TAX SEASON

Tax center continues to provide assistance

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GIRLS NIGHT OUT Event described as 'amazing,' 'considerate, entertaining'

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PLAYOFFS Basketball regular season heats up

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

VOL. 64 ■ NO. 10

FORT RUCKER ★ ALABAMA

MARCH 13, 2014

EAD TO SUCCEE



Abigail Fotopoulos, first grader at FRPS, enjoys the hop and pop station at the

Week helps students learn to love reading

By Sara E. Martin Army Flier Staff Writer

Most agree that reading is one of the most important things learned in grade school, but once adults, many people lose their love of the written word.

So, to help encourage the love of reading at as young an age as possible, Fort Rucker Primary School participated in Read Across America Week March 3-7, celebrating the life of Dr. Seuss to encourage children to use their imaginations and love getting lost in a story.

"Read Across America is an annual reading motivation and awareness program that calls for every child in every community to celebrate reading," said Rhonda Sullivan, kindergarten teacher, "We have them participate in activities which bring reading excitement. We just want to get the kids excited about reading."

Special activities throughout the week included: large-group-motor-skills-gym activities based on Dr. Seuss' books, literacy activities, art activities, writing and journal activities, and students brought in their favorite books and came dressed as Dr. Seuss characters or a favorite storybook character.

All of the activities planned were curriculum standards based, with an assessment on rhyming words, said Sullivan.

"It is easy for the kids to read Dr. Seuss books because of the rhyming. Once they learn a word, they can expand on it by changing the

SEE READ, PAGE A5



Andrew Weissenberger, Source America's Veteran of the Year, speaks with Col. Stuart J. McRae, garrison commander, March 5 during a filming of his daily life at work as a service order dispatcher.

Local employee earns national recognition

By Sara E. Martin Army Flier Staff Writer

When his county called, he answered, and although he has seen the good and the bad of what the Army can offer a Soldier, he would jump at the chance to be a Soldier again if it was an option.

Andrew Weissenberger, a service order dispatcher and Army retiree, was issued a medical retirement after 18 years as a combat engineer. He spent time overseas in Germany, Iraq, Afghanistan and Kuwait in both the Gulf War and the Global War on Terrorism.

He retired at the rank of sergeant, but not before being hit with six improvised explosive devices in one yearone of which sent him flying 40 feet in the air before he

SEE AWARD, PAGE A5

Mentor ride helps riders brush up on skills, stay

ARMY SAFE

By Nathan Pfau Army Flier Staff Writer

Dr. Suess Centers March 6.

It's that time of year again when motorcycle riders are dusting off their bikes after a long winter and getting back on the roads, but it's safety first for Fort Rucker's riders.

The Headquarters, Headquarters Company, 1st Battalion, 223rd Aviation Regiment hosted its Motorcycle Mentorship Ride Friday as a way for Soldiers and leaders to brush up on their riding skills as they get back on the open road, said Sgt. 1st Class Shane Cook, HHC, 1st Bn., 223rd Avn. Regt., battalion motorcycle mentor and safety NCO.

"This ride is designed for people who are starting to bring their bikes out of the shed from winter who might not have ridden in a couple of months," he said. "This helps to get them out on their motorcycles and promote safety, as well as allows them an opportunity to practice the skills that they don't normally get to practice on a regular basis."

The ride left out of the Enterprise Gate and took riders through Elba, Opp, Hartford, Dothan, Ozark, then back

SEE SAFE, PAGE A5



Master Sgt. Larry Jarrett, HHC, 164th Theater Airfield Operations Group motorcycle mentor, rides through a motorcycle safety course before the Motorcycle Mentorship Ride at the Motorcycle Training Range Friday.

PERSPECTIVE - A2



Cindy Howell, lead meteorological technician for Fort Rucker Weather Operations, looks over the weather radar at Cairns Army Airfield Monday.

