one truck is always ready to go at that second."

While on shift the firefighters live at the fire station. At Hanchey Army Heliport and Knox Army Heliport firefighters all live in one large room, but there are dividers.

At Shell Army Heliport, Cairns Army Airfield, and the central fire station, the firemen have 9x10 individual rooms that have a twin bed, a nightstand, a television and a locker.

Reid said that although the job can be stressful, having a cause really gives purpose to the job.

"I think that we are sorta like an insurance policy," he said. "People know that if something happens that we are coming and can rely on us to come help them. Most people feel safer and more secure that we are around."

Post firefighters are required to complete many types of drills and certifications every year, some of the drills are aircraft emergency exit and escape drills, hazmat drills and live fire drills.

Many are also certified as emergency medical technicians, paramedics, hazmat technicians, confined space and high angle certified, and now there is talk of some becoming swift water rescue certified, said Reid.

So whether it be educating the public on stove safety or pulling a student pilot from a downed aircraft, Fort Rucker firefighters may not be running toward a firefight, but they are there for people who need help when things get hot.

News Briefs

Retirement ceremony

Fort Rucker hosts its quarterly retirement ceremony Friday 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 Saturday 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.

People can register at www.chili5k.com.

Contracting 101

The Mission and Installation Contracting Command-Fort Rucker will offer its first Contracting 101 class Wednesday 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@mail.mil; Staff Sgt. Ye Yang at 255-3746 or ye.yang@mail.mil; or Maj. Jason Hulsey at 255-2846 or jason.e.hulsey@mail.mil.

Heritage month kickoff

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 position is available on Fort Rucker: Outreach

Research Assistant, GS-1515-13, SCEG137767981027492, closes Tuesday. For more, check out www.usajobs.gov.

ACAP presentation

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

For more information, call 255-3932.

Nurse advice line

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

Commissary scholarships

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

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

Thrift shop

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

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

For more information, call 255-9595.

Alcoholics Anonymous

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

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

Volunteer drivers

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

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

Honoring patients

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

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

Program promotes cultural exchange

By Sara E. Martin
Army Flier Staff Writer

For those seeking to expand their knowledge of the world, the International Military Student Office offers people an opportunity to experience different cultures without leaving the United States or even the Wiregrass by sponsoring an international student.

The International Student Sponsorship Program is an opportunity to bridge the gap between the known and the unknown for international students and their spouses, and is a chance for locals to expand their knowledge and understanding of a different culture, according to Eduardo Pineiro, IMSO field studies program coordinator.

“It is traditional to sponsor newcomers by extending hospitality and assistance, and this program is a great way for international students to see the United States, and meet local people and their Families. It is also a fun way to learn about the real United States, and not necessarily what Hollywood and the media portrays in films, TV shows, newspapers and magazines,” he said.

Sponsors introduce the student or spouse to American culture outside of Fort Rucker and helps them get acquainted with American customs, as well as helping them navigate around the culture.

“There is no maximum or minimum commitment and there is no financial responsibility on the sponsor. They can pay for things as a friendly gesture if they like, but it is not necessary,” he said.

The intent of the program is to provide international military students and spouses with a direct view of life in the U.S. through social interaction.



PHOTO BY SARA E. MARTIN

Dutch Cdt. Ard Tielenburg, Dutch Cdt. Thijs Urlings, Dutch Lt. Lennart Batenburg, and Dutch Cdt. Martin Lammerts socialize during the IMSO welcome social Jan. 16 at The Landing's Legends Room.

“It is up to the sponsor and the student what they do, how often they get together and where they would like to go. Social sponsors do lots of things like eat dinner at each others’ houses, go to the movies, go sightseeing, go putt-putt or bowling, go to local high school or college sport events together, go shopping together, or go on trips to the beach or Atlanta together. It is whatever they agree on and where their interests lie,” said Pineiro.

Sponsors can support as many students as they like, but IMSO officials try to pair them up or link them up with Families who like the same activities, said Pi-

neiro.

A sponsor is also an ambassador that provides the best image of the U.S., according to Pineiro, but it is also where both parties equally learn from each other about their home countries.

“When students or spouses have a sponsor, they know a lot more about American life,” he said. “A sponsor is a direct link for them, so the students usually have great things to say about American life when they return home. When they have a positive experience it reflects positively on the United States.

“No matter what the students read or watch in the news, the

most impact that the students are going to receive is going to be from the Americans that interacted with them,” he continued.

Likewise, according to Pineiro, the sponsored student’s country becomes not just a name in the evening news or on a map, but a warm place in the sponsor’s heart.

“Sponsors learn about their students’ cultures as well. They learn about the food, language, people, religion and the day-to-day life of someone who is not from America,” said Pineiro.

Sponsors can also help expand the English skills of the student by daily or weekly conversation,

said Pineiro, and that contact and language-learning skills that a sponsor inadvertently teaches is priceless.

“They want to better their English, and go outside and see new places, too. Sponsors help in a way that a teacher can’t when helping a person learn English,” he said.

Anyone is allowed to be a sponsor, whether they are in flight school, a civilian or a military spouse –there are no restrictions.

“Everyone can be an ambassador for the United States,” said Pineiro.

If interested in becoming a

TRADOC: Strategic Landpower concept to change doctrine

By Gary Sheftick
Army News Service

WASHINGTON — The Army’s doctrine will change dramatically in the near future as joint leaders develop the operational concept of Strategic Landpower, said Gen. Robert W. Cone.

One change will be a seventh warfighting function called “engagement,” said Cone, who serves as commanding general of the U.S. Army Training and Doctrine Command.

He told those at the Association of the United States Army Aviation Symposium in Arlington, Va., Jan. 15, that the new warfighting function would involve skills used to influence foreign governments and militaries.

Relationships with the Special Operations community that the Army has formed over the past 12 years should be preserved and institutionalized in the Strategic Landpower concept. So should gains in battlefield intelligence, Cone said.

“Unless we continue to exercise these skills, we will lose them and pay for it again in blood,” Cone said.

The Strategic Landpower Task Force that Cone presides over is a joint effort with the Marine Corps and U.S. Special Operations Command. Although Cone is president of the task force, he said the board of directors include Chief of Staff of the Army Gen. Ray Odierno, Commandant of the Marine Corps Gen. James Amos and SOCOM Commander Adm. William H. McRaven.

The task force was formed partly to counter critics who believe “precision strikes” by air and sea power can win a war without boots on the ground.

“While human beings transit air and transit sea, they live on the land,” Cone said. “And so your strategic outcomes are going to take place on the land.”

Any strategy that relies on only two elements of the joint triad is doomed to be problematic, he said.

The Army was captivated from 2001 to 2003 with something called “precision strike” or “net-centric warfare,” Cone said. He explained the fundamental premise was viewing an adversary as a “complex, adaptive system.”

“You identified critical nodes and then you essentially used precision strike to take out those nodes that brought about the systemic collapse of the enemy, which resulted in the enemy’s capitulation,” Cone said.

Before invading Iraq, Cone said he even took part in a “capitulation exercise” at Camp New York, Kuwait. He



PHOTO BY GARY SHEFTICK

‘Strategic Landpower is not a strategy, it’s an operational concept,’ says Gen. Robert W. Cone, commanding general of the U.S. Army Training and Doctrine Command as he speaks at the AUSA Aviation Symposium Jan. 15 in Arlington, Va.

said many fully expected invading forces to be greeted as liberators.

“How did that work for us?” he asked, adding that the Iraqis “flipped the thing over on its head” and began a bloody insurgency.

“War is fundamentally a clash of human wills,” Cone said. “Technology is secondary.”

Before invading Iraq, Cone admitted that he didn’t think much of human terrain skills. He said the campaign was originally planned “sort of independent of the people, the culture, the language, the history ...”

But, 12 years later after tours in Iraq and Afghanistan, he said he’s the biggest advocate of what the Army has learned about human terrain. He warned that human terrain skills are especially perishable.

“You know what will happen if budgets retract,” Cone said. “The first things they will cut are the linguistic skills [and] the human terrain systems.”

He said that the military has come a long way in battlefield intelligence and human terrain systems over the past 12 years, but he emphasized they must be institutionalized.

“Is there a human domain” in warfare? Cone asked.

The Special Operations Forces community is adamant that there is, Cone said, but the Marine Corps disagrees. He cited the disagreement as an example of the issues the task force is sorting out as it forms its Strategic Landpower concept.

The joint differences are one reason

that the operational concept is taking some time, Cone said, citing that the seven-page Strategic Landpower White Paper took five months to complete.

If it takes time to pave the right path, that’s alright, Cone said, because the Strategic Landpower concept needs to be enduring.

“On the institutional side, I got to tell you, I can’t wait to write an operational concept and then change all of doctrine in the coming years,” Cone said.

Some decisions have already been made, Cone said. Special Operations has been added as an Army competency.

“You’ll have combined arms maneuver, you’ll have wide-area security and you’ll have special operations,” Cone said.

