

SPECIAL VISIT

Soldiers visit veterans in Tuskegee

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Something for everyone

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MOTIVATION

Centers offer motivational run, walk program

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# ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

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## Instructor pilot earns Broken Wing Award

By Nathan Pfau  
Army Flier Staff Writer

As a flight crew flew a routine mission overseas, a loud bang was heard and the Black Hawk flown by one of Fort Rucker's own began to shake violently as it started to drop out of the sky, but an extraordinary Aviator's actions saved the lives of himself and three others, earning him an award that's rarity is matched only by his heroic actions.

CW3 Jason Starr, C Company, 1st Battalion, 212th Aviation Regiment UH-60M Black Hawk instructor pilot, was awarded the Broken Wing Award Friday during a ceremony at Lowe Army Heliport.

During his mission Aug. 22, 2012, Starr was shuttling passengers from South Camp in Sharm el Sheik, Egypt, to North Camp in El Gorah, Egypt, and while on the return trip, with only his flight crew and a single passenger, an Australian major, a loud bang was heard from outside the aircraft that shredded one of the Black Hawk's rotor blades. Before he knew it, he said they were falling out of the sky from an altitude of 6,500 feet.

SEE AWARD, PAGE A5



PHOTO BY SARA E. MARTIN

## Practice makes perfect

Flight school students W01 Zachary Jenkins and W01 Thomas Hubbard, both B Company, 1st Battalion, 145th Aviation Regiment, practice startup and shutdown procedures on a cockpit trainer at the Aviation Learning Center Jan. 23. Students use the various trainers to hone their skills when simulator or flight time isn't on the schedule.

## Tax center opens, offers free service

By Nathan Pfau  
Army Flier Staff Writer

Death and taxes are said by some to be the only two guarantees in life, and while Fort Rucker can't aid people on their quest for immortality, the installation does have a way for Soldiers and Family members to get their taxes done professionally – for free.

The Fort Rucker Tax Center opened its phone lines for appointments Friday and began seeing patrons Monday, offering free tax services to active-duty Soldiers, retirees and Family members. The center is open Mondays-Fridays from 9 a.m. to 4 p.m. through April 15 and is available by appointment only, and is designed to make the lives of military personnel a little easier by saving them a little money, said Tod Clayton, volunteer income tax assistant coordinator at the tax center.

People must have a valid military ID in order to take advantage of the services provided at the Tax Center, and Soldiers on Reserve status must be on Title-10 orders and bring their call-to-active duty orders in order to use the center.

"This is a free service and people need to take advantage of it," said Clayton. "The average return typically costs between \$75-150 depending on the forms that they use. It can get costly, and they don't tell

you that it costs extra to do the state return, and these days, everybody needs help saving a little money."

Both federal and state returns can be handled at the tax center at no charge, added the tax coordinator.

"People should use a professional when filing taxes because they may miss some credits or deductions that they might be entitled to," said Clayton. "The service here is free and we're all trained by the [Internal Revenue Service] in certain aspects that deal with military personnel, so that's another advantage that people will have."

When visiting the Tax Center, people should remember to bring all tax forms, including all valid military ID cards; Social Security cards; all W-2s and wage and earning statements; 1099-R for pensions and retirements; 1098 for interest statements regarding tuitions, student loans, mortgages, etc.; a copy of the previous year's return if available; power of attorney papers if available; 1099-G forms for gambling winnings, unemployment compensations, etc.; and 1099-MISC for payments received for non-employment compensation.

"Some people have gambling winnings or unemployment that they've received throughout the year, and those are things that need

SEE FREE, PAGE A5



PHOTO BY SARA E. MARTIN

Vera McCarter, Betty Reynolds and Cynthia Duncan model traditional African clothes Friday at the African-American History kickoff event at the post exchange.

## Fort Rucker event honors African-American heritage

By Sara E. Martin  
Army Flier Staff Writer

The Army considers the diversity within its ranks a strength, and Fort Rucker recognized the contributions and accomplishments of its African-American members during the African-American History kickoff event at the post exchange Friday.

Held jointly by the Fort Rucker Main Exchange and the Fort Rucker Equal Opportunity, Sgt. 1st Class Jason Garcia, 1st Aviation Brigade equal opportunity adviser, said the event did not just celebrate African-American culture, but American culture.

"Diversity is not only the color of our skin, but backgrounds and heritages that we all come from. That is everything that makes us us. That is what makes our Army Strong," he said. "Someone's cultural experience might give them a unique way to problem solve, and we need that in Army leadership."

Garcia said that to truly celebrate the differences within the Army's ranks and the contributions that different heritages have brought to the Army and to American society, people need to see others for who they are, including their race.

"We all bring a common strength to our Army, and we need to celebrate that," he said.

Army and Air Force Exchange Services operate on the fundamental belief that individual differences are encouraged, according to Susie Antonello, AAFES visual merchandiser.

"Differences will produce a genuine competi-

tive advantage," she said. "We want to promote diversity and inclusion in the armed forces, the exchange workforce and the nation as a whole. We hope to recognize and continue the efforts for civil rights in America."

There were some in attendance at the event – which featured prize drawings, food, Fort Rucker black history trivia, adult and child singers, readings, dancers and more – for whom the Civil Rights Movement fell a little closer to home than others.

"I learned recently that my great-grandmother on my father's side was the first black woman to register to vote in Alabama," said Latigre Purdie, Army Family member. "I never thought my Family had such a deep history in the Civil Rights Movement, and it was really touching to know that someone in my Family faced those dangerous times to stand up for their right to vote."

Purdie said she had renewed respect for her relative, and added she felt closer to her now after experiencing difficult times while in college.

"I went to a mostly white school, and recently the school had a problem with segregation. People think it's funny or doesn't exist anymore, but it's hard being a black person in those cultures even now where it's generally accepted for us to go to these colleges," she said. "It makes me appreciate what I have now knowing what my Family had to go through, what everyone had to go through 50 years ago."

SEE HERITAGE, PAGE A5



PHOTO BY NATHAN PFAU

Gaile Avelyn and Erin McGlone, tax preparers at the Tax Center, go over tax forms at the tax center offices in Bldg. 5700 last year. The tax center is open Mondays-Fridays from 9 a.m. to 4 p.m. through April 15, and help is available by appointment only.



# PERSPECTIVE

## How to market your most important product — yourself

By Bryan Tharpe  
*Fort Rucker Army Career and Alumni Program*

Have you bought a new car lately? If so, you may have fond memories of being bombarded by salespeople wanting to help you select a vehicle. There's even a good possibility that you just went to look, but still ended up driving a new vehicle home.

What changed your mind? Chances are good that a well-trained salesperson was a key factor in your change of heart.

There's a message here for you if you're in the job market — it's very important for you to be a well-equipped salesperson in marketing yourself for a job. The better you're trained as a salesperson for yourself, the more effective you'll be in marketing yourself to employers — even those who might be just browsing.

If you think about it, you'll probably agree that you're the most important product you will ever market. Therefore, it's critical that you devise a good marketing strategy that will help guarantee success. The following tips should help you devise this strategy.

**\* Know your strengths and weaknesses.** Learn what your strong points are and be ready to

expound on them. Ask several co-workers to tell you which of your traits stood out the first few times they had contact with you. Make notes. Write down the good as well as the bad things — they are equally important in the world of marketing. If your co-workers' perceptions are similar to your perception of yourself, then you probably know yourself pretty well.

If some negative areas were highlighted, you'll want to improve those areas before you put your product on the market. After all, no one wants to buy a faulty product.

The marketing strategy you employ should include finding ways to turn your weaknesses into strengths, and then enthusiastically marketing all of your strengths.

**\* Know your skills.** Every job requires a core set of skills. Trying to start a career in a new field when you have few of the required skills can be frustrating at best. Before focusing in on a particular job, research to find out what skills are required for the job: talk to people in that line of work, research the company, review definitions of similar jobs and read job announcements.

Once you've determined the skills required for the job, do

some self evaluation. Do you at least possess most of the critical skills for the job? If so, you will probably be able to effectively market yourself for a career in that field. If not, perhaps you can gain some of the critical skills through formal training or by working for a time in an entry-level position.

Computer skills are especially important in the private sector.

**\* Develop and maintain a positive attitude.** Having a positive attitude, especially when those interviews are not happening at the rate you'd like, is critical to your marketing campaign. It's easy to want to give up and tell yourself that there's no use trying anymore when all you're getting is negative feedback, or, even worse, no feedback.

Realizing the job search may well take several months and that it's perfectly normal to not be selected for some jobs will help you maintain that positive attitude. Convince yourself that getting overly discouraged and giving up is not an option when you're looking for a job.

Expect setbacks, but keep searching and work especially hard to keep a positive attitude. It'll eventually pay off.

**\* Become more flexible.** Being flexible about where you're

willing to live and work, as well as the work itself, will normally decrease the time it takes to get a job. If you're not tied down to a particular location or locked into one particular job, more options will be available for you to consider. After all, there are many more jobs nationwide than just in one particular area. Furthermore, the pay for similar jobs is different in various areas of the country, so being flexible can increase your chances of getting the salary you're shooting for.

Of course, there are situations that will lock some people into a particular area. If this is the case for you, just be aware that finding the job you want at the salary you want will be more of a challenge. But, even in this situation, flexibility will help you achieve your goals.

**\* Develop a personal marketing strategy and implement it.** Every new product requires a different marketing strategy that is based on the attributes of that product. Marketing yourself is no different. Do your homework. Know the market place — what's available and what's needed.

Don't try to flood the market with another copy of the same product. Find your niche and slant your strategy toward it. After all,

you're different from anyone else on the market. Try not to be too modest when you're marketing yourself, but don't over exaggerate either — sooner or later you'll have to demonstrate the qualities and skills you marketed.

After you've developed your marketing strategy, develop an implementation plan and schedule. Start early and set aside enough time, every day, to make the needed calls, network, do the research, write the letters and resumes, follow up on job leads and write the lessons learned. As with any other new task, you'll soon find that the more you do it, the more effective you become at the task.

The job-search process can be exasperating, but it can also be rewarding. The possibilities are limitless. It takes putting forth the honest effort needed to get the results you want to achieve. A big part of that effort is marketing yourself most effectively.

The Fort Rucker ACAP Center staff offers workshops and one-on-one counseling on various subjects related to job search, to include guidance on how to best market yourself.

Call 255-2558 and schedule for activities that will make you a better salesperson for your most important product — yourself.

## Rotor Wash

“This month is African American History Month. Why do you think it is important for the Army to celebrate cultural diversity?”



**Chelsea Summers,**  
**Army spouse**

“We need to celebrate our differences. We all believe different things and there is no reason to hide that fact. It's a great thing to support.”



**Sgt. Hernel Smith,**  
**F Co., 101st Avn. Regt.,**  
**Fort Campbell, Ky.**

“You have to make the effort to try to understand everyone in the ranks. That is how you get to know each other and learn from each other.”



**Sgt. Colby Thompson,**  
**NCOA**

“We are all different, and every culture is unique and important. Understanding each other's point of view creates a bond between people.”



**Staff Sgt.**  
**Tabatha Sweat,**  
**C Co., 1st Bn.,**  
**13th Avn. Regt.**

“Celebrating diversity gives a chance for people who enlist from different nationalities and cultures to celebrate their specific heritage and learn from each other.”



**Jolene Willis,**  
**Army spouse**

“Everybody has a different view on other people's cultures, and by celebrating diversity we can allow for people to accept those cultures and learn more about those cultures, and it might change their mind about what they thought before in a positive way.”

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FORT RUCKER COMMANDING GENERAL

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## 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.



# Soldiers visit veterans in Tuskegee

By Sara E. Martin  
*Army Flier Staff Writer*

From sergeants major to young NCOs, a group of Fort Rucker Soldiers went the extra mile Friday to make sure a group of veterans had a little extra to get them through the weekend – by lending a helping hand and providing a listening ear.

Twenty Soldiers from Fort Rucker, along with the Wiregrass Sergeants Major Association visited 50 veterans in Tuskegee at a veterans' homeless facility, as well as Central Alabama Veterans Health Care System Home, which is an assisted living facility.

And for the past seven years, the Soldiers who have taken part in the trip come back different people, said Marlin Smith, WSMA president.

“When you spend time visiting with veterans of World War II, Korea, Vietnam and other past conflicts you can’t help but come away humbled and thankful for those that sacrificed so much to secure the freedom that we enjoy today,” he said.

That holds true for Staff Sgt. Megan Payton, 6th MP detachment, who participated and said that she cannot wait to go back.