EYE ON THE SKY

Weather ops helps keep Rucker flying

By Nathan Pfau Army Flier Staff Writer

Fort Rucker's skies are filled with

helicopters and the familiar sound of rotor blades chopping through the air, but those birds would be in trouble if it weren't for an integral part of Army Aviation - weather operations.

Cindy Howell, lead meteorological technician for Fort Rucker Weather Operations, is an important link in the chain that allows the installation to train the Army's best Aviators and makes sure that they have the most up-to-the-minute information as they go Above the Best.

"We do a little bit of everything

here," she said. "We do the forecasts for all of the flight training and we put out three products a day."

The products put out by weather operations are put out at 5 a.m., 10:45 a.m. and 4:45 p.m., and are mission execution forecasts and DD175-1, which go over takeoff weather from Cairns; the flight-level winds and temperatures; and hazards, like thunderstorms, turbulence or icing - anything that the pilots might expect.

On a busy weather day, Howell said the radios are alive with chatter, Aviators come in and out of the offices for updates and weather per-

sonnel are glued to the radar screen

to put out up-to-the-minute weather

observations.

"What we do is absolutely critical for Army Aviation," she said. "These pilots would not be flying without our forecast and we've got a really experienced staff here, which helps a lot. It's during times like thunderstorms or severe weather that you can really feel like you make a difference."

During those days, Howell said she finds herself out of her office and on the floor working with her team to push information to not only Aviators, but other airfields, stage fields and heliports on Fort Rucker.

"On those days, you just come in, throw your stuff down and you get

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PERSPECTIVE

Veterinarian: Changes mean fewer appointments, better care

By Capt. Janas L. Gray

Fort Rucker Veterinarian Treatment Facility

Thank you all for allowing the Fort Rucker Veterinarian Treatment Facility to take care of your four legged furry friends' needs. We understand they are members of your Family and we want to make sure they receive the proper care necessary to stay healthy.

We have recently converted over to Wellness No. 3, mandated policies from higher headquarters, to better assist the needs of your pets. Due to the recent changes implemented by higher headquarters of the Wellness No. 3 and a recent change with our computer system, we have been required to reduce our number

The Wellness No. 3 has taken away all veterinary technicians' ability to see clients without the presence of a veterinarian, thus allowing fewer appointments to be seen per day. However, this requirement of having a veterinarian examine every animal affords an opportunity to communicate more with the client and more contact with the patient for early detection of health problems that could possibly go undetected.

In addition to the Wellness No. 3, we have a new system nationwide – Remote Online Veterinary Records - that allows your pets' records to be accessed at any of the VTFs nationwide. This will be a convenience for Soldiers during a PCS move.

The start of this new system has resulted in further reduction of our appointments due to employee training and familiarization of ROVR.

A decrease in available appointments will more than likely extend through the month of March. Currently, due to the decrease in appointment availability, we are requiring clients to schedule appointments for no more than two pets at a time.

With ROVR, all patients are required to have a prescription generated in the system for refills to be honored. For your convenience and to decrease your wait time at the VTF for a prescription refill, we are requesting that you call in the refill at least 72 hours in advance.

This will give us the opportunity to add

you and your pet in the new system. It will also give us time to generate a script to refill the requested medication ensuring it's ready at the time of pick-up. This pertains to all medication and prescription items dispensed at the VTF: monthly heart worm prevention, monthly flea and tick control, medicated shampoos, ear medication, antibiotics, pain medication, thyroid medication, wormer for intestinal parasites, etc.

I understand these changes may be frustrating, but I can assure you that we are doing all we can to honor as many appointments as we can while this transition takes place. In advance, we thank you for your patience and consideration and look forward to serving you in the near future.

206 Hunt

Flexibility a key to success

By Bryan Tharpe

Fort Rucker Army Career and Alumni Program

Are you approaching the end of your military career? Do you have one more move left in you? If you do, you may see that, despite current economic conditions, there are still plenty of jobs out there waiting for

Many Soldiers exit the Army because they are tired of all the constant moves required of Soldiers and Family members over a relatively short period of time. They want to settle down in one place, and finish raising their Family and putting down some roots. It's not that this isn't a great goal, but if you could make just one more move, you may be set, career wise at least, for the rest of your life.