To the six warfighting functions, the Army will add another called “engagement,” Cone said.

Many of the skills, tasks and systems associated with “influence activities” were formerly clustered under “mission command.” But now enough lessons have been learned and the skills are so important, he said the Army will be better served to conceptualize them under a seventh warfighting function.

“The Army’s world has been rocked, as we talk about the direction in which we’re headed,” Cone said. “All of the supporting systems have to come together and understand what the implications are for the future to make sure we treat our Soldiers fairly in terms of career management fields, in terms of promotion opportunities and in terms of training options.”

Some of these same issues are being addressed by “Force 2025,” which Cone said is a “near-term” project under TRADOC.

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Legacy: Event speakers promote unity, integrity

Continued from Page A1

and barriers, and he tried to foster an environment that commanders need in today's Army," he said.

"We need to give of ourselves for the greater good of this country. One man has died for the legacy of our country. We should never give up that dream," he continued.

King was a legend of pioneers during a time when "change must be," who was willing to suffer in order to achieve a better future, said Hayes. King suffered and sacrificed not only for his own children, but for "yours and mine."

Hayes believed that King recognized and identified a cancer in the ideology of America, saying that in order to bring change to the world people must first bring change into themselves.

"We must restore our beliefs in ourselves. We are a generous people so why can't we be generous one to another," he asked. "We must take inventory within ourselves. We must inspire before we can even think about celebrating what we have achieved."

The theme of the program was "Celebrate, Cultivate, Motivate: Keep the Dream Alive" and the program helped inspire some to begin making changes for the better, whether that be chasing a dream or helping others.

"Without a dream you have no goal and no focus," he said. "It would be a waste of talent, abilities, gifts and ideas. Those ideas, gifts and talents help and encourage others, and without encouragement we can't motivate anyone. We are no good to society (without dreams)."

During his time as a leader of the Civil Rights Movement, King achieved more progress toward racial equality in America than anyone else in the three previous centuries of America's history, according to www.thekingcenter.org.

King's vision was not specific to African Americans, though, but to all minorities, men and women, and with

his nonviolent approach to changing the world around him he was able to inspire countless generations, said Col. Stuart J. McRae, garrison commander.

"It is important that we never forget the dream of (King) and that we continue to make strides, not just for color, but for (everyone). Together all of us will achieve more, a message that we were reminded of today," he said at the end of the program.

Hayes said America should never forget the magnitude of King's teachings, which have helped shaped the nation today.

"Today ... I feel ... that my presence ... is one additional bit of evidence that America's dream has not been and need not ever be deferred," he said. "We are people in search of a national community. We are people not only trying to solve problems of the present, but of the future. We are tempting to fill a national purpose to create and sustain a society in America in which all of us our equal."

History: Post hosts events throughout February

Continued from Page A1

day, Today and Tomorrow! Civil Rights in America," and was chosen in celebration of the 50th anniversary of the Civil Rights Movement, said Sgt. 1st Class Caleb Baugh, battalion equal opportunity leader for 1st Battalion, 145th Aviation Regiment, 1st Aviation Brigade.

"Today's Army is diverse, and we derive strength from the diverse cultures, perspectives, skills and other qualities of our personnel," he said. "Soldiers and Army civilians must now add not only a cultural understanding of the lands in which we may be deployed, but also a better grasp of the many characteristics and backgrounds in our own formations."

"This is a time to honor the contributions that African Americans have made to our country," added Antonello. "African Americans have shaped our nation and have influenced American life, and the exchange is proud to honor these achievements."

Antonello said that the event is a great way for the Fort Rucker community to have a good time and enjoy good food, while learning about the many contributions that African Americans have made in civilian and military life.

"With this event, we salute African American men and women who served in the military," she said. "They played a vital role in the struggle for freedom and equality in our American culture, and this event will create awareness and appreciation for



PHOTO BY SARA E. MARTIN

Sgt. 1st Class Mackie J. Slate, tenant units equal opportunity adviser, dishes out home-style cuisine to patrons at the African American History Month kickoff event held at AAFES last year. This year's kickoff will be Jan. 31 from 11:30 a.m. to 1:30 p.m.

diversity in our country."

The kickoff event isn't the only event that will be held to honor the contributions of African Americans throughout the month.

There will be a book reading at the Center Library Feb. 7 from 10:15-11 a.m. for children up to 6 years old, followed by arts and crafts activities. The Black History 5k and 1-mile fun run will be Feb. 8 at 9 a.m. and promote a healthy lifestyle, as well as

awareness for African American History Month.

There will be a luncheon in honor of African American History Month Feb. 13 at the dining facility for Soldiers and Department of the Army civilians, and Baugh said it's a good opportunity for Soldiers and civilians to come together and share a meal.

On Feb. 14, Rucker Lanes will host a bowling tournament with trivia that will play on the overhead screens to test peo-

ple's knowledge of African American history as they compete for prizes.

An educational field research trip to the George W. Carver Interpretive Museum in Dothan will be Feb. 21 from 9:45 a.m. to 1 p.m., and those interested in attending can call 255-2951 for more information.

Feb. 27, The Landing will host a Black History Month luncheon from 11 a.m. to 1 p.m., which will feature guest speaker Ed Vaughn, National Association for the Advancement of Colored People Alabama State Conference president.

For more information on any of these events, call 255-2951.

All of these events help people on Fort Rucker understand the importance of what it's like to "walk a mile" in another person's shoes, said Baugh. Developing understanding of fellow Soldiers is important in creating a more unified Army and nation, he added.

"Every U.S. Army Soldier, civilian and Family member has a different background, culture and thought process from which he or she can draw," he said. "When these differences are combined and work together, it creates an adaptive, culturally strong Army that enhances our capabilities around the world."

"Having these observances allows us to see the struggles of those that stepped up and fought to unify the beliefs of the nation regarding Civil Rights and bring about a change to see how we can make it better," Baugh added.

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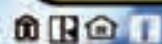
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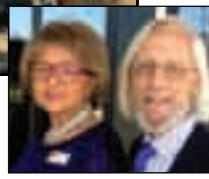
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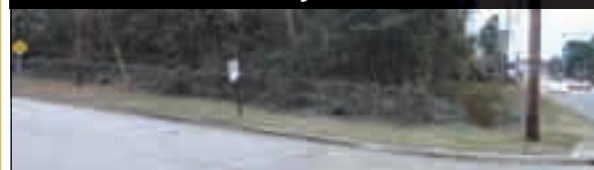
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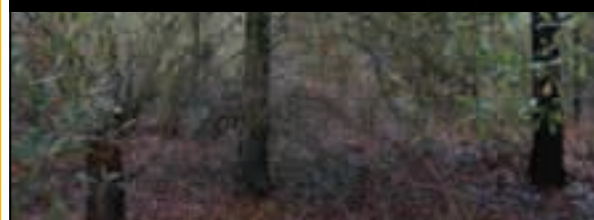
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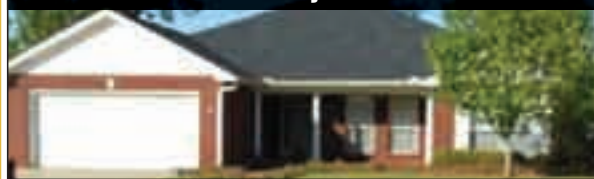
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JANUARY 23, 2014

Modernizing maintenance methods key to sustainability



PHOTO ILLUSTRATION BY PEGGY FRIERSON

Sustainment costs are eating away at Army Aviation and new approaches are needed to rein them in, said Maj. Gen. Lynn A. Collyar, commander of the Army Aviation and Missile Command at Redstone Arsenal, Ala.

By David Vergun
Army News Service

WASHINGTON — Sustainment costs are eating away at Army Aviation and new approaches are needed to rein the costs in, said Maj. Gen. Lynn A. Collyar.

Systems are nominally designed for 20-year lifecycles, where the cost of sustainment is supposed to be 70 percent and procurement 30, said Collyar, who is the commander of Army Aviation and Missile Command at Redstone Arsenal, Ala.

But as systems age and procurement becomes a tougher sell, that ratio is evolving to 90/10, with the 90 percent being sustainment, he said, comparing aging systems to an old Family car that frequents the shop.

Collyar, who spoke at an AUSA Aviation Symposium panel, “Enterprise Approach to Sustainment,” in Arlington, Va., Jan. 14, charted a flight path to sustainment.

“About 21 percent of the (helicopter) engines we receive at

Corpus Christi (Army Depot in Texas) had no failure problem and another 19 percent (sent there) should have been fixed at the unit level” where pre-shop analysis could have been performed, he said. “We can no longer afford that 40 percent.”

Responsibility for making that happen, he said, lies with the combat Aviation brigade commanders, “who need to allow the units (they have) to do their jobs,” he said.

The commanders also need to enlist their “green suiter” mechanics to do that work, he said. While civilians and contractors will continue to be key in this role, Soldiers need to roll up their sleeves at training bases and depots around the U.S., and learn from them and get back up to speed, he said.