“I was taken aback by the situation,” she said. “It’s so sad because now the Army has all of these organizations that help us and our challenges, but these guys didn’t have any of that when they were in. To see them struggle – it was mind blowing, but I am glad I could make a difference in their day.”

The NCO Academy and the Fort Rucker fire station donated more than \$600, and donated items such as water, lip balm, socks and other requested items to help the veterans that they visited.

“There are a lot of vets, old and young, that don’t have any family, and they are our nation’s treasures, so we need to spend time with them and appreciate them, because one day we are going to be them,” said Command Sgt. Maj. Jean P. Thomas, NCO Academy commandant.

“I think it was an eye opener for some of the younger Soldiers, because at one time these vets were at the top of their careers, and now they see us and we are a reminder of them in their prime, and now they are stricken with illness or injuries,” he added.

The Soldiers choose the Tuskegee facilities, according to Smith, because there is a great need there for veteran care and assistance.



COURTESY PHOTO

**First Sgt. Gloria Cain, NCO Academy deputy commandant, shakes the hand of a veteran Friday at Central Alabama Veterans Health Care System Home when a group of Soldiers went to visit and take them needed goods.**

“By going there, we can really help and really make a difference for these people,” he said. “We know they have a large number of veterans up there that need support, and we can give that.”

Payton said that the demeanor of the veterans changed for the better after speaking with the volunteers and that many were smiling when they left, adding that she will never forget the stories she heard that day.

“There was one gentleman that told me about his time in Vietnam, and he kept telling me he didn’t want us to go through the bloodshed that he had to. Another gentleman was around 45 and he had a stroke. He said to me, ‘I survived Iraq. I survived war, and I came home and had a stroke,’” she said.

Payton sensed that the veterans felt more

comfortable with them because the Soldiers could understand their struggles “because even now they are still fighting.”

“They all did those missions so the Army today would be a better fighting force and have a better future. It makes me cherish every day that I have with my family and to not take a single day for granted,” she said.

Thomas said that seeing the veterans made him think where he would be in 10 or 20 years, especially after one veteran recognized a volunteer as a Soldier that served with him.

But German Army Sgt. Maj. Mohamed Bouhloui, German liaison office, said that in the past years where he has visited the home he was always impressed with the way America treats its veterans.

“In Germany, we don’t have veterans, so, for me, I always like to go and see what they do and how they live,” he said. “To hear their stories is so impressive, you have a piece of history there. It’s not a book, it is a man or a woman, a Soldier who has seen it and felt it and can tell you not only how it was, but how they felt.

“Two or three generations of Soldiers talking to each other is great to see and we don’t have that in Germany. The United States really takes care of its veterans and this treatment is not typical around the world, it is special and so great to see,” he continued. “I am happy I have been able to take part. The trips always go so great, they are happy to see us and that someone is interested in what they have to say. I hope we have made a difference.”

# Army accidents continue downward trend

By Julie Shelley  
*Directorate of Communication and Public Affairs*  
*U.S. Army Combat Readiness/Safety Center*

Following the Army’s safest year on record, accidental fatalities fell once again during the first quarter of fiscal 2014, according to data recently released by the U.S. Army Combat Readiness/Safety Center.

Overall, accidental deaths declined 21 percent from the first quarter of fiscal 2013, due largely to significant drops in private motor vehicle accidents. Historically, PMV mishaps have been the No. 1 accidental killer of Soldiers.

“We’re obviously very pleased with that news,” said Brig. Gen. Timothy J. Edens, director of Army Safety and command-



U.S. ARMY COMBAT READINESS/SAFETY CENTER GRAPHIC DESIGN

**Overall, accidental deaths declined 21 percent in the Army from the first quarter of fiscal year 2013, due largely to significant drops in private motor vehicle accidents. Historically, private motor vehicle mishaps have been the No. 1 accidental killer of Soldiers.**

ing general, U.S. Army Combat Readiness/Safety Center. “With so many extended holidays in the first quarter, there’s always a

chance we’ll see a spike in driving fatalities. It’s an encouraging sign that Soldiers are increasingly taking personal responsibility

for their safety off duty.”

On-duty deaths remained relatively stable with last year’s figures, although Army Motor Vehicle accidents were up for the first time in several months. Three Soldiers died in HMMWVs, all while conducting home station training.

“The numbers are still pretty low, but we want to get a handle on the issues now to prevent these type accidents from becoming a trend,” Edens said. “We have more Soldiers at home station now than we have in years, and AMVs are part of nearly every training activity. Leaders should be paying close attention to factors like speed, the environment and restraint system use every time a crew gets ready for a vehicle mission.”

Command Sgt. Maj. Leeford C. Cain, USACR/Safety Center,

said noncommissioned officers will continue to play a critical role in keeping their Soldiers safe, whether on or off duty.

“NCOs are our first line of defense for safety,” he said. “They should be showing their Soldiers how to manage risk, first through standards enforcement on the job and then by example off duty.”

With spring just around the corner, both Edens and Cain urged leaders to focus their safety programs on the season’s hazards, predominantly motorcycle accidents and drowning.

“Water-related fatalities rose 225 percent during fiscal 2013,” Edens said. “We have a moral and professional imperative to make sure that number goes down this year.”

For more information on Army safety, visit <https://safety.army.mil>.

## News Briefs

### Road closure

A portion of Third Avenue, between Novosel Street and Raider Street, is scheduled to be closed for construction today through Tuesday. This portion of Third Avenue will be closed shortly after 6 p.m. today and will reopen Tuesday at 4 a.m. During this timeframe, traffic will be detoured around the construction and signs will be displayed to assist motorists.

Traffic entering through the gate will turn left onto Novosel and then go right onto Andrews Avenue, and then turn right onto Nighthawk to reach the open part of Third Avenue.

Once construction is completed and upon reopening, the portion of Raider Street between Andrews Avenue and Third Avenue will become a dead end street. All traffic will enter this portion of Raider Street from Andrews Avenue – vehicles will no longer be able to turn onto Raider Street, towards Andrews Avenue, from Third Avenue. Motorists entering and exiting the Daleville Gate will be affected by this closure and are encouraged to plan their travels to allow for possible delays. The construction is being done in an effort to enhance the security posture for the installation. In the event of inclement weather, construction will be rescheduled to a later date.

### Prayer breakfast

The National Prayer Breakfast will be Feb. 13 from 6:30-8 a.m. at The Landing. The purpose of the breakfast is for all Fort Rucker personnel, as well as the Wiregrass Community, to gather and pray for the good

of the nation, the Army and Army Aviation. The speaker will be retired Chaplain (Col.) Samuel J.T. Boone, who is the director of quality assurance, safety and environmental compliance. The event is open to the public.

Tickets are available and can be obtained from people’s unit point of contact, unit chaplain or the Fort Rucker Religious Support Office in Bldg. 8945. The breakfast is paid for by the Chapel Tithes & Offering Fund and costs about \$8 per person. An offering by cash or check payable to the CTOF of \$5 (E-6/GS-6 and below) and \$8 each (E-7/GS-7 and above) would be appreciated, but is not required. However, tickets are required for entry and cannot be obtained the morning of the event.

For more information, call 255-2989 or 255-2012.

### AER scholarships

Applications for Army Emergency Relief scholarships for the 2014-2015 school year are due by May 1. AER scholarships are available for spouses and dependent children of active-duty, retired and deceased Soldiers.

For more information and to apply, visit [www.aerhq.org](http://www.aerhq.org), or call 1-(866) 878-6378.

### Spouse club scholarships

Fort Rucker Community Spouses Club scholarship applications are available on the FRCSC website at [www.fortruckeresc.com/scholarships](http://www.fortruckeresc.com/scholarships). Scholarships are available for high school and continuing education students who are dependents of active-duty, Reserve,

National Guard, retired and deceased military residing within a 50-mile radius of Fort Rucker, and also for dependents of Department of Defense civilians assigned to Fort Rucker. The club additionally offers scholarships to any student (military affiliation not required) who will be enrolled in a full-time engineering program in the 2014-15 academic year.

More information is available on the website.

### AER kickoff

The 2014 Army Emergency Relief Fund Campaign kickoff ceremony will be held March 4 at 2 p.m. in the U.S. Army Aviation Museum. The theme this year is “A Soldier’s First Choice.

For more information, call 255-2341.

### Tax center opens

The Fort Rucker Tax Center is open Mondays-Fridays from 9 a.m. to 4 p.m. until April 15 in Bldg. 5700, Rm. 371F. Reservists must be on Title 10 status and bring a copy of their call to active-duty orders.

People using the tax center should bring the following documents: Social Security card; all W-2s and wage and earnings statements; blank or canceled check with routing and account number of bank, 1099-R; copy of last year’s tax return (if available); and any documents pertaining to earnings from gambling winnings, unemployment or compensations. Use of the tax center is by appointment only.

For more information or to make an appointment, call 255-2937 or 255-2938.



# Program connects Soldiers, helps prevent assaults

By Sara E. Martin  
*Army Flier Staff Writer*

Better Empowered Soldiers Today seeks to empower participants through opportunities to connect Soldiers and make them feel more in control of their lives, which program developers hope will help reduce sexual assault and harassment on the installation.

The program focuses on female-Soldier-specific issues and helps connect new Soldiers to experienced mentors who know the ropes of the Army, said 1st Sgt. Gloria Cain, NCO Academy deputy commandant.

“We make up less than 15 percent of the fighting force, so we just want to make sure our needs are still addressed in a comfortable arena,” she said.

Cain said many young Soldiers don’t have an older, female, military friend to ask important questions, such as what to bring to the field or to a deployment, and that the mentor program is the most important aspect of BEST.

“We want the males to attend as well, so they can learn and answer some of these questions, and be more aware of all of their Soldiers’ needs,” she said. “They need to learn about females because that will only help them be better leaders. The sexes are different and our differences are sometimes not addressed. We are just trying to provide a way to connect female Soldiers so questions can be answered and issues addressed.”

The program began in November, and is looking to increase participation and has developed mentors for younger Soldiers.

“Some people may be a little worried to come to the meetings because they don’t want to be singled out. They don’t want to take part in something that is all about females when they are try-



PHOTO BY SARA E. MARTIN

Gail Dwyer, guest speaker at last year’s BEST kickoff event, speaks to Soldiers about her experiences as a West Point graduate and an early female Soldier to the Army. The next BEST meeting is Feb. 13 at the Commons, Bldg. 8950, at 4:30 p.m.

ing so hard to just be a part of the group,” said Cain. “But this program is to show females how to be a part of the group and still keep their dignity – to be a part of the team like a Soldier should.

“We don’t want younger Soldiers to make the same mistakes we did,” she continued. “As a young Soldier I wanted to be one of the guys and be accepted by them, so I made some mistakes, and I see young women doing the same thing. You don’t have to be one of the guys to be an amazing Soldier. You will be respected if you have the knowledge and put forth the effort to make the team successful.”

The next BEST meeting is Feb. 13 at the Commons, Bldg. 8950, at 4:30 p.m. The quarterly workshop “conflicting perceptions” will focus on how Soldiers dress out of uniform and how they may be perceived at different places and functions.

The workshop includes skits, a “fashion show” and a video presentation. The meeting is open to all military personnel and is free.

“We are having a not-so-typical fashion show to illustrate appropriate attire for female Soldiers at different events. We wanted to do something fun and different while educating every-

one on perceptions, and what message you are sending when out of the uniform and how you represent yourself at the gym, an interview, a local restaurant or even a military ball,” said the deputy commandant.

People can learn more about the program at the meeting and important issues affecting females. It also offers the chance to network with others to get help with unique problems.

“I feel like if people are aware of perceptions and job responsibilities they don’t have to do certain things to be accepted, and that in the end will reduce sexual assaults and sexual harassment,”

said Cain. “Learning all of these things will boost morale and build a stronger team if everyone is on board.”

There is no sign up necessary, and the program will make everyone who participates a better leader, no matter what rank, or sex, they are, said Cain.

“In turn, we also hope to teach females about males, too. It’s important that we know how to react to each other,” she said. “If females feel more empowered and males understand us a little better, and vice versa, we can alleviate those situations where Soldiers get themselves into trouble.”

## Number of suicides in Army drops in 2013

By Lisa Ferdinando  
*Army News Service*

WASHINGTON — The number of suicides in the Army dropped last year, compared to 2012, according to the Army deputy chief of staff, G-1.