“This is critically important” not just from a cost-savings and training aspect, but also in terms of readiness, where Soldiers may someday need these skills on the battlefield, he added.

SEE COST, PAGE B4

Noise Immune Stethoscope approved for production

By Catherine Davis
USAARL Public Affairs

FORT RUCKER, Ala. — In collaboration with Active Signal Technologies, a Small Business Innovation Research partner, the U.S. Army Aeromedical Research Laboratory, Fort Rucker and U.S. Army Medical Research and Materiel Command, Fort Detrick, Md. developed a medical device that can be used to listen to heart and lung sounds in high-noise environments such as medical evacuation vehicles.

“Heart and lung sounds are a necessary component of casualty triage and ongoing care. Hearing and assessing these sounds with traditional acoustic stethoscopes is very difficult on the battlefield. It is vitally important that military medical care providers have the necessary tools while managing patients,” said Maj. Tim Cho, USAARL Aeromedical Factors branch chief.

The Noise Immune Stethoscope, like a standard acoustic stethoscope, uses an acoustic listening mode, and also adds ultrasound-based technology that is “noise immune” to amplify heart and lung sounds. This technology has the capability for users to easily switch from Doppler to acoustic mode. Both modes immediately turn body sounds into electrical signals for enhanced performance. The Communications Earplug, currently being used by aviators, attaches to the NIS and allows auscultation while wearing the flight helmet.

“The dual-mode stethoscope is specifically designed for high noise conditions,” said Cho. “As a result, the flight surgeon or flight medic will be able to make more accurate decisions while en route to higher echelons of care during flight.”

The NIS enables medical personnel to assess abnormalities of the cardiopulmonary system in high-noise environments

SEE PRODUCTION, PAGE B4



PHOTO BY SPC. JOSEPH GREEN

MOVIN' OUT

Soldiers with Main Body 5, 159th Combat Aviation Brigade, 101st Airborne Division (Air Assault), prepare to take off from Manas Airfield Jan. 7. The Soldiers flew from Manas Airfield to Bagram Air Field on the last leg of their trip from Fort Campbell, Ky.

Task Force Thunder assumes authority at Bagram

By Spc. Joseph Green
159th Combat Aviation Brigade Public Affairs

BAGRAM AIR FIELD, Afghanistan — Task Force Thunder, 159th Combat Aviation Brigade, 101st Airborne Division (Air Assault), officially took over Aviation operations in Regional Command East from Task Force Falcon, 10th CAB, 10th Mountain Division, during a transfer of authority ceremony held at Bagram Air Field Jan. 18.

During the past few months, Soldiers with Task Force Falcon and Task Force Thunder have been working together conducting relief in place, as Task Force Falcon prepared to end their deployment and Task Force Thunder prepared to assume authority.

“I’ve participated in quite a few RIPs [relief in places],” said Col. Jimmy Blackmon, the commander of Task Force Thunder. “I can’t say I’ve seen one go this smoothly, and that is due primarily because of the officers, NCOs and Soldiers of the 10th CAB.”

The 10th CAB commander also spoke during the ceremony.

“To Col. Jimmy Blackmon

and Command Sgt. Maj. Ron Dvorsky, you have an incredible organization that is ready to take the fight today,” said Col. Dave Francis, commander of Task Force Falcon. “It has been a pleasure executing this RIP with you, and we wish you all the best and God speed as you take the controls today.”

With the execution of the RIP and transition of authority ceremonies complete, Task Force Thunder’s attention turns towards providing Aviation support for RC-East in support of Operation Enduring Freedom.

The Thunder Brigade is coming into theater at a critical point in history, where the unit will provide support during the Afghan election process and assist the people with securing their own country.

“The Thunder Brigade has trained hard over the past 18 months in preparation for this opportunity to serve at such an important time in our nation’s history,” said Blackmon. “Our team is trained, disciplined and fit. They are committed to the mission, each other and the entire team that we are so privileged to join in RC-East.”



PHOTO BY SPC. JOSEPH GREEN

Col. Jimmy Blackmon, the commander of Task Force Thunder, 159th Combat Aviation Brigade, 101st Airborne Division (Air Assault), and Command Sgt. Major Ronald Dvorsky, the command sergeant major of Task Force Thunder, 159th CAB, 101st Airborne Division, look on as the 159th CAB colors are raised after being uncased during a transfer of authority ceremony at Bagram Air Field, Afghanistan, Jan. 18.

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Cost: Officials eye measures to cut expenses

Continued from Page B1

Another cost eating away at Army Aviation is software, he said. Software support costs continue to go up in every Aviation system, and for that matter, across every system in the Army, he said, describing the cost-curve rise as more logarithmic than linear. That cost “will overcome us if we don’t get a handle on it.”

Maj. Gen. Tim Crosby, program executive officer for Aviation, another panelist, agreed that post-production software can be costly, and that efficiencies need to be found for that and the entirety of lifecycle systems costs.

A solution, he said, is to automate and digitize sustain-

ment using a task-based system. This approach would provide Soldiers a systematic, visible means of troubleshooting and getting to the root cause of system failures.

So instead of continually buying replacement parts for, say, a leaking transmission seal, this approach would identify the root cause for the failure, which might lead to a redesigned replacement seal, he said. It would cost more upfront but would save money over time, not to mention increasing safety.

Crosby said the Army can learn this approach from industry, which he said does it really well.

Col. Patrick H. Mason, commander, Army Redstone Test Center, Redstone Arsenal, another panelist, said that

during the past few years of combat operations the Army fielded things so rapidly and did so many workarounds to problems that using such a systems approach that Crosby described was largely lost over time.

“We need to go back and baseline people and stuff, and do a complete hard scrub” to get a handle on spiraling sustainment costs, he said, describing the process as starting from scratch with a “data federator” who can look at the analytics and separate the signals from the noise in the data.

Besides capturing cost across the entire enterprise, such a system of systems would provide operational risk feedback to units, and their commanders and maintainers.

Production: Stethoscope receives airworthiness release



PHOTO ILLUSTRATION BY SCOTT CHILDRESS

The dual-mode Noise Immune Stethoscope.

Continued from Page B1

like the transportation of wounded Soldiers in medical evacuation aircraft, ground warfare, and intensive care units.

Between 2007 and 2013, the NIS received U.S. Food and Drug Adminis-

tration 510(k) clearance, and through a series of rigorous laboratory and field tests conducted by USAARL, the NIS received an airworthiness release for use on-board the Black Hawk helicopter. The device is now approved for full-rate production to be used in real-world operational environments.

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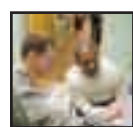


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JANUARY 23, 2014



PHOTOS BY SARA E. MARTIN

Col. Stuart J. McRae, garrison commander, Darryle Jones, community recreation division chief, Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, Megan Royer, Lake Tholocco Lodging business manager, John Clancy, outdoor recreation manager, James H. Thomson Jr., Aviation Branch Command sergeant major, Command Sgt. Maj. Buford E. Noland, Fort Rucker Command Sergeant Major, and Justin Mitchell, deputy garrison commander, cut the ribbon to officially rename the Lake Lodging Cabins to commemorate the service of Army Combat Aviation Brigades.

Rucker dedicates cabins to CABs

By Sara E. Martin
Army Flier Staff Writer

Fort Rucker showed a little R-E-S-P-E-C-T to 21 combat Aviation brigades when it renamed the Lake Tholocco lodging cabins after them.

There are 11 cabins on West Beach and 10 on East Beach for Soldiers and Families, and now the Cabin Renaming Initiative, which began in January 2013, has come to fruition now that CABs from around the globe have been chosen to be represented here on post, according to Janice Erdlitz, Directorate of Family, Morale, Welfare and Recreation marketing director.

"We contacted and asked for their support in the way of memorabilia representing their history, heritage and leadership," she said. "And we were welcomed with a great response from most, along with some wonderful items."

To date, Fort Rucker has re-



Col. Timothy F. McConvery, 110th Aviation Brigade (NG-Augmentation), and Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, explore the newly renamed Lake Tholocco lodging cabins Friday.

ceived items from 16 different CABs, with the items being displayed in the cabin named after their specific CAB.

Although not all of the cabins have received memorabilia yet, all of them have been renamed

and claimed by a CAB, said Megan Royer, Lake Tholocco Lodging business manager.

"This is important because we wanted to commemorate and show gratitude toward the combat Aviation brigades and

their never-ending sacrifices," she said. "We have wanted to put things on the walls for a long time, so these decorations really make the cabins feel homier."

The farthest brigade that has a cabin commemorated is at USAG Ansbach, Germany.

Everything from framed prints to quilts, from helicopter figurines to anything showing that brigade's heritage and history has been sent to lake lodging to be used, she continued, adding that it was first-come first-served when it came to who got a cabin named after them.

"In late 2012, we began kicking around ideas on how we could strengthen the partnerships that we have with other Aviation elements, and recognize the efforts of the men and women who proudly train and support the Wiregrass community," said Col. Stuart J. McRae, garrison commander. "That is when we took the opportunity to reach out to these various Aviation partners.

Those various Aviation units eagerly supported this initiative and today we are proud to show you an example of that support.

"This initiative is yet another milestone of how we honor service, dedication and community," he continued. "The home of Army Aviation is a significant one, and we saw this opportunity to use some of the things that we have here on the installation to sustain and increase that legacy."

There are 14 CABs and brigade-level regiments in the active force and even more in the National Guard and Reserves, said McRae, and, for these brigades that are the fighting force, this is a new piece of their individual legacies.

The cabins are open all year and are available for active-duty service members and their Families, retired military members and DOD civilian employees.

To reserve a cabin or get more information, call 255-4234.

Center wants teens to 'Get a Clue'

By Sara E. Martin
Army Flier Staff Writer

For wanna-be detectives who look up to characters such as Sherlock Holmes and the Scooby-Doo gang, the youth center offers teens an opportunity to show off their teamwork and sleuthing skills, without the danger of being chased off by a headless snow monster or Redbeard's ghost, or being called a meddling kid.

The Fort Rucker Youth Center will hold a Get a Clue Party for registered members with active passes, ages 11-18, and their guests. And although the children won't be solving any mysteries, they will be searching for clues on a post-wide scavenger hunt Friday from 4-8 p.m.

"The party is a photo scavenger hunt," said Heavenly Hunter, youth center workforce preparation specialist and administration assistant. "The teens will begin here and will follow clues around post. Youth will be divided into teams and given clues to locate various items for a scavenger hunt."

Participants will have to take

pictures of themselves at the location before they search for the next clue to move forward. Sometimes they will have to ride a bus to get to the locations, and others they will walk to, said Hunter.

Approximately 15 places have been chosen to house the clues, and some of the locations were chosen to facilitate conversations between the older and younger participants.

"They will see areas of post that they might not have known about before — we want to open their eyes to what Fort Rucker really has," said Hunter. "And not only that, but it will help the teams advance their leadership and team working skills because they are going to have to work together to complete the tasks."

Healthy, not Scooby, snacks will be provided at the free event, and the team that returns first with the most clues will win giveaways.

Regular activities will still be held for those wishing not to participate, but Linda Ivy, youth center assistant director and training specialist, hopes that teens will flock to the event to reap the benefits.

"We have not done an activity



PHOTO BY SARA E. MARTIN

Teens play a game of foosball last year at the Fort Rucker Youth Center. The center will hold a Get a Clue Party for registered members with active passes, ages 11-18, and their guests Friday from 4-8 p.m.

like this before. We are trying to execute new and different things for the children to do to keep their minds and bodies active. We hope this will draw in new kids, and get their attention about some of the neat and fun activities that we do here," she said.

The center also wants to improve the quality of life for local teens by

promoting healthy habits like walking and respectful communication.

"Once they get to certain locations, they will have the opportunity to walk around and look at where they are at and for the clues," said Ivy. "We want teens to realize that we don't just do activities inside these walls. We do lots of things outside, too."

Ivy said that the center is not a fancy babysitting gathering place where the teens are just watching TV and playing video games, but where they are being actively engaged with mind-broadening activities.

"I feel like there is a lot of pressure on teens, and what we do is provide a safe place for them to let go and relax, have fun and meet new people," she said. "Parents don't have to worry about their child's wellbeing while they are carrying out the mission. This is a place where teens can grow intellectually and physically."

So while teens may not have the opportunity to catch criminal masterminds, create urban camouflage or rip a mask off of a disgruntled citizen, they will have a chance to create Mystery Inc. friendship bonds in their own Mystery Machine, and come out victorious against fellow detectives that want to steal the case and the glory of bragging rights of the Get a Clue Party at the Fort Rucker Youth Center.

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

ON POST

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

Lifeguard courses

American Red Cross life-guarding courses will take place in February for both weekday and weekend sessions. The weekday sessions take place Feb. 3-6 and Feb. 10-13. People must attend both weeks, Mondays-Thursdays from 4-8 p.m.

The weekend sessions are Feb. 1-2 and Feb. 8-9. People must attend both sessions, Saturdays from 8 a.m. to 6 p.m. and Sundays from 10 a.m. to 6 p.m.

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

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

Family resilience training

Army Community Service hosts Family member resilience training Feb. 4 and 5 from 8:30 a.m. to 2:30 p.m. at The Commons. The class helps give people the tools they need to become more resilient to all the challenges that life may throws 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 held from 6:15-7:15 p.m. 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



PHOTO BY NATHAN PFAU

Chili Cook-off, 5K

Second Lt. Jeremy Martini, D Company, 1st Battalion, 145th Aviation Regiment, and his wife, Aryka, enjoy a cup of chili during last year’s Chili 5k and Cook-off. The 22nd annual Chili 5K and Cook-off hosted by the Army Aviation Association of America, takes place Saturday 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. People can register at www.chili5k.com.

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 attend.

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 16 people to register. This workshop is open to active duty and retired military, Department of Defense employees and their Family members.

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

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 register.

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 active-duty 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.

BEST workshop

Fort Rucker’s Better Empowered Soldier Today’s quarterly event will be held Feb. 13 at 4:30 p.m. at The Commons, Bldg. 8950. The topic will be conflicting perceptions. The workshop will include: a skit on a Soldier interviewing for a civilian job (proper and not so proper attire); a fashion show that demonstrates outfits that the Soldier deems to be appropriate for clubbing, but may give the wrong perception by others; and a video from the perspective of a sexual offender who targeted college girls.

For more information or to RSVP, call 255-3735.

Five Love Languages

The Family advocacy program hosts a workshop on the Five Love Languages Feb. 14 from 11 a.m. to 1 p.m. at The Commons, Bldg. 8950. The workshop helps couples identify their love language and learn how to communicate in meaningful ways. Registration is required by Feb. 11. Space is limited to the first 16 participants to register. This workshop is free and open to active-duty and retired military, Department of Defense employees and their Family members. A light lunch will be provided, or people can bring their own brown bag lunch.

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

DFMWR

Spotlight

CYSS Youth Center

Bldg. 2800 7th Ave, Fort Rucker (334) 255-2271/ 2260

Get A CLUE

CYSS Members
Ages 11-18

Scavenger Hunt

January 24
4 - 8 pm

- Teams will be given clues to locate various items on a scavenger hunt.
- A giveaway will be awarded to the team who solves the most clues.
- Youth Center Members can bring a guest, age 11-18 free of charge.

For more information call the CYSS Youth Center, (334) 255-2271/2260

Rucker CYSS
Rucker CYSS Teen
Rucker CYSS Youth Tech Lab

www.ftruckerdmwr.com

FORT RUCKER MOVIE SCHEDULE FOR JAN. 23 - 26

Thursday, Jan. 23

Out of the Furnace (R)
.....7 p.m.

Friday, Jan. 24

Frozen (PG)
.....7 p.m.

Saturday, Jan. 25

Anchorman 2: The Legend Continues (PG-13)
.....7 p.m.

Sunday, Jan. 26

Saving Mr. Banks (PG-13)
.....2 p.m.

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

Travel tips, reimbursement reminders for medical travel

By Katherine Rosario
Lyster Army Health Clinic Public Affairs

Patients referred for medical care outside a 100-mile radius of Lyster Army Health Clinic may be reimbursed for their travel expenses when proper documentation is turned into the managed care office.

Travel reimbursement is not new to TRICARE; however, knowing the steps to receive full reimbursement will help make the process easier.

Patients who are referred to a medical facility by their primary care manager must make sure they pick up a travel packet from the managed care office, located toward the back of the clinic.

Overnight stays are approved if the

lengths of roundtrip travel plus the appointment time is equal to or greater than a normal work day. The travel length uses LAHC as the starting point and not the patient's home.

Expenses such as airfare, gas, food and lodging are reimbursed based on the per diem rate for the specific location. These expenses must be approved through TRICARE and reservations must be made by the beneficiary, or parent or legal guardian if the beneficiary is a minor.

"We make sure the patient is aware of how much they are authorized to spend each day on lodging and meals to help keep them within budget," said Stacy Woodall, benefits counseling and prime travel coordinator at LAHC. "Any expenses greater

than the per diem must be paid out of pocket by the patient."

Active-duty Soldiers referred for medical travel for outpatient visits or surgeries will be reimbursed through their unit. Soldiers who are hospitalized as an inpatient for 24 hours or more are reimbursed through the TRICARE medical travel program.

All minors are authorized a non-medical attendant (such as a parent or guardian) whose travel and food bills will also be reimbursable. Patient 18 years old and older must receive approval for a non-medical attendant to accompany them.

"An example of a patient 18 years old or older who needs a non-medical attendant is someone undergoing medical care which leaves them unable to operate a vehicle or

care for themselves," Woodall said.

Before leaving the doctor's office it is important for patients to obtain a doctor's note stating they attended the appointment. This must be turned in as part of the reimbursement packet.