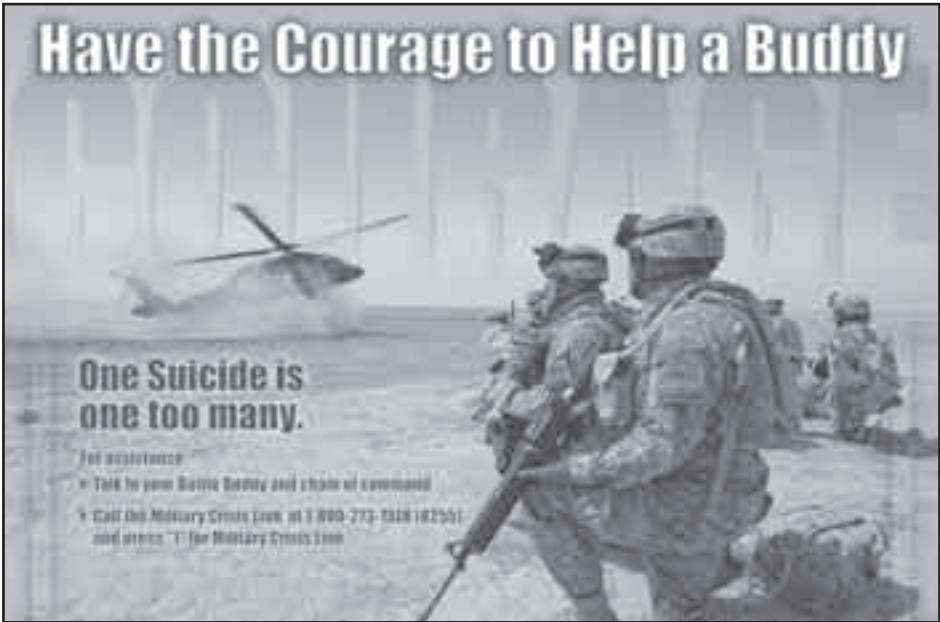
Lt. Gen. Howard B. Bromberg said there were 301 suicides in the Army in 2013, while in 2012, there were 325 suicides Army-wide.

“We have seen an aggregate drop in suicides, and while not a declaration of success, it could indicate resiliency efforts are starting to take hold across the force,” he said. “Ultimately, the Army acknowledges there is more work to do.”

The figures are for the total Army – the active Army, the Army National Guard and Army Reserve.

Last year, 125 of the suicides were in the active Army, 117 in the Army National Guard and 59 in the Army Reserve. For 2012, 165 of the suicides were in the active Army, 110 in the Army National Guard and 50 in the Army Reserve.

Because of the complexity of the issue, the Army said it is difficult to identify specific reasons for the decrease. It is also difficult to determine what efforts might have contributed to the change. According to



U.S. ARMY GRAPHIC

Bromberg, the Army’s aggressive promotion of “help-seeking” behaviors may have something to do with it.

“I am optimistic that more Soldiers are seeking help and learning ways to address and cope with issues they may have,” Bromberg said. “It’s about what the Army is doing to prepare Soldiers. We are enhancing ways to recognize what Soldiers need to make them stronger and more resilient.”

Currently, the Army has numerous efforts employed to reduce high-risk behaviors and incidents of suicide among its personnel to include working to combat the stigma associated with seeking behavioral care, and strengthening the whole person – mentally, physically and emotionally – to promote resilience and improve readiness.

Through its Ready and Resilient Campaign, the Army promotes the development

of a healthy mindset and behaviors, and enhanced coping skills to strengthen the Army Family, promote resilience and improve readiness.

Within the program is the Comprehensive Soldier and Family Fitness program, which stresses resilience and strengthening of the whole Family unit, for a ready and resilient Soldier.

“I am very encouraged that we have hit a turning point where people are really talking about behavioral health,” Bromberg said. “It’s OK to have problems, but it’s what you do about those problems ... that is what’s really important.”

In other efforts, the Army has expanded access to behavioral health services, increased pre- and post-deployment screenings to improve the diagnosis and treatment of Soldiers, and is focused on identifying and treating traumatic brain injury and post-traumatic stress disorder.

The Army stresses that leaders in all levels of the Army should know their Soldiers, be aware of warning signs and high-risk behavior, and immediately seek help if they or someone they know needs help.

Assistance is available 24 hours a day/seven days a week at the National Suicide Prevention Lifeline, 1-(800) 273-TALK (8255).

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# Award: Pilot’s ability to remain calm saved lives

Continued from Page A1

“I had no idea what was wrong with the helicopter,” said the Black Hawk instructor pilot. “When you’re in that situation, you sort of take inventory of what you have available and use what you have to get back on the ground safely. We were going down whether we liked it or not.

“This is obviously not an award that you plan to seek out, but it’s a real honor to receive it,” he added. “It was really just the will to survive that got me through it.”

Starr’s ability to stay calm, cool and collected is what Brig. Gen. Timothy J. Edens, director of Army safety and U.S. Army Combat Readiness/Safety Center commanding general, said kept the flight crew and passenger alive.

“(The Broken Wing) is awarded for superior knowledge, skill and judgment when reacting to an in-flight failure or malfunction



PHOTO BY NATHAN PFAU

**Brig. Gen. Timothy J. Edens, director of Army safety and U.S. Army Combat Readiness/Safety Center commanding general, pins the Broken Wing Award onto CW3 Jason Starr, C Company, 1st Battalion, 212th Aviation Regiment UH-60M Black Hawk instructor pilot, during a ceremony at Lowe Army Heliport Friday.**

requiring an emergency landing,” said the general. “That reads really easy and simple, but it’s a lot more involved in the process and it makes this award that much richer.

“I can’t even imagine what that must have felt like to ride that bumpy bronco all the way to

the ground, all the while making emergency radio calls and going through the crew coordination drills,” said Edens during the ceremony. “He thought through all of that and got the aircraft on the ground safely, and had everyone walk away from it.”

This was Edens’ first time pre-

senting the award and only his second time seeing the award given out in his 33-year career. That alone shows how rare the award is, he said.

Although Starr said receiving the Broken Wing award was a great honor, the real reward came when he was able to see his Family again.

“Now I’m able to watch my children grow up with my wife,” he said. “That’s a lot to take on by herself, and I just want to thank (her) for picking up the reins and doing everything (during) my deployment.”

Even though the ceremony was to honor Starr and his achievements, it was also an opportunity for other pilots to learn from someone else’s experience, and Starr offered advice to those that might face adverse situations like the one he encountered.

“In order to get through it, you’ve got to have a will to survive,” he said. “You have to have

the knowledge and the calmness of spirit to employ it in order to survive whatever situation it is.

“This was a fluke accident and there are a lot of safety measures that are put in place to ensure that this never happens, but it does happen,” he continued. “Continue to study, continue to stay in the books, continue to do your job, and hopefully you’ll never have to use it, but if you ever do, it’ll be available to you in your tool bin.”

Starr’s achievement is a validation of Fort Rucker’s training and focus on safety, said Lt. Col. Raymond J. Herrera, 1st Bn., 212th Avn. Regt. commander.

“We talk about supporting the ground commander and the troops on the ground, and we hold the responsibility of flight students to carry on that tradition when you get out to the flight line,” he said. “We have the best professionals here on Fort Rucker and we have one sitting right before you today – he is a testament to that.”

# Free: Officials urge utilization of tax service

Continued from Page A1

to be filed, and sometimes people don’t realize that,” said the tax coordinator. “If they’re in doubt about something, just bring it to us and ask questions.”

People should also bring their bank routing numbers as well as their account numbers if they wish to have their returns deposited directly into their bank accounts, which can be found on a check tied to the specific account they wish to use.

Although the tax center is an invaluable

resource to people on the installation, the facility is limited in the services it can provide. The center can’t provide services for businesses or more than one rental property, but most simple tax returns shouldn’t be a problem, said Clayton.

“Every tax situation is different and we look at each individual tax situation separately,” he said. “If people feel they can do it themselves that’s fine, but there is no harm in coming by and having us take a look, especially since it’s free.”

Using a professional is a good way to

keep from making simple mistakes on returns. Clayton said the most common mistake people make is entering the wrong Social Security number when filing.

“Most rejections come back because of incorrect Social Security numbers, so people need to pay attention to details,” he said. “That’s why we have them bring in all their information. We just want to verify that the person is claiming the correct number with the right name.”

Not everyone is guaranteed a return, said Clayton, but filing with a professional

can help ensure that people get the most out of their return or help owe less if they have to pay this year. Whether people owe or receive a refund, they need to make sure their taxes are filed by April 15 to avoid fines and penalties, he added.

“If you owe money to the government, you’re going to owe them money whether you file on time or not,” said Clayton. “Even if you can’t afford to pay right away, file by April 15 to stop the clock.”

For more information or to schedule an appointment, call 255-2937 or 255-2938.

# Heritage: Events educate, celebrate ethnic diversity

Continued from Page A1

The nation was built upon the ideal of diversity, and the Exchange is proud to present and uphold this ideal through events like the one held Friday, Antonello said, stressing the importance of learning about different cultures, contributions and heritages.

Garcia agreed.

“These events are educational,” said Garcia. “It helps us experience the food, culture, music, dance, accomplishments, contributions and traditions of minority races. It’s important for everyone to be able to celebrate their heritage and where they come from.”

Seeing people, not color, is a popular saying because of its good intentions, but Garcia warns that it can make some people upset.

“We need to accept that some people struggle more than others, and people want to be recognized for who they are and what they have accomplished – that is a part of validating a person or a race or a heritage for what they have brought to American society,” he said. “People are proud of where they come from, and we should recognize people for their differences and their beauty. We are all beautiful people.”

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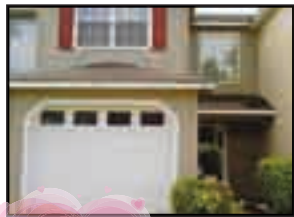
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## 123 Commons ♥ \$69,500

Bring your furniture! Why rent when you can own this charming 2BD/2.5BA traditional townhouse. Freshly painted interior & new carpet throughout make this easy-to-care-for home, move-in ready & waiting for you. Clubhouse & pool are available for relaxing afternoons & weekends. Conveniently located only minutes from Ft. Rucker, this property is priced to sell fast.



## 702 Dixie ♥ \$94,900

Don't miss this chance to own a home of your own... especially this brick ranch conveniently located with shops, schools & offices just around the corner. Many upgrades, neutral decor, 2-car garage & French doors opening onto deck overlooking a spacious backyard make this home a must see. Comfortable & cozy, this easy-care 3BR/2BA is a great buy.



## 2487 Will Logan Road ~ Ozark ♥ \$109,000

Updated home conveniently located only minutes outside the Ft. Rucker gate. A few of the recent updates include bamboo flooring in living area & bedrooms, kitchen cabinets, granite countertops & stainless appliances, new doors & windows. The living/dining area combo has a stone wood burning fireplace, roofing 9 years old & HVAC 5 years old. A fenced yard, workshop & level landscaped yard with pecan trees - make this home the first stop on your "to see" list!



## 104 Nancy ♥ \$115,000

Great starter home or investment property. Cozy living room with fireplace, 3 roomy BR/2BA, updated kitchen with stainless appliances, inside laundry room, large 2-car garage with a storage room with lots of shelves. Established neighborhood convenient to Ft. Rucker/Enterprise gate, schools, churches & shopping. Come see it today!



## 783 Gopher Ridge Road ~ Samson ♥ \$115,500

Fish in your own backyard. Imagine the fun you'll have with a pond just steps from your 3BR brick ranch home. Bring your rocking chair & watch the kids play from the inviting, large screen porch. Great area under the covered patio for cookout with family & friends. Approx 15 acres - some cleared, some wooded - great for all outdoor activities. Large barn, storage shed & play house - your affordable rural retreat.



## 304 Faye ♥ \$136,500

Affordable & roomy! Ideal for a family, it's got lots of living space, vaulted ceiling in the living room with a beautiful brick fireplace & a great, fenced yard for the children. Best of all, you are just minutes from downtown, convenient to schools, offices & shopping. Make a point to see this charmer today.



## 952 County Road 75 ~ Chancellor ♥ \$159,900

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## 15 County Road 165 ~ New Brockton ♥ \$199,999

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## 35 Trent ♥ \$207,000

Need 4BR with a bonus room & office? This is it. Great family home with fenced backyard, gas log fireplace, custom designed kitchen with gorgeous granite, newer wood flooring, carpet & interior paint.