Active-duty Soldiers are not required to turn in food and gas receipts because they are paid a per diem and mileage; however they are encouraged to obtain receipts for all transactions made should a discrepancy occur.

All other patients not on active duty are required to turn in all receipts and food receipts must be itemized.

"We encourage patients to ask any questions prior to travel to alleviate confusion or denial of reimbursement," Woodall said.

Regular eye exams can help detect early signs of vision loss

By Katherine Rosario
Lyster Army Health Clinic Public Affairs

Today, about 2.7 million people are living with glaucoma, an eye disease that limits vision and can often leave a person blind.

Those numbers, according to the National Eye Institute, are expected to rise to a projected 6.3 million in 2050.

As the second leading cause of blindness, behind cataracts, glaucoma can occur under normal or elevated fluid pressure in the eyes. The disease can be treated through eye drops and even surgery. Taking preventive measures, such as having regular eye exams, can help catch the disease early before it affects a person's vision.

"Adults ages 40 and above, minorities and those with a family history of glaucoma or diabetes are most at risk for the disease," said Capt. Bret

Lehman, optometrist at Lyster Army Health Clinic.

A comprehensive eye exam should be done every one to two years, he said.

"Risk factors for glaucoma include age, Family history, hypertension, diabetes and race," Lehman said. "The risk of developing glaucoma is four to five times greater among African Americans."

The optometry clinic staff at LAHC can evaluate the health of your eyes and detect chronic and suspect diseases such as glaucoma and other eye diseases related to diabetes and hypertension, he said.

"Although glaucoma cannot be prevented, it can be treated and controlled if diagnosed early," he said. "Treatment usually begins with eye drops and follow-up eye exams to determine the severity of the disease."

In 2012, the most recent year studies were done on glaucoma in Alabama, 46,778 people were



ARMY PHOTO

Capt. Bret Lehman, optometrist at Lyster Army Health Clinic, reviews glaucoma reading results with Sgt. 1st Class Jorge Camarafalu during a routine eye exam Jan. 17.

diagnosed with the disease, according to the Vision Problems in the U.S. Database compiled

by Prevent Blindness America.

TRICARE Prime patients enrolled to Lyster who are 64 years

old and younger may make eye exam appointments by calling 255-7000 or 255-7185.



PHOTO BY SARA E. MARTIN

Pick-of-the-litter

Meet Ruby, a 4 1/2-year-old female Collie mix. She is obedient and calm. She is housebroken and no destructive behaviors have been witnessed. She loves staying by your side and gets along with children with adults around her as well as cats and other dogs. Ruby is \$80 to adopt, which includes spaying, a microchip and heartworm testing. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over 6 months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the veterinary clinic or the commissary. Visit the Fort Rucker stray facility's Facebook page at <http://www.facebook.com/fortruckerstrayfacility/> for constant updates on the newest animals available for adoption.

Tips to quit tobacco

Use the 5 Ds to help with urges

- **Deep** breathing — Take slow deep breaths to feel relaxed and in control.
- **Drink** water — Drink at least 8 glasses of water a day to flush out nicotine from your system.
- **Do** something else to keep busy.
- **Discuss** your urge with a friend or family member.
- **Delay** — Don't reach for tobacco right away. The urge to smoke passes in 3 to 5 minutes whether a person smokes or not.







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1 Corinthians 11:1

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efumc@adelphia.net
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Call 347-9533 to advertise your church on this page.

Guntersville: Where eagles fly

By Brian S. Jones
Alabama Tourism Department

It's the name of a famous song, but Guntersville is truly a place "where eagles fly."

This area in north Alabama attracts so many migrating bald eagles during the winter that Lake Guntersville State Park specifically created an event for folks to come, watch and enjoy the graceful symbol of American heritage each year.

Eagle Awareness is a must-attend event for bird-watchers and outdoor lovers. Covering six weekends now through early February, the event has been a tradition at Lake Guntersville for more than 25 years. The program was started as an activity for people of all ages to experience the joy of watching eagles and other birds in their natural habitat, and as a way of educating the public about the importance of protecting the area's wildlife.

The event kicks off at Lake Guntersville State Park Lodge (1155 Lodge Dr., Guntersville; (256) 571-5540), the centerpiece of the 6,000-acre park. Here, you can relax in comfort, enjoying overnight accommodations, as well as meals at the park's Pinecrest Dining Room. Be sure to inquire about lodging packages and other deals prior to your arrival for an Eagle Awareness weekend. After settling



into the lodge following check-in, you'll want to attend the orientation that will let you know what's on tap for the weekend. The warm apple cider and music the lodge provides will certainly put you in the mood for your exciting outdoor adventure to eagle nesting sites and beyond.

Be sure and dress for the weather and remember to bring your camera, as there will be plenty of picture-taking opportunities in the great outdoors of north Alabama, particularly around Town Creek. This spot is not only perfect for watching the American bald eagle but enjoying other migratory birds as well.

Prepare to get up early and meet in the lobby of the lodge for breakfast and come back later, following your guided day tour, for informative talks, special exhibits and food. The guided trips begin around 5:30 a.m. and include an easy-to-follow schedule of activities. During your

trip to the area, you will discover a series of small grassy islands, each home to an abundance of waterfowl and other birds. Here, you might encounter Canada geese, blue and gray herons, various varieties of ducks and river otters.

Eagle Awareness weekends feature guided field trips, knowledgeable guest speakers and talks from the park naturalist, making the programs both enjoyable and educational. Programs are free and include noted speakers with live birds, magnificent scenery and guided field trips to High Falls Park in Geraldine, Cathedral Caverns in nearby Grant, and waterfowl areas at Guntersville Lake and Dam. The tours are open to the public, so be prepared to have others just show up and be a part of the eagle-watching experience.

Eagle Awareness programs include noted speakers with live birds, magnificent scenery and guided field

trips to High Falls Park in Geraldine, Cathedral Caverns in nearby Grant, and waterfowl areas at Guntersville Lake and Dam.

High Falls Park (969 County Road 144, Grove Oak; (256) 659-4683), located in nearby DeKalb County, is a gorgeous area that has been called a "surprise of nature," and one of Alabama's best-kept secrets. The centerpiece of the 38-acre park is the 35-foot waterfall that spans 300 feet across in some points. At the base of the falls is a 25-foot, arched natural bridge that has been eroded by water over the course of the years. Hikers can get perfect upstream and downstream views of the falls from a pedestrian bridge on the far side of Town Creek. In addition, the park features six hiking trails where you can truly enjoy a get-back-to-nature moment. A day-use park, High Falls is a perfect location for viewing migratory waterfowl, a variety of songbirds, woodpeckers and bald eagles.

The trip to Cathedral Caverns (637 Cave Rd., Woodville; (256) 728-8193) is not a bird-watching adventure, but a cave tour that's well worth the trip. The first thing you will notice is the large entrance, which measures 126 feet wide and 25 feet high. Inside, you'll find Big Rock Canyon, Mystery River and other natural rock formations such as Stalagmite Mountain, the Frozen

Waterfall and Goliath, a stalagmite column that reaches 45 feet to the ceiling of the cave. You can visit anytime – in winter and even in hot summer months – because the cave maintains a comfortable 60-degree temperature. Cathedral Caverns Park is open daily from 9 a.m. to 5 p.m.

One of the most popular spots for eagle watching is the area around Guntersville Lake and Dam. Guntersville Lake, Alabama's largest, contains 69,100 acres and stretches for 75 miles from Nickajack Dam to Guntersville Dam. The 30-mile-long body of water on the mighty Tennessee River sets the stage for all kinds of outdoor recreational activities, including fishing, boating and camping, and provides a picturesque setting for photographing bald eagles as they fly gracefully through the skies across the scenic landscape of Guntersville or swoop down into the water to catch a fish.

While the vast majority of the eagles gather around the dam during the winter months, it's not unusual for many to stay here all year long. Perhaps that's because they have learned what human visitors have known for quite some time – that Lake Guntersville is a beautiful place to hang out in the outdoors. Okay, maybe it's the other way around – humans have taken their cue from the birds.

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

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

SUNDAY — The Dothan Eagle Bridal Extravaganza will be held at the civic center from 10 a.m. to 5 p.m. 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.

FEB. 14 — A Cupid Affair, a Valentine's dinner and fundraiser event, at The Loft will take place at 6 p.m. on Foster Street. People have a choice of three different entrées: steak, lasagna or chicken. Live music will be provided.

Tickets are \$50 per person with proceeds benefiting Wiregrass United Way

2-1-1. There is limited seating. For tickets and more information, call 836-1963 or 702-6529.

ONGOING — People are invited to play ultimate disc with the Dothan Ultimate Discers on Optimist Field on Thursdays at 7 p.m. and Sundays at 2 p.m. Described as being co-ed fun for everyone from age 10 to 100 with no prior experience required. For more information, call 615-3760.

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

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

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

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

ENTERPRISE

SATURDAY — 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. 8 — St. John's Catholic Montessori School is hosting Trivia Night in the New Hall at 123 Heath Street. Doors open at 6:30 p.m. All tickets can be purchased at

www.eventbrite.com. For adults, tickets are \$50 per table, which includes both games and snack food. For children, tickets are \$5 per Family, which include the quiz, snack, and drink. For more information, call 709-4156 or email sjcmtrivianight@yahoo.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

Friday Fest

Friday Fest in downtown Panama City is Bay County's largest street festival with more than 200 show cars, 50

vendors and live bands—filling up six blocks of Harrison Avenue on the first Friday of each month from 6-10 p.m. Local shops and restaurants stay open late.

Welcome Home Celebration

A Vietnam Veteran's Welcome Home Celebration will

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

Military OneSource offers free tax services

By Nick Simeone
American Forces Press Service

WASHINGTON — If they haven’t arrived yet, people’s 2013 W-2 wage and tax statements likely are on their way, and with them the countdown toward the April 15 tax filing deadline.

As preparations begin for the upcoming tax season, military Families are being offered a no-cost-to-the-customer service to ensure they can meet that deadline from anywhere they may be stationed around the world.

Military OneSource, partnering with H&R Block, is offering all active duty, Guard and Reserve forces help in preparing their taxes and in filing their federal and

state returns, in addition to the variety of other financial planning services it already provides free of charge.

“No matter where you are, when you call (800) 342-9647 or go to [the Military OneSource website], you can access the programs and services,” said Tony Jackson, a military community and Family policy analyst for the service.

The program is designed to address the unique tax requirements and issues affecting military personnel and their Families, Jackson said.

With many still likely dealing with holiday credit card bills, the April tax deadline may seem far off. But with many military Families having to file multiple state tax returns in addition to federal taxes, begin-

ning the work now on gathering tax-related documents can prevent headaches later.

“Now is the time to prepare, to gather your documents and your questions,” Jackson said, “and [you can] speak to a tax consultant at no cost at Military OneSource.”

Additional paperwork at tax time for those living outside their home state who may have rental property or may be subject to taxes where they are currently deployed is a common additional burden, he noted. Military OneSource will provide help filing a federal tax return, as well as up to three state returns, at no charge.

Jackson said some 224,000 federal and state tax returns were prepared for military Families last year.

The program’s tax experts are able to

help military Families navigate changes in tax laws that may have a particular impact on or benefit for members of the military – as well as any tax implications related to military benefits, he added.

“They are nationally certified financial planners, so they are definitely qualified to assist Families and service members,” regardless of the topic, Jackson said.

Reserve component members are eligible for the free service regardless of their activation status, as are veterans within 180 days of being discharged, retired or separated.

The Defense Department established Military OneSource in 2002 to provide comprehensive information on military life at no cost to military Families.

Sesame Street book teaches youth resilience

By Terri Moon Cronk
American Forces Press Service

WASHINGTON — The Defense Department and Sesame Workshop have unveiled a book and DVD to develop resilience in young children.

Barbara Thompson, the director of the office of Family policy/children and youth, said that “Little Children, Big Challenges” lets military children know that challenges are a part of life. Whether a child struggles with sitting quietly at the dinner table, or faces a bully at school, the beloved Sesame Street characters can help.

After several collaborations initiated by Sesame Workshop on topics such as grief, DOD wanted to “get ahead of the game,” Thompson said, and produce something that was preventive in nature.

“We wanted to build resilience and coping skills in young children [for] some of the everyday challenges young children face,” she said.

Whether a child’s challenge is large or small, the goal was to teach them to cope with and manage their emotions, stay positive and give them tools to overcome adversities in life, Thompson said.

A chapter on bullying, for example, teaches preschool children skills that they can use later in school, Thompson noted.

“We want to make sure they know how to diffuse [a situation], how to respond to it and know they can seek help,” she added. “If we start ingraining those hab-

its into children – that it’s not OK for somebody to be disrespectful to them or hurt their feelings, and they have the skills and the coping mechanisms to react to it, they will know what to do.”

The DVD isn’t something children can watch alone for entertainment, she said, calling it a “learning experience” that requires an adult to watch and discuss it with them.

While most Sesame Workshop shows, books and DVDs are geared toward young children, the coping mechanisms taught in “Little Children, Big Challenges” will show parents how to pass those skill sets along to their older children in middle and high school, Thompson added.

“Parents can translate it to an older child at his or her developmental level,” she said.

Sesame Workshop’s follow-up research and evaluation on its first military child product showed “very positive feedback” from parents who said it helped them help their children understand the issue. All materials are in English and Spanish and are downloadable at Military OneSource.

Additionally, a free Sesame Street phone app was recently launched on relocating. “The Big Moving Adventure,” Thompson said, is in the top-five of apps for children younger than 5 years old.

Even though the Iraq war has ended and Afghanistan’s war is drawing to a close, The Sesame Workshop series for military children will still be available in peace time, Thompson said, be-



COURTESY PHOTO

cause other missions will evolve and similar circumstances will arise, such as frequent military moves, sibling rivalries and divorce.

“When they have the skills to

label their feelings and to validate it’s OK to feel happy or sad ... and when we give kids the skills to verbalize and understand themselves, that self-regulation is probably the greatest gift we can

give a child,” Thompson said.

The book and DVD can be ordered through Military OneSource by phone at (800) 342-9647 and online at <http://www.MilitaryOneSource.mil>.

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

08:00 a.m. Latter-Day Saints Worship Service
9:30 a.m. Protestant Sunday School
10:45 a.m. Wings Contemporary Worship Protestant Service.

Spiritual Life Center, Building 8939

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

months).

BIBLE STUDIES

Tuesday-

9:00 a.m. Protestant Women of the Chapel, Wings Chapel
5:30 p.m. Youth Group Bible Study, Spiritual Life Center
6:00 p.m. Protestant Women of the Chapel, Wings Chapel
7:00 p.m. Adult Bible Study, Spiritual Life Center
Wednesday-
11:00 a.m. Above the Best Bible Study, Yano Hall
11:30 a.m. 164th TAOG Bible Study, Bldg 30501
12:00 p.m. Adult Bible Study, Soldier Service Center
6:00 p.m. Adult Bible Study, Spiritual Life Center

Thursday-

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

MOTHERS OF PRESCHOOLERS (MOPS)

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

PROTESTANT MEN OF THE CHAPEL (PMOC)

PMOC meets the first Saturday of each

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

PROTESTANT WOMEN OF THE CHAPEL (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. For more information, call 255-9894.

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JANUARY 23, 2014

Lay Down takes out Warriors

By Nathan Pfau
Army Flier Staff Writer

Two teams went head-to-head on the court at the Fort Rucker Physical Fitness Center Tuesday during a 2014 Fort Rucker Intramural Basketball preseason game.

Get Down and Lay Down, a team made up of Soldiers of various units, beat the 1st Battalion, 13th Aviation Regiment Warriors 48-33 in a game riddled with free throws and three-pointers.

Lay Down not only exhibited superior shooting ability, sinking three-pointer after three-pointer, but their aggressive game under the rim made for easy lay ups and rebounds.

Both teams started off strong and although the Warriors had their hands on the ball first during the tip off, it was Lay Down that showed their dominance on the court early on, scoring the first basket with a three-point shot, followed by two rebounds that helped give them a 6-point lead just minutes into the game.

The Warriors managed to get their heads into the game and trail their opponents, but continual fouls throughout the game gave up valuable free throws that allowed Lay Down to command the lead for the duration of the game.

As the game went into the second period, the Warriors no longer seemed able to keep up with their opponents, trailing by more than 10 points, a trend that would continue for most of the game.

They did seem to find some traction in the second period, however, after a free throw that allowed them to get the rebound to sink a three-point shot and come within that 10-point stretch, coming within four points of their opponents.

Try as they might, the Warriors continued to be plagued with fouls throughout the game, giving up more than 10 free throws to their opponents throughout the game, which ensured they would remain behind Lay Down.

Lay Down's game stayed strong throughout, only faltering briefly during moments in the game, but their command of the ball was prevalent as they worked together to stay in the lead.

Although they continued to sink three-point shots, they really shined closer to the rim as they managed rebound after rebound that helped them to get their biggest lead yet in the game.

They went into the second half 12 points ahead of the Warriors, 29-17, and continued to pull away when another string of free throws allowed them to extend their lead by 20 points before the end of the third period.

The Warriors defense finally tightened up in the fourth period and managed to trap their opponents to keep them from getting rebounds back to their goal, allowing them to close the gap between the two teams.

They seemed to find their stride and upped their passing game and shooting, but it was too little, too late.

Their efforts weren't enough to hold Lay Down back, who continued their aggressive play style to make sure they stayed ahead of their opponents as the buzzer sounded, ending the game 48-33.

"I feel great about this win and this keeps us undefeated right now," said Donovan Murdock, player and coach of Lay Down, "I feel like we've got better teamwork than other teams. More people on this team care about winning more than individual stats, so that's why we win."