## 602 South Oak Ridge ♥ \$253,000

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## 221 South Oak Ridge ♥ \$375,000

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**113 WINTERBERRY:** Like new, 1-story townhouse, 2BR/2BA, living & dining area, 1-car garage. Lawn care, easy living & convenient to Ft. Rucker. **ANGIE GOODMAN 464-7869**

**TARTAN PINES ~ \$199,900**



**511 TARTAN WAY:** Custom home in Tartan Pines, a golf community, 3BR/2.5BA, open floor plan with living/dining room combination, breakfast area, pantry, screen porch & much more. **JACKIE THOMPSON 406-1231**

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**106 LAKE RIDGE ~ 284,000:** Come take a second look! Impressive entry with marble foyer & spiral staircase, family room, dining room, den & large kitchen with breakfast area that now opens to den. You will love the extra-large master bedroom with sitting area & 2 fabulous walk-in closets. Laundry room on first & second floor, central vac, heated & cooled hobby room off garage & storage room outside to left of garage. Freshly stained deck is perfect place to relax & enjoy the sparkling pool. Parking pad for RV or boat parking with hook up in backyard. Just a golf cart ride to greens. **MARY JONES 790-2933**

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**\$89,000**



**303 SYLVAN:** 3BR/2BA, hardwood floors & ceramic tile bathrooms, Florida room & a den. Private backyard with a workshop. Convenient to schools, churches & shopping. **EVELYN HITCH 406-3436**

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**NEW CONSTRUCTION 225 JASMINE CIRCLE**



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3BR/2BA  
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## Army opens jobs to female Soldiers

By C. Todd Lopez  
Army News Service

WASHINGTON — About 33,000 of the positions in the Army that are closed to women today are closed because they were in units that were designated as direct ground combat. That will change this year in units that are not under Army Special Operations.

The Office of the Secretary of Defense recently notified Congress of the Army's intent to open those 33,000 positions to women. The change is expected to take place in April 2014, said Col. Linda Sheimo, chief of the Command Programs and Policy Division at the Directorate of Military Personnel Management, Army G-1.

Sheimo said that with recent force structure changes, the Army moved away from "focusing on units. Our plan allowed us to identify all the positions that were closed across the three components, regardless of the unit."

Those 33,000 positions do not include anything within the Special Operations community, she said.

"When we complete congressional notification in April 2014, the Army

will have opened approximately 55,000 positions to women, across all three components, since May 2012," Sheimo said.

There are more than 400 military occupational specialties in the Army and, of those, 14 are closed to women. The 33,000 positions that will open to women in April do not include jobs in MOSs that are closed to women. Instead, they are positions now open to women across the total force — positions that were previously closed prior to the notification.

Sheimo said the Army still has more than 100,000 jobs closed to women. That includes those MOS that are closed to women. Among those MOS are the 12B combat engineer, 13B cannon crewmember, 11B infantryman and 19K M1 armor crewman, for instance.

The Army has a plan to determine whether these MOSs should open to women, Sheimo said, and women Soldiers may have the opportunity to serve in every position, unit and MOS where a male Soldier can currently serve.

Before that happens, however, the Army Training and Doctrine Command is leading the effort to revalidate the physical standards required for entry



U.S. ARMY PHOTO

Master Sgt. Renee Baldwin fires a .50-caliber machine gun during training last summer at Joint Multi-national Training Command's Grafenwoehr range in Germany.

into the 14 currently-closed MOSs.

Sheimo explained that when the Army is complete with its efforts, all individuals joining the Army will understand what standards must be met to be awarded a military specialty.

"Ensuring we have clear standards for

all Soldiers will ensure the best Soldiers are assigned to positions, something the Army is calling the 'Soldier of 2020,'" Sheimo said. "What we are trying to do is get the best Soldiers for the future. The

SEE JOBS, PAGE B4



PHOTO BY STAFF SGT. JEFFREY SMITH

## RAPID DEPLOYMENT

A paratrooper with the 1st Battalion, 501st Infantry Regiment, 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, leaps out of a B Company, 1st Battalion, 52nd Aviation Battalion "Sugar Bears" CH-47 Chinook helicopter as it flies over a drop zone Jan. 29 at Joint Base Elmendorf-Richardson, Alaska. The paratroopers exited the aircraft and descended onto Malamute Drop Zone for their follow-on missions in support of the Spartan Brigade's nine-day field training exercise focusing on rapid deployment, forced entry and follow-on lodgment expansion.

## Military police take to sky with unit's Ravens

By Sgt. Samuel Northrup  
Fort Hood Public Affairs

FORT HOOD, Texas — Silently circling high above the ground, the unmanned aircraft system RQ-11 Raven's camera focused in on its target.

The operator, Sgt. Jason Lundquist, controlled the Raven's actions from a ground station. He zoomed in on his target, taking multiple pictures as his aircraft made another pass. He was on a reconnaissance mission and these photos may save someone's life in the future.

"Go ahead and bring it in for landing," said Staff Sgt. Luther Oldfield, a master Raven trainer with Headquarter and Headquarters Battery, 1st Battalion 82nd Field Artillery, 1st Brigade Combat Team.

Lundquist, a team leader for 64th Military Police Company, 720th MP Battalion, entered the landing commands into his controller, and the Raven reoriented itself and began its descent. It slowly glided in and hit the ground, breaking apart into nine pieces on impact — a unique characteristic of its landing procedure. This was Day 1 of the hands-on portion of the Raven certification course.

The course is a total of two weeks, said Pfc. Cole Clark, an MP with 64th MP Company. The students started at a beginner's level. The first week covered basic avionics of the Raven system, and emergency procedures.

"What I am teaching is ground avionics, which is flying an aircraft from a ground station," said Oldfield. "The antennas of the system have a range of up to 10 kilometers."

Flying the Raven is not difficult, however,



PHOTO BY SGT. SAMUEL NORTHRUP

Pfc. Cole Clark, an MP with 64th Military Police Company, 720th MP Battalion, prepares to throw an RQ-11 Raven into the air Jan. 15 at Fort Hood, Texas.

there is still basic Aviation information an operator must know to fly, such as bearing, heading and wind speed.

For landing, the Raven has to face into the wind and it is programmed to guide itself in a coast all the way toward the ground. Landing is unique because there are built-in break points that are designed to break apart on impact, which to the unfamiliar eye looks a lot like a catastrophic crash. However, the Raven is very tough and undamaged.

The Ravens can be mount-operated. Units can have the control station mounted in a vehicle, launch the Raven and have it flying over

the top of the unit while they do their patrol.

"Its primary function is reconnaissance, but you can use it for target acquisition or battle site damage assessment," said Oldfield, a native of Albuquerque, N.M. "The MPs can fly the Raven over the roads of a city to see if there are any ambushes and check rooftops for snipers. With the Raven, operators can sight their targets, call for fire and verify the target was destroyed."

"Anytime you can send a piece of equipment into an area so a Soldier doesn't have

SEE RAVENS, PAGE B4

## Army Aviators, Air Force conduct load training

By Sgt. Jonathan Thibault  
4th Combat Aviation  
Brigade Public Affairs

COLORADOSPRINGS, Colo. — Fort Carson Soldiers and Airmen from Travis Air Force Base, Calif., made rapid-deployment load training look as easy as stacking children's blocks during a joint exercise at Colorado Springs Airport Jan. 14-16.

Soldiers from 3rd Armored Brigade Combat Team and 4th Combat Aviation Brigade, both from 4th Infantry Division, participated with the Air Force in a joint exercise to improve communication efforts and familiarize them with each other's military equipment.

"The purpose of the training is to better prepare 4th Infantry Division assets and match them to the Air Force assets," said Air Force Lt. Col. Gerry Hinderberger, air mobility liaison, aligned with 4th ID. "We have not practiced these functions domestically in over a decade. People can mission-plan all day long, but actually doing it is where they find the flaws and make improvements. This training does just that for both the Army and Air Force."

The training consisted of preparing and loading unique pieces of military equipment on an Air Force C-17 Globemaster III. Soldiers with 3rd ABCT learned how to load and unload an M1A2 Abrams tank and an M2A3 Bradley infantry fighting vehicle.

"The training provided simple, but needed, familiarity to tank commanders, such as getting used to driving up the ramp of the C-17," said CW3 Micah Amman, Aviation officer, 3rd ABCT. "It feels much steeper to the driver, and can make them nervous if they've never done it before. Also, the training allowed us to help our Air Force counterparts be more efficient in how to load armored vehicles onto their aircraft."

The Soldiers' training was geared toward their Global

SEE TRAINING PAGE B4



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# Jobs: Army to complete process by 2016

Continued from Page B1

Army’s efforts across various spectrums will ensure all Soldiers have the opportunity to serve successfully.”

The first MOS to finish the revalidation will be 12B, combat engineer. When the validation is complete, TRADOC and Army G-1 will make a recommendation to the secretary of the Army about opening the MOS to women Soldiers, or ask for an exception to keep the

MOS closed to women.

The secretary will review that recommendation, make his own decision and pass his signed recommendation up to the Office of the Secretary of Defense. The OSD will complete its own review of the Army’s recommendation and pass its signed recommendation on to Congress. After 30 in-session days of Congress, if lawmakers have not disagreed with the OSD’s recommendation, the Army can then begin recruiting fe-

male Soldiers into the previously closed-to-women MOS.

For the 12B MOS, it is expected that the Army will have made its recommendation to the OSD by the end of 2014.

The process must be completed for all 14 MOS that are currently closed to women, and Sheimo said that by Jan. 1, 2016, the Army will have passed onto the OSD decisions on each of those.

# Training: Soldiers, Airmen sharpen deployment skills

Continued from Page B1

Response Force mission, which allows them to respond anywhere in the world at a moment’s notice.

“First, it helps us train the basics with regards to deployment readiness. Second, it’s advantageous to both the Army and Air Force in terms of creating common procedures. Third, it’s an opportunity to build relationships with all the other entities that help support our GRF mission,” said Lt. Col. Jeremy Wilson, commander, 1st Battalion, 68th Armor Regiment, 3rd ABCT.

Soldiers from the 4th CAB learned how to load and unload two UH-60 Black Hawks, which made their aircrews more deployment ready and even more team-oriented, said CW2 Michael Gathright, mobility officer, 4th CAB.

“It’s great training for all parties involved when you get to learn how to load specialized equipment that you don’t work with daily,” he said. “It takes more planning for these types of equipment. This training allowed us to do it slowly and safely.”

Gathright said this was a first for some of the aircrews in the



Aircrews from 4th Combat Aviation Brigade, 4th Infantry Division, push a UH-60 Black Hawk helicopter onto an Air Force C-17 Globemaster III during a joint training exercise with the Air Force at Colorado Springs Airport Jan. 15.

unit and gave them a unique opportunity.

“This exercise gave them training that they mostly get during deployments, in which they would have a time crunch,” he said. “The Soldiers got to work with the Air Force to learn how to properly load their equipment. So, if they have to do it during a deployment, it will be second nature.”

The training provided aircrews with new skills that will help them the next time they deploy.

“Most of our aircrews have

never loaded an aircraft onto another aircraft,” said Staff Sgt. David Workman, UH-60 Black Hawk helicopter repairer, 4th CAB. “The exercise taught them how long it takes to fold the helicopter, load and unload the helicopter, and how to set up to be mission ready after being unloaded. I wish we could do more training like this, because it gives the Soldiers a clear view of the right and wrong way to do these tasks.”

Air Force members were already efficient in loading, but still found the training helpful.

“Everyone from the Air Force side is qualified to load these types of equipment, but we have young Airmen and we want to train them to the next level,” said Air Force Tech. Sgt. Michael Turner, senior loadmaster, 21st Airlift Squadron, 60th Air Mobility Wing, Travis AFB. “This is outstanding training because it makes our loadmasters more confident to better prepare them for more threatening environments, such as the ones found during deployments. We get to teach the Army what we are looking for and they get to teach us about their equipment, which strengthens our joint service bond.”

# Ravens: Officials predict expansion of UAS usage in law enforcement

Continued from Page B1

to put his life on the line [that] is always a plus,” he added. “The Ravens are quiet, so the enemy won’t know they’re there, especially at night.”

It is a fascinating piece of equipment and there are going to be some good job opportunities in the future here in the U.S. and across the world, said Clark, a White-wright, Texas, native. This training is a great opportunity for everyone.

“In the year 2015, [the Federal Aviation Administration] is going to open up the national air space for (UAS),” said Oldfield. “So not only am I training these guys to fly for the Army, but they can actually take the certification to the civilian sector as well. This is going to be a good field, in 2015.”

Police departments and border patrol are going to want to use UAS, said Lundquist, a Lakeville, Minn., native. It’s going to be a whole new industry and a lot of the

experienced pilots are going to initially come from the military.

“I volunteered to do this,” said Lundquist. “I thought it would be a great new experience. I always like trying new things that the Army has to offer. It is just great to be part of a team that helps those downrange stay safe.”

As another team launched a Raven into the air, one thing was certain: the MPs will continue to secure the safety of their fellow Soldiers who are deployed.

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FEBRUARY 6, 2014

## Valentine's Day

### Something for everyone

By Sara E. Martin  
Army Flier Staff Writer

Celebrating Valentine's Day isn't just for newlyweds, shy high school students and new couples in the mushy stage of love – everyone can board the love train because Fort Rucker has numerous activities planned for everyone in love, whether that love is for mom and dad, husband and wife, or friends.

Like all holidays that only come once a year, all types of people cherish special time spent with loved ones and there are several events planned this year that will bring Families together, give parents time to themselves and give teenagers a chance to have a special night of their own, said Kristi Fink, Directorate of Family, Morale, Welfare and Recreation special events coordinator.

The Sweetheart Dinner at The Landing Zone will be held Feb. 14 from 4-8 p.m. The meal features three courses for \$23.95 a person. Patrons will choose their meal from a set menu and reservations are recommended.

"This is something different that people can experience. They can have a special meal and then get some entertainment in one night in one building," said Jonathan Kelley, Landing Zone general manager. "It's made to be a longer meal so people can spend more time together, it's nice to have a special evening out with your partner without the kids."

Kelley said that three-course meals are not often offered in the area, especially when paired with a romantic atmosphere.

"The Landing Zone does a great job each year with this event," said Brian Jackson, DFMWR program manager. "This is very convenient for military Families on post as they are getting quality service and food right here at Fort Rucker."

After eating, patrons can walk down the hall and attend Dueling Pianos at The Landing's ballroom. The event will be held Feb. 14 and 15 from 8 p.m. to midnight so everyone can have a chance to attend, said Jackson, adding that the show is appropriate for ages 16 and older.

"The show is very interactive and well received, and is geared to both couples and groups of friends," said Fink. "The entertainers perform a variety of songs from different genres, and a majority of the songs are decided by the audience members."

Patrons can dress casually or formally and will be provided cards and pencils to request their favorite songs from the entertainers.

"At times, audience members may be asked to come up on stage for anniversaries, birthdays or just to dance," Fink continued. "It's a great chance to socialize with other military Families, and the entertainment is rare to see here at



COURTESY GRAPHIC

Fort Rucker."

Patrons are allowed to come and go during the event, and are not required to stay the whole four hours, said Jackson, but he said most patrons like to stay.

"It wouldn't hurt to bring a few bucks to make sure your song is chosen," he said. "For those that have never attended Dueling Pianos, it's very informal, it's almost like a party. It's rare to be a part of a fun, energetic show with friends and Family."

Tickets are \$12 a person until 4 p.m. Feb. 13, and \$16 at the door. VIP seating is also available for \$150, which seats 10 people. For more information, call 598-2426.

When the adults are off having their own date night they won't have to worry how the children are handling the holiday. Child, youth and school services hosts a Valentine's Day Dance at the youth center from 6-10 p.m.

"This is a chance for teens to get out of the house since parents will be doing their own thing," said Heavenly Hunter, youth center workforce preparation specialist and administration assistant. "They can do something unique, not school related, and just meet new friends."

There will be contests for the cutest couple and for life of the party. Teens will also have a chance to celebrate with dancing, arts and crafts, photo op-

portunities, snacks, games and prizes. The dance is open to all CYSS members ages 11-18. Guests are welcome to join in for a \$10 fee.

"They should wear fun, dressy outfits, such as Sunday best or creative costumes," said Hunter, adding that there will be chaperones all night long.

For more information, call 255-2271.

CYSS will also hold an event for Families – the Heart-to-Heart Skate Night at the school age center Friday from 6:15-10:30 p.m. All ages are welcome and parents get in free.

"I think it's a good Family activity. It can be a fun way to relieve stress for parents and kids, and a fine way to celebrate of love of Families," said Vender Tabb, program director, adding that skating is a fun and easy way to promote exercise for children who don't know how to skate yet.

The school age center can provide roller skates to patrons, who are asked to wear red, white or pink in celebration of the holiday.

"Children enjoy it because they are getting to play with their friends, and the music we play is popular music on the radio," she said, adding that people will have chances to win giveaways and contests.

There will also be an activity table where children can make a

Valentine craft. For more information, call 255-9108.

There is even plenty of love to go around for mom and dad this Valentine's Day, too. The Center Library holds its Family Valentine's Day craft making activity Tuesday from 3:30-4:30 p.m.

The event is open to children ages 3-11 and light refreshments will be served. For more information, call 255-3885.

"Children will be making a foam craft of a bumble bee or a bear," said Shannon Singell, library technician. "It's a good Family activity because most of the time the children ask their mom or dad to be their valentine and give the craft to them."

But there are times when mom and dad need time work on themselves, so Army Community Service is hosting a Five Love Languages Workshop Feb. 14 at The Commons, Bldg. 8950, from 11 a.m. to 1 p.m.

The workshop, according to ACS officials, is aimed at helping couples identify their love language and learn how to communicate in meaningful ways. Registration is required by Tuesday.

The workshop is free and open to active-duty and retired military, DOD employees and their Family members. A light lunch will be provided. To register, call 255-3898.



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**Welcome guides**

The 2014 Fort Rucker Family and Morale, Welfare and Recreation Welcome Guides are available to all organizations on post. People in units or organizations who would like guides delivered should call 255-2292 or 255-1879. People should have the following information ready: Organization/Unit name, POC name, POC telephone, POC email, directions to the facility, and the quantity requested (minimum delivery is 25 copies and there are 63 copies to a box). People can also arrange to pick up copies at the DFMWR marketing office, located in the Soldier Service Center, Bldg. 5700, Rm. 390.

**CYSS Heart-to-Heart Skate Night**

Child, youth and school services holds a Heart-to-Heart Skate Night Friday 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 255-9108.

**Financial readiness training**

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

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

**International spouses get together**

Army Community Service hosts get togethers for international spouses the first Friday of every month at 9 a.m. at the Allen Heights Community Center to help those who may need help understanding the American culture and military life. Spouses can meet other spouses from other countries, and gain support and knowledge with finding the resources for obtaining U.S. citizenship, education, drivers licenses and more. Multilingual volunteers are available.

If the event falls on a day



FILE PHOTO

## 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.

of no scheduled activity, call 255-3735 to find out the new date.

**Stress management**

Army Community Service offers a free stress management class Tuesday 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 Friday 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 Tuesday 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 Em-

powered 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 Tuesday. 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.

**Sweetheart Dinner**

The Landing Zone will offer a Sweetheart Dinner Feb. 14-15 from 4-8 p.m. People can enjoy a three-course meal of their choice with three selections to choose from for each course for \$23.95 per person. Reservations are recommended if people plan to attend the Dueling Pianos show. The event is open to the public.

For more information and to make reservations, call 598-8025.

# DFMWR Spotlight

## || DUELING PIANOS ||

Feb. 14 & 15

8 pm – Midnight  
The Landing

**TICKETS:**

**\$12 Advance**  
Available until 4 pm, February.  
13th Ticket Locations: The Landing Catering Office, Bldg. 5700 Coffee Zone and Lyster Coffee Zone.

**\$16 At the Door**  
Ticket Location: The Landing

**\$150 VIP Table Seating**  
(seats 10 patrons)  
Limited tables available, only at The Landing Catering Office.

**For more information, call The Landing at (334) 598-2426. Open to the Public, Ages 18+**

Fort Rucker  
MWR  
www.ftruckermwr.com

### Sweetheart Dinner

The Landing Zone

Feb. 14 & 15 4-8 pm

Enjoy a 3 Course Meal for just \$23.95 per person. Reservations are recommended. The Landing Zone, (334) 598-8025

## FORT RUCKER MOVIE SCHEDULE FOR FEB. 6 - 9

**Thursday, Feb. 6**

Grudge Match (PG-13)  
.....7 p.m.

**Friday, Feb. 7**

The Monuments Men (PG-13)  
.....7 p.m.

**Saturday, Feb. 8**

The Monuments Men (PG-13)  
.....7 p.m.

**Sunday, Feb. 9**

The Monuments Men (PG)  
.....2 p.m.



# Dermatology consult services coming to Lyster

By Katherine Rosario  
*Lyster Army Health Clinic Public Affairs*

In an effort to improve the patient experience, Lyster Army Health Clinic will soon offer dermatology consults.

The consult process will provide better continuity of care between dermatology and primary care managers. It will also give patients the convenience of same-day service for a specialty appointment.

“Lyster refers more than 130 patients per month to network dermatologists and these patients are often faced with the inconvenience of going back and forth between the dermatologist and their PCM

trying to help interpret complicated instructions and diagnosis,” said Capt. Melissa Riester, chief of radiology and program coordinator for LAHC’s telehealth initiative.

Since LAHC and other small military treatment facilities do not have dermatologists on staff, the Southern Regional Medical Command developed a process called teledermatology, which leverages exiting technology to provide state-of-the-art medical care.

Teledermatology employs a high-resolution digital camera to take an image of the affected area (skin, hair, nails) and electronically transfers the image and the

patient’s medical history via a computer application to a dermatologist at San Antonio Medical Center in San Antonio, Texas.

Once the dermatologist reads the image and patient’s history, he or she returns the diagnosis and further instructions to the patient’s PCM.

“The results should be returned in about 72 hours (or less) and the PCM will deliver the results to the patient and schedule any follow-up appointments,” Riester said. “The biggest advantage is the PCM can consult directly with the dermatologist and this moves the burden of dermatological case management from

the patient back to the PCM; resulting in timely treatment and an increase in the quality of care.”

Should the dermatologist suggest a routine biopsy, the patient need only to report back to their PCM.

The teledermatology office will be located in the radiology department and will be open for use in about one month.

“We look forward to implementing a novel service using commercially available technology, and are thrilled that we will soon have the ability to offer our patients and their providers the convenience and consistency of teledermatology,” Riester said.

# Military Combat Eye Protection helps prevent low vision issues

By Tri-Service Vision  
Conservation and Readiness  
Program Staff  
*U.S. Army Public Health Command*

February is Low Vision Awareness Month. Low vision is a general term used to describe partial sight or sight that is not fully correctable by lenses, surgery or medication.

In the United States, the most common causes of low vision are age-related macular degeneration, the leading cause of vision loss for people over the age of 50.

Other causes include glaucoma, cataracts, diabetic retinopathy, albinism, some birth-related conditions and trauma.

Doctors help low-vision patients increase visual function by prescribing and training them to use magnifiers, prisms, and automated reading and writing devices. These alternatives help maximize existing vision and teach people how to accomplish things they would like to do by using technology, and other senses such as hearing and touch.

Roughly 92 percent of Army personnel are under the age of

40, so the more immediate low vision concern is from trauma. An eye injury can occur literally faster than the blink of an eye, and in that brief time the injury may cause permanent loss of vision. Unlike AMD, glaucoma and cataracts, trauma can be prevented or reduced through basic safety precautions.

The best way to preserve your vision is to protect it. People can drastically reduce the risk of certain conditions such as diabetes through a good diet and exercise. Soldiers can reduce the risk of cataracts by wearing sunglasses

that block ultraviolet light, or by limiting exposure to it. Finally, Soldiers can avoid most eye injuries simply by using appropriate eye protection at work, home, during recreational activities and any time eye hazards are present.

Prevent Blindness America estimates 90 percent of eye injuries are preventable simply with the use of proper protective equipment. Current Military Combat Eye Protection devices represent more than 50 years of research and development. All that work becomes useless when Soldiers suffer eye injuries because they

were not wearing the proper protection. The Approved Protective Eyewear List shows the tested and approved MCEP devices and may be viewed at: <https://peosoldier.army.mil/equipment/eyewear/>.

The eyewear on the APEL meets and goes beyond the impact requirements for standard industrial safety glasses by 4-6 times, depending on whether the eyewear is a spectacle or a goggle.

Preserve your sight to fight – wear your MCEP whenever an eye hazard is present.



PHOTO BY SARA E. MARTIN

## Pick-of-the-litter

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

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Motorists are reminded to obey all traffic signs.



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**334-447-5699**

## Prevention tip #2


Cough or sneeze into your elbow, thus covering your nose and mouth to avoid spreading cold germs.

Health  
bulletin




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[www.armyflyer.com](http://www.armyflyer.com).