Murdock added he feels confident in his team's chances to take home the trophy this season.



PHOTOS BY NATHAN PFAU



Fort Rucker intramural basketball regular season kicks off Monday

Above: Donovan Murdock, Get Down and Lay Down coach, drives the ball past an opposing player during a preseason intramural basketball game at the Fort Rucker Physical Fitness Facility Tuesday.

Left: Edward Christian, player for Get Down and Lay Down, goes for a lay up.

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75-43

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79-39

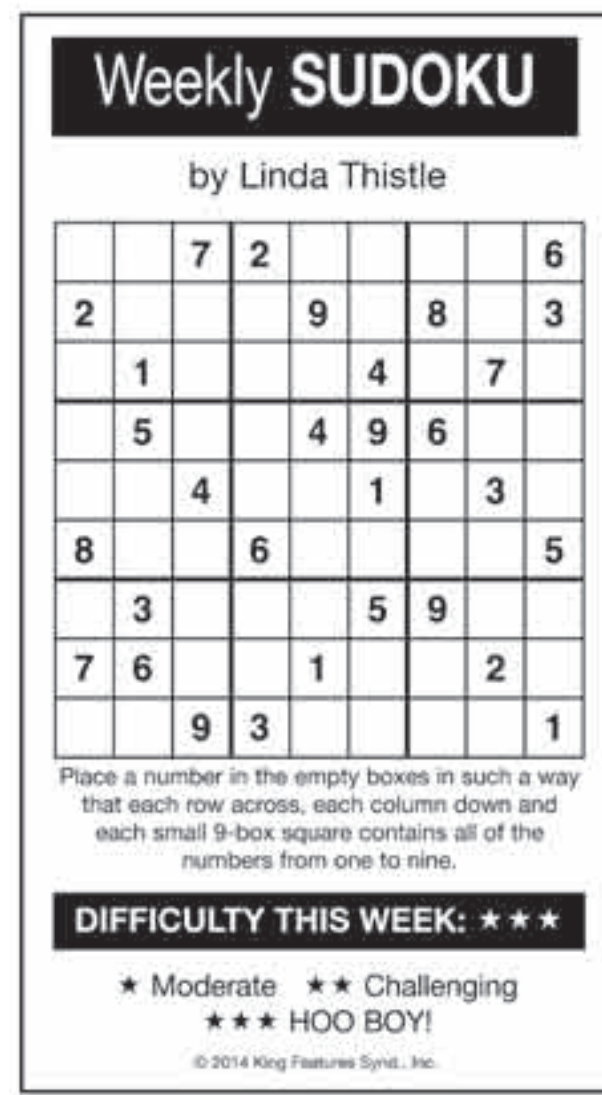
67-51

70-48



TRIVIA

ACROSS	55 Spain's longest river	99 Buddhism's — Lama	6 Gain back, as trust	46 Beethoven's Third	85 Give — to (approve)
1 Ecstatic joy	56 STORM ...	101 POWER ...	7 Took place as a result	47 "Tom —" (1958 #1 hit)	87 Coffee shop's cousin
15 Heart chambers	59 Winning line in tic-tac-toe	105 BLUE ...	8 Left	50 Cap. of the Gorm State	90 Has faith
20 Baseball's "Hebrew Hammer"	60 To be, to Jacques	111 Part of RSVP	9 Aged	51 Pantry insect	91 Non-written exam
21 The U.S. south of the U.S. border	63 "— in the bag!"	112 Having disembarked	11 "— Rae" (1979 film)	52 Fed. crash investigator	92 Pigs' hangout
22 Bucking horse	64 —pah-pah band	113 Pluralized -y	12 Gloomy, in poetry	54 Far out from the coast	94 Freaked out
23 Two words that might follow BUTTER ...	65 Begin the cruise	114 Becomes smelting waste	13 Les — -Unis	56 Sensed	96 iPhone extra
25 Arledge of TV	67 — play (a simple job)	116 Letter before theta	14 Rep.'s foe	57 Film director Stanley	98 #2 corp. execs
26 Guess as to takeoff; Abbr.	69 Country music resort city in Missouri	118 Hipbone part	15 Abbreviate	58 I-90, e.g.	100 Suffix with hex-
27 Shortcoming	73 Tenor Jan	119 HAND ...	16 Tubu's kin	61 Up-and-comer's eventual goal	102 Adorn richly
28 Yoga pad	74 More piquant	123 Get the suds out of	17 SCHOOL ...	62 SUN ...	103 Maine national park
29 Not as bright	76 Detroit-to-Montreal dir.	124 10th-century German king	18 Central	66 Sewing line	104 Guitarist Ted
30 The Louvre, e.g.; Abbr.	77 Some toy batteries	125 Most pointless	19 Computers such as the Aspire and Extensa	68 "What's the —?" ("Who cares?")	105 Carnivals
32 Stephen of films	79 "An apple —"	126 See 44-Down	24 Banned apple spray	70 Changed the décor of	106 Suffolk County town
33 SPORTS ...	80 Summer, to the French	127 Maximally massive	29 Gene stuff	71 Writer Nin	107 Metropolis, in Milan
36 HARD ...	81 AIR ...	128 Certifies (to)	31 Enjoy a slope	72 Of the entire U.S., e.g.	108 Microwaves, say
39 Get choked by, as food	86 Castle-circling ditch	DOWN	33 Offered	75 Installed anew, as a carpet	109 Ain't right?
40 Baseballer David a.k.a. "Big Papi"	88 Roman 553	1 Rally or relay	34 "LA ink" channel	114 Vexed state	115 Crate piece
41 Secrete milk	89 What the Tin Woodman asked for	2 Far greater	35 Liaisons	117 Part of A&E	119 Like kings; Abbr.
45 Discontinued Iowa — Moines, low	90 Derek and Diddley	3 Pieces of merchandise	36 Car axle, e.g.	78 Shape of a parenthesis	120 Vegas cube
49 Congo River feeder	93 Sleep disorder	4 "Tik —" (2009 #1 hit for Kesha)	38 Gymnastics great Korbut	82 Hat, in slang	121 "— for Alibi" (Sue Grafton book)
53 Modify formally	95 Toss in some seasoning	5 "Catch — You Can" (Dave Clark Five song)	42 Odoba items	83 Ken and G.I. Joe, say	122 Suffix with Ernest
	97 Plain as day		43 "Take —" (office order)	84 In — (unmoved)	
			44 With 126-Across, multiple-gear bicycle		



See Page D3 for this week's answers.

KID'S CORNER



Army conducts joint study to improve bone health

By Kelly Sullivan
U.S. Army Research Institute of Environmental Medicine

NATICK, Mass. – Researchers from the Army Research Institute of Environmental Medicine have teamed up with the Trainee Health Surveillance Flight 559th Medical Group's Basic Military Training Team at Joint Base San Antonio-Lackland, Texas, to determine whether increased vitamin D and calcium intake can improve bone health in military personnel.

Stress fractures and musculoskeletal injuries are among the leading causes of medical holdovers during basic military training, and often lead to attrition of military personnel early in their careers. As many as 5 percent of males and 20 percent of females may develop some sort of stress fracture during military training due to the novice warriors' inability to withstand unaccustomed, repeated stress to their bodies, such as marching with body armor.

"Optimizing bone health of military personnel is essential, especially during Basic Military Training and other military training activities," explained Dr. James McClung, a nutritional biochemist with USARIEM's Military Nutrition Division. "These injuries are costly to warfighters and to the military, as a significant portion of individuals that suffer from stress fractures leave military service and stress fractures result in substantial health care costs associated with treatment and rehabilitation."

Recent studies have linked vitamin D and calcium to bone health and the prevention of stress fractures. In a 2008 study conducted by Creighton University, in conjunction with the Navy, more than 5,000 female recruits underwent a trial in which they consumed either a supplement containing vitamin D and calcium or a placebo over the eight weeks of Navy boot camp.

During the course of that study, 270 stress fractures were observed in the placebo group, but only 226 stress fractures were observed in the group receiving the vitamin D and calcium supplement. Advanced analysis showed that vitamin D and calcium supplementation may have reduced the risk of stress fracture by up to 20 percent.

"We say 'may have reduced the risk' because missing from that study were biochemical indicators of nutritional health or functional indicators of bone health," McClung said. "There was just not enough data to use this study as the sole basis for implementing policy changes affecting vitamin D and calcium levels in the warfighter diet."

So, McClung and his team of researchers, managed by Dr. Erin Gaffney-Stomberg, a research fellow within the division, set



PHOTO BY DAVID KAMM

Dr. James McClung, a nutritional biochemist from the U.S. Army Research Institute of Environmental Medicine in Natick, Mass., is leading a team of Army researchers who have teamed up with the Trainee Health Surveillance Flight 559th Medical Group's Basic Military Training Team at Joint Base San Antonio-Lackland, Texas, to determine whether increased vitamin D and calcium intake can improve bone health in military personnel.

out to explore the biochemical and functional basis for these findings, with the goal of providing Army and Air Force personnel with levels of vitamin D and calcium consistent with the Navy study. After conducting an initial study with the Army in 2012, McClung partnered with the team at JBASA-Lackland in October for more research.