# Church Directory



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

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



*“Small things done with great love will change the world”*  
**VINEYARD CHURCH**  
DOTHAN  
Sun 10:30 Service; Wed 6:30 Small Groups  
(334) 671-0093 • 150 Bethlehem Rd  
DOTHANVINEYARD.COM

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

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



# Mardi Gras rolls into Gulf Shores, Orange Beach



COURTESY GRAPHIC

## Gulf Shores & Orange Beach Tourism Press Release

GULF SHORES AND ORANGE BEACH — “It’s only natural that our Family-oriented beach destination would showcase equally Family-friendly Mardi Gras parades,” said Joanie Flynn, vice president of marketing at Gulf Shores and Orange Beach Tourism. “Everyone from little children to our

winter visitors take part in the fun of our five island parades and experiences a whole different state of revelry.”

The Mystical Order of Mirams kick off the island parades Feb. 28 at 6:30 p.m. It begins at Wintzell’s (on Perdido Beach Boulevard in Orange Beach) and ends at Alabama Highway 161. Continuing the fun March 1, the Mystics of Pleasure take to the streets at 5:30 p.m. This krewe also begins at Wintzell’s and ends at Perdido Dunes in Orange Beach.

On Fat Tuesday, March 4, three daytime parades will occur on Pleasure Island. The Gulf Shores Mardi Gras Parade begins at 10 a.m. and runs along Alabama Highway 59 from Clubhouse Drive south to the Main Public Beach. The Orange Beach Mardi Gras Parade starts at 1:30 p.m. at Wintzell’s and ends at Alabama Highway 161.

The 10th annual LuLu’s Mardi Gras Boat Parade departs at 3 p.m. from The Wharf and travels west along the Intracoastal Waterway to the restaurant. Live music at LuLu’s starts at 11 a.m. and following the parade at 5 p.m. Attendees will receive a complimentary slice of cake to celebrate the restaurant’s 15th anniversary.

In other related events, LuLu’s will also host its second annual Birds of Paradise Mardi Gras Ball Feb. 26 from 7-10 p.m. Tickets to this 21-and-older event include a buffet dinner and music from the Tip Tops.

To purchase tickets, visit [shop.lulubuffett.com/store/cat/TICKET/TICKETS](http://shop.lulubuffett.com/store/cat/TICKET/TICKETS).

# WIREFLASS COMMUNITY CALENDAR

IF YOU WOULD LIKE TO ADVERTISE YOUR EVENT, EMAIL JIM HUGHES WITH ALL THE DETAILS AT [JHUGHES@ARMYFLIER.COM](mailto:JHUGHES@ARMYFLIER.COM).

## ANDALUSIA

**ONGOING** — The American Legion Post 80 has regular meetings the second Monday of the month, starting at 6:30 p.m., at the Legion Hall. For more information, call 222-7131 or visit [www.andalusialegiopost80.org](http://www.andalusialegiopost80.org).

## DALEVILLE

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

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

## DOTHAN

**NOW THROUGH FEB. 28** –The Flagship Theater is enrolling people for spring classes. The play featured will be “The Golden Fleece of Colchis.” The theater will also be putting on “The Complete Works of William Shakespeare (Abridged)” March 19-22. Tickets are \$10 for students and \$12 for adults. For more information, call 699-3524 or visit [www.theflagshiptheatre.com](http://www.theflagshiptheatre.com).

**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.

**FEB. 15** — JonJam, an all-day outdoor music event featuring “The Best Chili in the South” Cook-Off, will be held from 2-10 p.m. at the Wiregrass Rehabilitation Center. Chili tasting will be from 2-6 p.m., with music lasting to 10 p.m. Ticket includes entertainment, chili tasting, cash bar and more. Advance tickets are \$20, at the gate tickets are \$25. For more information, visit [www.jonjam.com](http://www.jonjam.com).

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

699-3524 or visit [www.theflagshiptheatre.com](http://www.theflagshiptheatre.com).

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

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

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

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

**ONGOING** — The Tri-State Community Orchestra rehearses every Thursday evening from 6-8 p.m. at the Dothan Cultural Arts Center. They welcome all string, brass, woodwind, and percussion players ages 16 and up. For more information, visit [www.tristatecommunityorchestra.com](http://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](http://www.tristatecommunityorchestra.com) or call 696-2320.

## ENTERPRISE

**NOW THROUGH FEB. 28** — The Mitchell Auto Group is hosting a food drive for the Christian Mission Centers, Inc. The fifth annual Restock the Christian Mission Pantry food drive goal is to fight hunger in the Wiregrass region by lending a hand to those members of the community who are less fortunate than others. Interested donors can make their donations at any of the three Mitchell locations. Customers who make donations of non-perishable food items during the food drive will receive 10 percent off their next service visits. For more information, call (888) 806-1252.

**SATURDAY** — 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](http://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](mailto: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](http://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

**WEDNESDAY** –The Dale County Chapter of National Active and Retired Federal Employees will meet at 11a. m. at Colby’s Restaurant. All Federal employees, active and retired, are encouraged to support attend and bring Family and friends. People can enjoy a social hour while dining before the program. For more information, call 435-3305.

**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

### Chef Sampler

The 18th annual Forgotten Coast Chef’s Sampler will be held Sunday. This annual event features chefs from all over the Forgotten Coast preparing their most creative dishes at Fort Coombs Armory located in Apalachicola. People can also sample an array from the areas restaurants. Tickets are \$60 per person.

For more information, call (850) 653-9419 or email [info@apalachicolabay.org](mailto:info@apalachicolabay.org).

### Chili cook-off

Considered one of the area’s largest annual events,

St. George Island will host its annual Charity Chili Cookoff and Auction March 1. The winner of the competition advances to the world championship and all proceeds benefit the Island Volunteer Fire Department and first responder unit. Activities also include a golf tournament, 5k Red Pepper Run, Crock Pot Judging and the naming of Miss Chili Pepper and Mr. Hot Sauce. For more information, call (850) 927-2753.

### 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](mailto:jpeters@bransoncvb.com).

### Job fair

The 26th annual Bay County Job Fair will be held Feb. 15 from 9 a.m. to 1 p.m. at the Haney Technical Center in Panama City Beach. People will have the opportunity to meet employers, so officials ask for participants to bring several copies of resumes and be dressed for on the spot interviews. Veterans are allowed to come early. For more information, visit [www.baycountyjobfair.com](http://www.baycountyjobfair.com) or call (850) 767-5500.



# Army unveils Gold Star PSA honoring survivors of fallen

By William Bradner  
*Installation Management Command*

JOINT BASE SAN ANTONIO – The Army announced Jan. 29 that it will release three public service announcements over the next year to increase awareness of DOD-issued Gold Star and next-of-kin lapel pins.

Fox Sports aired the first PSA Sunday in the half-hour before kickoff of Super Bowl XLVIII.

The pins are designed to signify the loss of a loved one in support of the nation. Although the Gold Star pins have been in existence for decades, many Americans are unfamiliar with their meaning. The PSAs were developed to help educate and inform the public of the significance of the pins.

“It’s heartbreaking to think that a mom wearing a Gold Star might have someone ask her, ‘What a beautiful pin, where do I get one?’,” said Donna Engeman, a Gold Star wife who manages the Survivor Outreach Services program for the Army.

“We decided we had to do something to ensure the nation – the world – recognizes what that pin really signifies,” Engeman said.

Though the Gold Star and next-of-kin lapel pins are a Department of Defense program, the Army’s Installation Management Command has taken on the mission of educating the public. This year, Gen. Ray Odierno, chief of staff of the Army, directed IMCOM to develop a campaign to inform America of the significance of this symbolic Gold Star pin.

“We’re committed to our survivors,” said Lt. Gen. Mike Ferriter, IMCOM commander. “We owe it to them to ensure they get the support and service they deserve for as long as they need it. Educating the



FILE PHOTO

The Gold Star Lapel Button (left) is presented to the Families of service members who lose their lives while engaged in action against an enemy of the United States. The Next-of-Kin of Deceased Personnel Lapel Button (right) honors those who lose their lives while serving on active duty or while assigned in a Reserve or National Guard unit in a drill status. They are normally presented to eligible Family members prior to the military funeral service. They are not meant as awards, but as symbols of honor.

public on the meaning behind the Gold Star pins is simply another way to reaffirm to our survivors that we understand and honor the sacrifices they’ve made for our country.”

The PSAs consist of documentary-style interviews and narrative stories from real survivors who volunteered to be a part of the project. The voice-overs were provided by Academy-award-nominated actor Gary Sinise.

“We tried to ensure the PSAs reflected the diversity of surviving Families, as well as honoring their service and sacrifice,” said Hal Snyder, chief of IMCOM’s Wounded and Fallen Support Services office. “The PSAs include moms and dads, brothers and sisters, children, husbands, wives. The point is you might see a Gold Star pin on just about anyone and

we wanted to make sure everyone knows what that pin represents.”

The PSAs also serve to gently remind the American public that the freedom they enjoy comes at a cost, Snyder said.

“The call to action is to honor and learn,” he explained. “Honor those who have fallen, and learn about a small, but meaningful symbol presented to Families who have lost a service member.”

The Army also plans an extensive outreach effort through social media and partnerships with corporate America.

“The more people who see these, the greater the opportunity to recognize and honor Families of the fallen,” Snyder said.

The Army’s Survivor Outreach Services program currently supports more than 55,900 surviving military Family members.

# Army pilots teen resilience program

By Lisa Ferdinando  
*Army News Service*

WASHINGTON – Strengthening the resilience of teenage children of Army parents is critical to the resilience of the Family and the readiness of Soldier-parents, said Army experts.

Military teens face unique stresses, said Lt. Col. Stephen Austin, a chaplain with program development for the Comprehensive Soldier and Family Fitness program.

Army life is difficult for teenagers, he said, with frequent moves, long separations from deployed parents, and the worry when a parent is away.

“But we also know teens, because of those challenges, have unique strengths,” he said. “We really want to give them the tools where they can build on those strengths.”

With that in mind and after hearing requests for resilience training for teens, the Army is expanding its training to include teenagers in military and civilian Army Families. Previous resilience training has

been for Soldiers, spouses and Army civilians.

The Army is piloting Teen Resilience and Performance Training curriculum on three bases – Fort Knox, Ky; Fort Bliss, Texas; and Schofield Barracks, Hawaii. A fourth base, Fort Riley, Kan., is about to start the program.

“Resilience is something that can be taught and the sooner you learn it, the better you are throughout your life in managing adversity,” said Julie Broad, civilian lead for the teen curriculum.

The skills being taught in the teen program are the same ones that are taught in the resilience training for adults, but just modified to be relevant to the younger audience, said Broad.

“Within that translation, we’re hoping that the Army Family is sitting around a table and they’re able to have the same language, a common language around resilience and performance,” she said.

With a Family unit speaking the same language on resilience, she said, members can empower one another to use those

skills to strengthen the Family unit.

The idea of the program, said Austin, is not to focus on problems but rather to build positive skills to strengthen teens and give them the tools to handle challenges when they do arise.

A strong, resilient Family unit strengthens the Soldier and Army civilian, said Austin.

The resilience trainers focus on a host of skills in the courses, including how to put issues in perspective, problem solving, reducing anxiety, using constructive dialogue, controlling emotions, managing energy to respond effectively under pressure, turning around counterproductive thinking, and seeking out the positive in life, instead of focusing on the negative.

The training offers valuable life skills that can be applied and used throughout a person’s life, said Broad. The curriculum for the program is expected to be available

Army-wide in April, she said.

The Army is working with commanders and CSF2 training centers to determine the best roll-out, she said. How the course is delivered will be unique to each installation. For example, training could include games or physical fitness activities, and while some installations might hold the training at schools on base, others might offer it in evening or weekend classes.

Austin noted that the Army would like to share the curriculum outside the Army, such as with public schools where military teens attend, in an effort to reach teens with varying connections to the Army.

The resilience training is truly a gift that is unique to the Army, said Broad.

“It’s just not something that is out broadly,” she said. “This is a way that the Army is really using the knowledge it has accrued to do good within the community and further strengthen the Army Family.”



U.S. ARMY PHOTO

The Army is extending its resilience training to teenagers. The training, which will be unique to each installation and can include games or physical fitness activities, will teach teenagers skills to cope and effectively respond to the challenges of Army Family life.

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# Religious Services

**WORSHIP SERVICES**

Except as noted, all services are on Sunday.

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

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

**Wings Chapel, Building 6036**  
9:30 a.m. Protestant Sunday School  
10:45 a.m. Wings Contemporary Worship Protestant Service.  
8 p.m. Latter-Day Saints Worship Service, Sundays.

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

**BIBLE STUDIES**

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

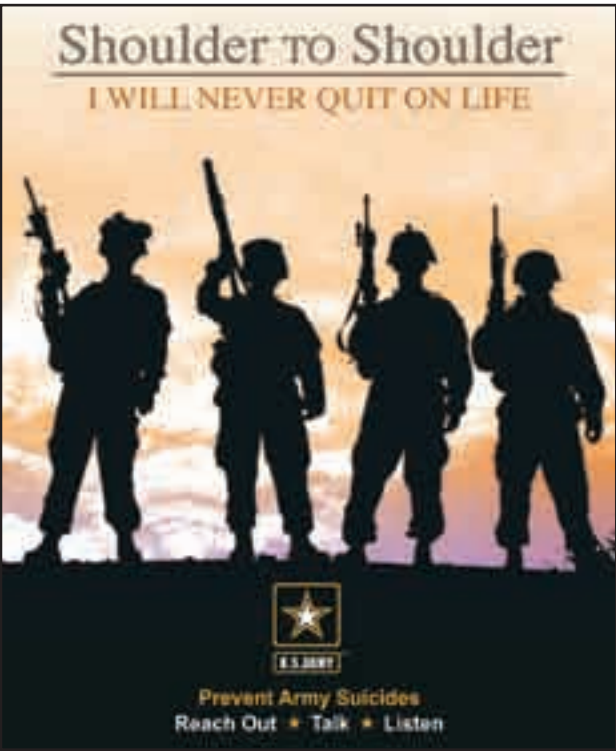
Bible Study, Yano Hall  
11:30 a.m. 164th TADG  
Bible Study, Bldg 30501  
12:00 p.m. Adult Bible Study, Soldier Service Center  
6:00 p.m. Adult Bible Study, Spiritual Life Center

**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 Pre-schoolers (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.



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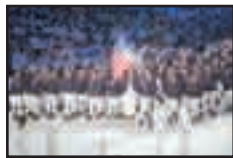


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FEBRUARY 6, 2014



PHOTO BY NATHAN PFau

W01 Adam Sniffen, B Company, 1st Battalion, 145th Aviation Regiment and participant in the Run/Walk Mileage Club, runs with his friend, 1st Lt. Cierra O'Connor, D Co., 1st Bn., 145th Avn. Regt., at the Fort Rucker Physical Fitness Center track Saturday.

## Fort Rucker fitness centers offer motivational run, walk program

By Nathan Pfau  
Army Flier Staff Writer

Of the many fitness programs offered on post, one free program that has been around for a while is just starting to pick up traction.

The Run/Walk Mileage Club, offered at both Fort Rucker fitness centers, is a program designed to be a motivational tool to help people on the installation get fit at their own pace, while providing a way to keep track of their progress, said Kris Rach, fitness specialist and certified personal trainer.

The program is an honor-based system in which participants track their miles from month to month. People can run indoors on treadmills, or outdoors on tracks and trails, wherever they feel the most comfortable, said the fitness specialist.

"This is just an incentive to give people a way to challenge themselves," said Rach. "They may see that this month they ran 20 miles, so the next month they can try for 25 or 30. It's just a good way to hold yourself accountable and work toward a healthy lifestyle. It's a good way to get out and challenge yourself."

Participants are awarded patches for hitting certain milestones, and results are posted each month in the physical fitness centers so that members can see exactly how far they've come, as well as compare themselves to others.

"Some people just lack the self-motivation to work out - they need somebody to push them," said Rach. "Normally when using an honor-based system people only have to answer to themselves, but if it's posted where everybody can see, then it becomes a bit of a competition. People will walk by and see, so that might be a motivational tool for some."

For Penny Proctor, who is an avid runner and member of the club, the program started out as a way for her to just log her miles, but once she got into it, she said its become somewhat of a competition for her.

"As I got more into the program, I wanted to be the one who ran the most," said Proctor, who has been running since she was 15. "I just wanted to start pushing myself to see how many miles a day I could do."

Proctor is now up to running 16 miles a day and has logged more than 200 miles in January alone. She's run more than

2,400 miles in total since she started the program, which she said was a surprising accomplishment.

Although competition is what drives Proctor, others have different reasons for joining the club.

W01 Adam Sniffen, B Company, 1st Battalion, 145th Aviation Regiment, is a flight student on Fort Rucker and joined the club purely to keep track of how much he runs.

"It's just a great thing and I'm not in it for the competition - I just do it for fun," he said, adding that it's also a way that he keeps track of when he needs to buy new running shoes.

Sniffen, who has been in the Army for eight years, said he started running in the early years of his military career because he found himself struggling to meet physical training test requirements.

"I was out of shape and I would just pass the PT test at the minimum, and one day I'd just had enough," he said. "Over the course of a year I just got myself in shape and I just feel better. I plan to make the Army my career and physical fitness is key."

He also enjoys running because he said it's one of the easiest exercises to keep

track of and see improvement in.

"You can improve so fast at it," said Sniffen. "Everyday you run you're better than the day before, and (the Run/Walk club) has helped me stay motivated by sticking to my goals."

Sniffen said he sets a goal at the beginning of the month, and regardless of what has happened during the month, the program helps push him to hit his mark.

Proctor agreed that the club helps keep her motivated, but also added that it's helped introduce her to other aspects of fitness, as well.

"It's helped keep me conscious about taking care of myself," she said. "It's showed me that I've got to eat healthy and helped me even incorporate strength training in my day because it improves my running endurance."

"No matter where people are in life, it's never too late to start taking care of your body and working out," said Proctor. "People don't have to be like me because I'm somewhat extreme. They can take it at their own pace; it doesn't happen overnight."

For more information on the club, call 255-2296 or 255-3794



PHOTOS BY NATHAN PFau

## Hoops

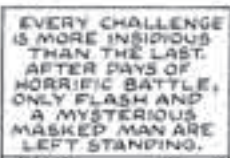
**Left:** Corey Washington, player for the Tropics, attempts to push through the Eagles defense during an intramural basketball game against the Tropics at the Fort Rucker Physical Fitness Center Tuesday. The Eagles beat the Tropics 100-31.

**Below:** Players from the 1st Battalion, 145th Aviation Regiment Tropics and the 1st Bn., 11th Avn. Regt. Eagles go for the tip off during an intramural basketball game at the Fort Rucker Physical Fitness Center Tuesday.





# DOWN TIME



## Just Like Cats & Dogs

by Dave T. Phipps



Cartoon by Dave T. Phipps

## Trivia test

by Fifi Rodriguez

# TRIVIA

1. GEOGRAPHY: Which two South American countries do not border on Brazil?
2. LANGUAGE: What does the word "Volkswagen" mean in German?
3. LITERATURE: What is believed to be Shakespeare's first play, chronologically speaking?
4. TELEVISION: What city was the setting in the TV comedy "Eight is Enough"?
5. U.S. PRESIDENTS: How many presidents were born as British subjects?
6. FAMOUS QUOTES: Who said, "The only way to have a friend is to be one"?
7. PSYCHOLOGY: What is venustrophobia?
8. MOVIES: What was the name of the caretaker's cat in the "Harry Potter" movies?
9. AD SLOGANS: What product's advertising slogan is: "Betcha can't eat just one"?
10. BIBLE: How long did Methuselah live, according to the Bible?

See Page D3 for this week's answers.

## Super Crossword IN REVERSE

### ACROSS

- 1 Harass  
7 In the lead  
12 Fill by force  
16 — mo replay  
19 Think creatively  
20 Has — up one's sleeve  
21 — fire under (urged to action)  
22 Zero-star review  
23 Private retreat for San Francisco NFLers?  
25 Behaves in the manner of  
27 Skater Midori —  
28 Suffix with musket  
29 Bring pain to  
30 Openings under desks  
31 Nick's wife in "The Thin Man"  
33 Word coined to describe an unnamed Hulk Hogan maneuver?  
36 Clutches  
38 Handles, as a matter

### DOWN

- 39 Wish for  
40 Backyard party, briefly  
43 Hits, as a fly  
46 Little bite  
47 Drag-racing track?  
53 Month after Mar.  
54 Olympic sleds  
56 Berliner's "Alast"  
57 Rug cleaner  
59 "King Lear" daughter  
61 Billies and nannies  
64 Papa's ma  
65 Take way too much  
69 Caustic compounds produced during prenatal exams?  
73 Softening the cuticles, polishing the nails, etc.?  
75 Shipbuilding material  
76 Address for a woman  
78 Sign after Pisces  
79 "Pan Am" actress Garner

### ACROSS

- 80 Soloist's supporter  
84 Just-OK grade  
85 Fatty substance  
88 Number after uno  
90 Parties for future wives of rajahs?  
93 Suffix with benz-  
94 "— saying goes  
96 1980s-'90s legal drama  
97 Belief in one god  
100 Staying focused at work  
104 Multiplied by  
108 Studiers of living things in a 1964 Hitchcock film?  
113 Kansas city east of Wichita  
114 Nucleus orbiters  
115 Grow rancid  
116 Boozing  
118 Audiotapes' successors  
119 Making calm

### DOWN

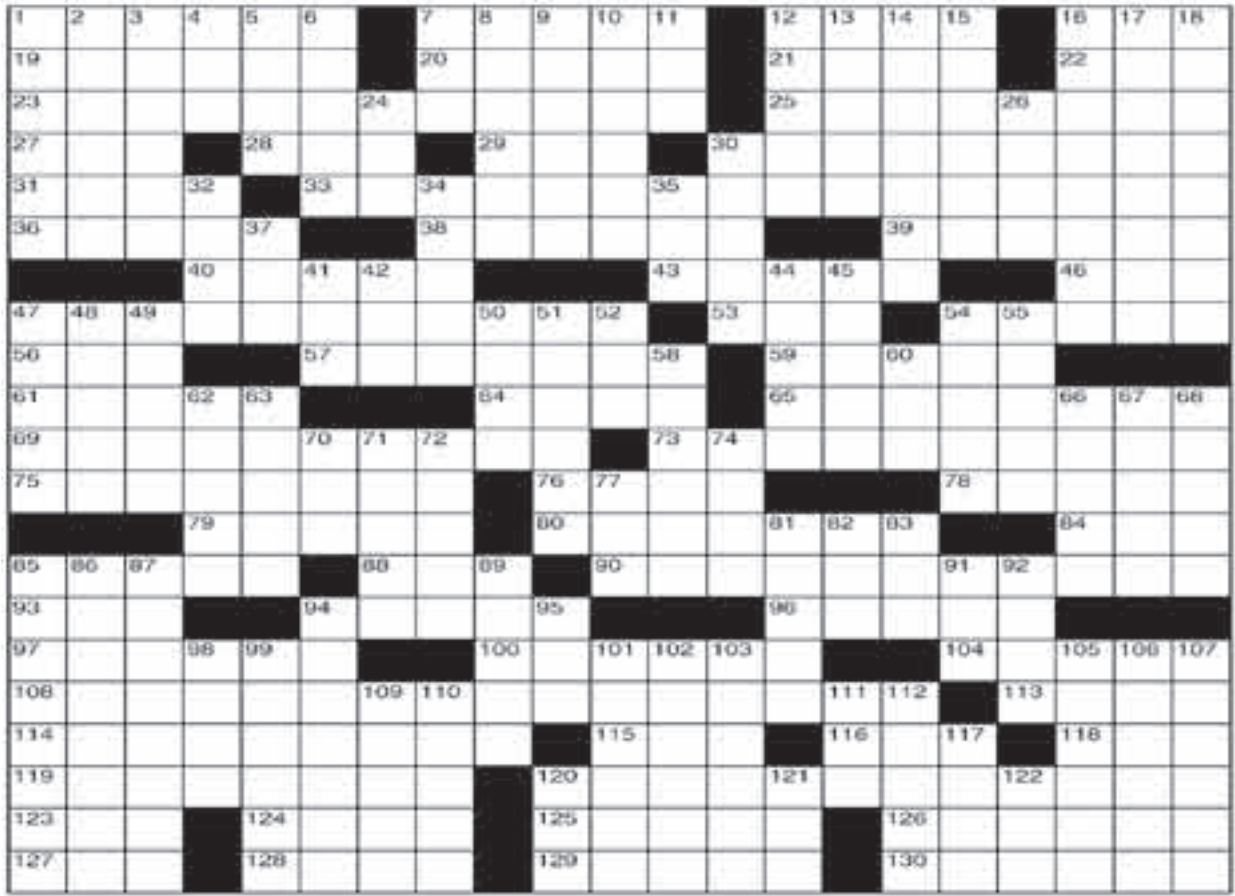
- 120 Cubbyholes of a certain shape?  
123 Distinctive period  
124 Big name in waffles  
125 Bizarre  
126 "Relax!" order  
127 Approx. fig.  
128 Radish, e.g.  
129 Thomas Jefferson, religionwise  
130 Henhouses  
1 Yearning  
2 Text cleaner  
3 Mexican Mrs.  
4 — kwon do  
5 To be, to Bezt  
6 Stitch anew  
7 Air blower  
8 Lest  
9 Emu or kiwi  
10 Racing boats  
11 Pro — (for now)  
12 Joust sound  
13 Cuts to bits, as a potato  
14 Shows up for type  
15 Variety of golf club  
16 Overflying  
17 Waters off Sandusky