Air Force recruits, both male and female, participated in a trial similar to the Navy study, but this time they were given a snack bar either fortified with vitamin D and calcium that was developed in collaboration with scientists from the Department of Defense Combat Feeding Directorate at the Natick Soldier Research, Development and Engineering Center in Natick, or a placebo snack bar.

McClung's team of researchers collected physiological data from Airmen twice during their training, on Day 3 of their reception phase of training and again immediately prior to graduation. Techniques included body composition assessment (using military standards), blood collection, a bone scan using a device called a peripheral quantitative computed tomography, and paper surveys. This round of collected data was sent to USARIEM's headquarters in Natick, as well as Pennington Biomedical Research Institute, Baton Rouge, La., for assessment.

According to McClung, they had close to a 90 percent rate of compliance from Airmen in this study.

"We have had great support from everyone at Lackland for this study, from the leadership to the recruits," McClung said. "This is important because we have extended the scope of our knowledge beyond the Army, and we now have the basis to extend nutrition recommendations to the Air Force based upon data collected directly from their personnel."

The leadership at Lackland agrees that this collaboration is valuable and could not have been conducted in partnership with any other organization.

"As I reviewed the military literature on stress fractures and prevention, it was clear that Doctor McClung and the USARIEM team were the only assets in DOD who had published on nutrition and impacts on military training," said Thomas Leo Cropper, director of Trainee Health Surveillance Flight 559th Medical Group at Lackland. "We consulted them to gain access to the latest military science knowledge on nutrition and military performance to improve military training outcomes."

According to Cropper, stress fractures are costly because they can require multiple doctor visits and medical tests such as X-rays or MRIs, plus physi-

cal therapy, which can cost the Air Force more than \$6,000 per case. Added to that, trainees miss weeks to months of expensive military training while they wait to heal in medical hold and then exercise to regain fitness to meet military physical training standards required to graduate.

"Many trainees get demoralized after a stress fracture and quit," Cropper said. "If we can prevent stress fractures or other injuries, it is much better for all concerned."

McClung and his team plan to return to Lackland this spring, to continue testing in the hopes of preventing future injuries. At the completion of the study, scientists from USARIEM will share those data with senior leaders

from the DOD's medical and training commands in an effort to determine whether providing vitamin D and calcium beyond the current recommended daily allowance may be beneficial for the optimization of bone health during military training.

"Military personnel represent a unique population faced with sometimes intense physical demands," McClung said. "Our goal is that findings from these studies will provide the information necessary to determine the optimal vitamin D and calcium requirement of military personnel for the maintenance of bone health and prevention of stress fractures to keep warfighters mission ready for the long haul."

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

TRIVIA

- Answers
1. Treaty of Paris
 2. Stalag 13
 3. Franklin D. Roosevelt
 4. Chevrolet
 5. 1921
 6. Upper Volta
 7. Grendel
 8. Patience and Fortitude
 9. Fleas
 10. A doughnut

PUZZLE ANSWERS

Super Crossword

Answers

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

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Star college QB salutes Soldier Family member

By Army Sgt. Antony Lee
International Security Assistance Force
Regional Command South

KANDAHAR AIRFIELD, Afghanistan — Minutes after Florida State University quarterback Jameis Winston led his team to victory in the Bowl Championship Series championship game Jan. 6, he was conducting a post-game interview with a reporter on national television.

During the interview, with cameras and reporters surrounding him, Winston gave a shout out to his cousin, Army Spc. T'Ola Winston, a 4th Infantry Division Soldier currently serving at Kandahar Airfield.

"My cousin in Afghanistan [is] watching this game — T'Ola Winston," he said.

Thousands of miles away, T'Ola, who indeed was in Afghanistan watching the game, smiled in joy. It was joy not for herself — after all, not everybody gets a shout-out on national television immediately following one of the biggest sports events of the year — but joy for her cousin Jameis, or "Jaboo" as she calls him.

"In that moment, it's beyond words," T'Ola said. "You can't even explain the joy I felt for him, knowing how hard he works."

T'Ola is a signal support systems specialist who joined the U.S. Army in January 2011. She is currently stationed at Fort Carson, Colo., with Headquarters and Headquarters Battalion, 4th Infantry Division, and she deployed to Afghanistan — her first deployment — as an orderly room clerk.

She was originally scheduled to leave Afghanistan in January — making for about a six-month deployment — but when the need for a reliable Soldier to work in the Regional Command South command group arose, T'Ola's name entered the discussion as a candidate.

At the time, T'Ola, who had previously wanted to stay in Afghanistan longer and serve as an orderly room clerk for another company in the battalion, was prepared to return to Colorado. When she was later notified about the possible position with the command group, she was hesitant at first.

After talking to her Family and praying about it, T'Ola decided to take the job as the administrative assistant for Command Sgt. Maj. David M. Clark, RC(S) and 4th Infantry Division command sergeant major.

"She was one of the names that popped up," said Staff Sgt. Patrick Young, T'Ola's supervisor. "After talking to her, the boss decided she would be the one we would

bring up here."

T'Ola has been in the job for only about three weeks, but Young, who also works for the RC(S) command group, believes she was the right choice for the job.

"I have a junior Soldier with a lot of potential," Young said. "She's been helping the division command sergeant major out greatly."

T'Ola, who considers Hueytown, Ala., and Bessemer, Ala., as her hometowns, is also an athlete — she played basketball at Beville State Community College.

After she received her associate degree at age 22, she considered joining the military — something she says had been a big desire.

After her friends and Family talked her out of it, however, she later became a substitute teacher and an assistant basketball coach for Hueytown Middle School — at the same time Jameis Winston was a student there.

Years later, in 2011, she finally decided to join the Army.

"I was 28, and it was a now-or-never type of deal for me," she said. "I decided to follow my desire."

It is a decision she is glad she made. She even added an extra year of service to her contract during the deployment and would like to serve in the military for the long term, she said.

"We live in the greatest country in the world, and serving in the military is a good thing to do," T'Ola said. "The military has been a great experience for me. I've enjoyed it."

She is also thankful for the opportunity to continue serving in Afghanistan as she supports the International Security Assistance Force mission of training, advising and assisting Afghans as they continue to lead security missions protecting their country.

Before she started working for the command group, T'Ola served as the orderly room clerk of C Company, HHBN, 4th Infantry Division. She helped maintain accountability of the Soldiers in her company, managed the company's awards system and prepared the personnel status report every day.

Now, as an administrative assistant for Clark — who is the senior enlisted adviser for RC(S) — she organizes his calendar, schedules appointments and is in charge of his administrative duties. It is a job important to the daily management of Clark's schedule.

"Being in the command group has been a great experience," T'Ola said. "I'm glad I made the decision to stay."



COURTESY PHOTO

Army Spc. T'Ola Winston, an administrative assistant for the 4th Infantry Division and Regional Command South command group, poses for a picture with her cousin, Jameis Winston, after his team, Florida State University, defeated the University of Miami at Doak Campbell Stadium in Tallahassee, Fla., Nov. 2.

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SPORTS BRIEFS

Run/Walk Program

Beginning in February, the Fort Rucker physical fitness centers will offer a Run/Walk Program. People can run or walk and record their mileage at the front desk of either of the PFCs. This is an ongoing program where each member's mileage total will be posted monthly and members will earn mileage patches based on their totals. People who reach 1,000 miles will win a water bottle.

For more information, call the Fort Rucker PFC at 255-2296 or the Fortenberry-Colton PFC at 255-3794.

Gym Rat workout program

Beginning February, Fort Rucker's physical fitness centers will offer the Gym Rat, a new program open to all authorized patrons of both PFCs. People can join the elite with 100 days of fitness. People can obtain signatures from Fort Rucker gym staff on their form every time they work out or attend a group fitness class at either fitness center. When people get 100 signatures, they will receive an exclusive Gym Rat T-shirt. People can pick up forms from the front desk of either PFC to get started. Boot Camp participation will not be included in this 100-day event, but time in the gym and fitness classes during Boot Camp can be credited. People will have up to 365 days to complete program.

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

Youth sports registration

Registration for youth baseball and jump roping will take place Feb. 1-28. Baseball season will take place April 8 to May 31. Children must meet age requirements by Sept. 1, 2013. A current sports physical and valid child, youth and school services registration are required for participation. Youth sports will host a parents' meeting for baseball and jump roping March 13 at 6 p.m. in the youth center gymnasium, Bldg. 2800, for parents who are new to the Fort Rucker Youth Sports and Fitness Program.

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

Enterprise baseball

Enterprise's semi-pro baseball team is in need of players. Tryouts will take place Satur-

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

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

Black History 5k

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

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

For more information, call 255-3794.

Youth sports batting cages closed

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.

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.

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