### ACROSS

- 18 Dances set to ragtime  
24 Departure's opp.  
26 Hearth items  
30 "Do You Want to — Secret"  
32 Truncated form of a wd.  
34 Suffix like -ish  
35 TGIF's "I"  
37 — Paulo  
41 Some sodas  
42 Gift topper  
44 Chef's cover  
45 — Fountain  
47 Keep vexing  
48 "— in peace"  
49 More — few  
50 Rip up  
51 Hiccups, e.g.  
52 Poet's dusk  
54 Insect stage  
55 Anesthetized  
58 Marriott rival  
60 "Imagine!"  
62 "Rikio — Tavi"  
63 Strewed  
66 Standing by  
67 — clear of  
68 Test track turns  
70 WWW giant  
71 Winter woes  
72 Dodo  
74 "That's right!"  
77 Put on TV

### DOWN

- 81 Pulls on cow udders  
82 Clear — boll  
83 Ducks' org.  
85 "I'd like to have a look"  
86 Respirators  
87 Eyed closely  
89 Drives away, as a fly  
91 Feedback bit  
92 Int'l. 1940s conflict  
94 Explorer Vespucci  
95 Blowup in a copy ctr.  
98 Old Peru resident  
99 Kid watcher  
101 Twisting force  
102 Relative of a guinea pig  
103 Hindu lutes  
105 Latte varieties  
106 Born first  
107 Gives cheek  
109 Beatnik's drum  
110 Gold brick  
111 Mao — lung  
112 Whale finder  
117 Puente of mambo  
120 Put turf on  
121 On Soc. Security, say  
122 Co. VIP



See Page D3 for this week's answers.

## Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging  
★★★ HOO BOY!

© 2014 King Features Synd., Inc.

See Page D3 for this week's answers.

# KID'S CORNER

## Junior Whirl

by Hal Kaufman



## Wishing Well



## HOCUS-FOCUS

BY HENRY DOLTMORE





# 9 Soldiers named to 2014 U.S. Olympic Team

By Tim Hipps  
*Installation Management Command  
Public Affairs*

COLORADO SPRINGS, Colo. — Nine Soldiers in the U.S. Army World Class Athlete Program are members of the U.S. Olympic Team that will compete at the 2014 Olympic Winter Games, scheduled for Friday through Feb. 24 in Sochi, Russia.

The United States Olympic Committee officially announced the team Jan. 27.

The Soldier-athletes named to Team USA are 2010 Olympic gold medalist in four-man bobsled Sgt. Justin Olsen, 26, of San Antonio; 2010 Olympic bobsledder Capt. Christopher Fogt, 30, of Alpine, Utah; 2010 Olympic bobsledder Sgt. Nick Cunningham, 27, of Monterey, Calif.; bobsledder Sgt. Dallas Robinson, 31, of Georgetown, Ky.; 2006 Olympic luger Sgt. Preston Griffall, 29, of Salt Lake City; and luger Sgt. Matt Mortensen, 28, of Huntington Station, N.Y.

Three World Class Athlete Program coaches also will represent the U.S. Army in Russia. Team USA luge coach Staff Sgt. Bill Tavares, 50, of Lake Placid, N.Y., will be making his sixth appearance in the Olympics, including once as an athlete and five times as a coach.

Team USA skeleton coach Sgt. 1st Class Tuffield “Tuffy” Latour, 45, of Saranac Lake, N.Y., will make his fourth trip to the Olympics. He has coached U.S. and Canadian men’s and women’s bobsledders to Olympic medals.

Team USA assistant bobsled coach 1st Lt. Michael Kohn, 41, of Myrtle Beach, S.C., is a two-time Olympic competitor who will make his Olympic coaching debut at the Sochi Games. He won a bronze medal in four-man bobsled as a WCAP athlete at the 2002 Olympic Winter Games in Salt Lake City.

USA-1 bobsled driver Steven Holcomb, 33, of Park City, Utah, is the reigning Olympic champion in the four-man event. He spent seven years in WCAP.

The 230-member team is comprised of 105 women and 125 men – the largest athlete delegation for any nation in the history of the Olympic Winter Games. The United States will be represented in all 15 disciplines across seven sports, and up to 94 of the 98 medal events that will be contested in Sochi.

“We are thrilled to announce the 230 athletes who will represent Team USA in Sochi,” said USOC CEO Scott Blackmun. “This is the largest team we have ever sent to an Olympic Winter Games, and I’d like to commend all of those who helped support our athletes in the pursuit of their Olympic dreams. Most of all, this is a time to celebrate our athletes, who have made countless sacrifices and dedicated themselves to being their best, both on and off the ice and snow. I am very excited to watch them compete as they represent our nation with excellence and distinction on the world stage.”



PHOTO BY TIM HIPPS

**Team USA marches into BC Place Stadium in Vancouver, British Columbia, Canada, during the Opening Ceremony of the 2010 Olympic Winter Games.**

The 2014 U.S. Olympic Team features 106 returning Olympians – including one five-time Olympian, two four-time Olympians, 10 three-time Olympians and 23 two-time Olympians. Returning from the 2010 Olympic Winter Games in Vancouver, where the U.S. finished first in the overall medal count with 37 medals, are 99 U.S. Olympians. Overall, among the veterans are 49 Olympic medalists, 13 of whom are Olympic champions.

Nordic combined skier Todd Lodwick becomes the first American to compete at six Olympic Winter Games. The two U.S. Olympians headed to their fifth Olympic Games are Billy Demong (Nordic combined) and Bode Miller (alpine skiing). Only four other athletes in U.S. Olympic history have competed in five or more Olympic Winter Games (including Lodwick).

Additionally, women’s bobsled push athletes Lolo Jones – a two-time Olympic hurdler – and Lauryn Williams – a three-time Olympic sprinter – become the ninth and 10th Americans to compete at both the winter and summer editions of the Olympic Games.

Highlighting this list of accomplished U.S. men’s athletes are Miller and long track speedskater Shani Davis. A five-time Olympic medalist, Miller needs three medals to match U.S. short track speedskater Apolo Anton Ohno as the most decorated U.S. Olympian in history on the winter side. Davis is making his fourth Olympic appearance after winning consecutive Olympic gold and silver medals in

the 1,000- and 1,500-meter events in 2006 and 2010. Both Davis and snowboarder Shaun White will have the opportunity to become the first American man to win three gold medals in the same event at consecutive Olympic Winter Games.

Headlining the list of U.S. women’s athletes are three-time Olympic medalists Julie Chu (ice hockey) and Julia Mancuso (alpine skiing). Mancuso is already the most decorated U.S. Olympic female alpine skier with one gold and two silver medals, while Chu is looking to help Team USA reclaim the top podium spot for the first time since women’s ice hockey debuted at the 1998 Olympic Winter Games.

“This distinguished group of athletes represents the largest delegation in the history of the Olympic Winter Games, which is a true testament to the growing number of winter sport opportunities across the United States,” said Alan Ashley, U.S. chef de mission and USOC chief of sport performance. “With 106 returning Olympians, this year’s team is an exceptional blend of youth and experience, and represents the finest our nation has to offer. During the Games, we will continue to support our athletes, coaches and National Governing Bodies in every way possible to succeed.”

The 2014 U.S. Olympic Team roster may still be adjusted due to injury, illness or exceptional circumstances up to the technical meetings for each sport.

## SPORTS BRIEFS

### Spin Challenge

The Fortenberry-Colton Physical Fitness Center will hold a two-hour Spin Challenge Feb. 13 from 5:30-7:30 p.m. The cost is \$3.50, or people can use their Fitness Card. Door prizes will be given and refreshments will be provided. The event is open to all authorized patrons.

For more information, call 255-3794.

### Black History 5k

Fortenberry-Colton Physical Fitness Center will host the annual Black History 5k and 1-Mile Fun Run Saturday 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 \$25 for a shirt, while supplies last. For teams, the cost is \$160 for a team of eight (each additional person pays normal fee and includes shirts). Trophies will be awarded in various individual and team categories.

For more information, call 255-3794.

### Gobbler Classic Turkey Hunt registration

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

For more information, call 255-4305.

### Youth sports registration

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

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

### Coyote hunt

Outdoor recreation will host a coyote hunt from

Feb. 22-28 during legal hunting times. Cost is \$20 for a one-man team and \$40 for a two-man team. An authorized escort and youth team costs \$30 with \$5 for additional youth. All hunters must be registered before the event starts. All hunters must possess an Alabama hunting license and a Fort Rucker hunting permit. Trappers must have an Alabama trapping license. The trapping of coyotes and bobcats ends Feb. 28. All hunters and trappers must abide by Fort Rucker and Alabama game laws. Hunters must present their game at time of check-in, 8 a.m. to 4 p.m. daily. There will be prizes for the top weigh-ins, a Big Dog Bounty will be \$5 extra per person and the total purse will go to the heaviest coyote. The closing ceremony will be held March 2 at 1 p.m. in the outdoor recreation service center.

For more information, call 255-4305.

### 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.

### Silver Wings Cup registration

Silver Wings Golf Course members can register for the 2014 Silver Wings Cup March 1-24 at SWGC. Format is individual match play (USGA handicap required). Registration costs \$20, plus cart fee for each time a player plays. Participation is limited to the first 32 paid entries.

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

### Two-Man Buddy Bass Tournament

Outdoor recreation will hold a Two-Man Buddy Bass Tournament March 1 from 6 a.m. to 2 p.m. at West Beach, Lake Tholocco. There will be a \$100 entry fee per two man team. All entrants must have an Alabama State fishing license, Fort Rucker post fishing permit, and a Fort Rucker boater safety completion card. There are only 25 slots available, so early registration is encouraged. The Top 3 weigh-in totals will receive a cash prize. Door prizes will also be rewarded, as well as a special prize for biggest fish.

For more information, call 255-4305.

### Youth sports batting cages close

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

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

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# LAURA REVAMPED

By Jim Van Slyke  
Contributing Writer

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

The first thing you should know about "Tomb Raider Definitive Edition" is that the story, action and gameplay experience are almost entirely the same as the first-ever "Tomb Raider" that came out in 1996. The second thing you should know is that it looks nothing like the original game.

The graphics have been completely redone for the Xbox One and PS4, bringing "young Laura Croft" forward in time nearly 20 years for today's gamers to enjoy. So if you played the original "Tomb Raider" to death and know the story and moves by heart, you might want to skip "Definitive Edition." But if you never played the original and want to see what the new consoles can do with the game, don't hesitate to pick this game up.

The same movie-like plot still meshes well with the intense combat, fun action and creative

puzzles to solve. The graphics get a huge upgrade. Everything from Laura's hair to the rain drops to the leaves on the trees to the mud on her boots looks almost completely different. It's like going from looking at an old black and white Mickey Mouse cartoon to seeing today's 3D high-definition movies.



**Publisher**  
Square Enix  
**Rated**  
Mature  
**Systems**  
Xbox One, PS4  
**Cost**  
\$60  
**Overall**  
3 out of 4

The amount of detail is incredible and it's extremely easy to get lost in the game as the events unfold. If you are looking for a game to show your friends the power of your new console, "Tomb Raider Definitive Edition" fits that bill. Because it looks so real it feels so real.

There are also plenty of extras included in the game. All of the downloadable content comes with the game, along with digital versions of the "Tomb Raider" comic book, an art book and six developer videos.

Even with all of that, gamers who played the original game probably aren't going to get \$60 of value out of "Tomb Raider Definitive Edition." But the rest of us will have plenty of fun.

**Reviewed on the Xbox One**



## PUZZLE ANSWERS

### Super Crossword

#### Answers

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

### Weekly SUDOKU

#### Answer

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

## TRIVIA

#### Answers

1. Ecuador and Chile
2. People's car
3. "The Two Gentlemen of Verona"
4. Sacramento
5. Eight — Washington, J. Adams, Jefferson, Madison, Monroe, J.Q. Adams, Jackson and Harrison.
6. Ralph Waldo Emerson
7. A fear of beautiful women
8. Mrs. Norris
9. Lay's potato chips
10. 969 years

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