Getting your foot in the door of many companies requires that you go to where the jobs are. Yes, that means at least one more move, but the government will pay to move you to a home of selection if you are retiring.

If you are separating, the government will normally only pay to move you the distance to your place of enlistment or entry on active duty at their expense. You will have to make up the difference if you move further than authorized. However, it may well be worth the added expense to get you a good paying job, especially during these troubled times.

Recruiting firms are paid by hiring companies to find them the best of the best to hire. They have job vacancies that must be filled. However, their area of responsibility is limited to a certain region of the country.

Soldiers who will not move into their region will not be considered for help by most recruiting firms.

Remember, if you choose to stay in a certain location, then you are limited to the number of jobs and pay for that particular area. The more flexible you are the more

opportunities you have to get a good paying job. Who knows, but over time you may be able to work your way back to the area of your choice or you may even fall in love with the new one. Either way, you have to weigh and decide what is best for you and your Family.

Remember also, that most companies will not pay to move you at their expense, so you will want to make that decision while you still have your relocation option from the

For more information on job search tips, call the Fort Rucker ACAP Center at 255-



An Outdoor Yard Sale and Flea Market will be held Saturday from 8 a.m. to noon at the festival fields. How do you feel yard sales benefit the community? ""



Jason Zayas, military Family member

"A lot of people are struggling finding jobs, so by having a yard sale any Family can get rid of items they don't use and want because I am sure they could use the money. Plus, those items they sell will go to



Australian Maj. **Matt Everett,** CH-47F foreign military course

"Yard sales get people together. They kind of act like a gathering place where everyone can get together and even meet new people."



Christopher Miserlian, WOCC

"Military Families are always coming and going. And where one Family might just be coming in to a new installation, possibly from overseas, they might not have much and can buy it secondhand from a Family that is looking to sell some of their furniture before they move off. On both ends, it can be really beneficial.



Bureon Butler, retired Navy

helps people secondhand items that they need but might not be able to afford at the store. Everyone likes a discount.



Latisha Caldeell, civilian

"It is really helpful for mothers with multiple kids because you can buy lots of toys, clothes or baby stuff."

COMMAND

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

Col. Stuart J. McRae FORT RUCKER GARRISON COMMANDER

Lisa Eichhorn FORT RUCKER PUBLIC AFFAIRS OFFICER

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The editorial content of this publication is the responsibility of the Fort Rucker Public Affairs Office

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the following week's edition. All editorial content of the Army Flier is prepared, edited, provided and approved by the Public Affairs Office, U.S. Army Aviation Center of

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

Tax center continues to provide assistance

By Nathan Pfau

Army Flier Staff Writer

With the end of tax season approaching, some people might need all the help they can get to get their returns in on time, and the Fort Rucker Tax Center is making it even easier for single Soldiers to file their taxes for free.

The tax center, located in Bldg. 5700, Rm. 371F, offers free tax services to active-duty Soldiers, retirees and Family members, and now offers a new drop-off system to expedite returns for single Soldiers, said Tod Clayton, volunteer income tax assistant coordinator at the tax center.

"Single Soldiers can now drop off their W-2s, and interest and dividend forms with us at any time during business hours, and in 48 hours they can come back between 9-11 a.m. to go over their return," said Clayton. "We'll go over everything with them, get it ready to e-file and give them all their documents."

The new service is meant to alleviate already scarce appointment times in order to serve as many Soldiers, retirees and Family members as possible.

"It takes less time to file single Soldiers' returns, so we won't have to tie up an entire appointment (slot) since we are so limited this year," said the tax coordinator. "Typically I can do a single Soldier's simple return in 15 minutes, so there's no point in taking up an entire one-hour slot



Gail Evelyn, tax preparer at the Tax Center, helps CW2 Ralph Hernandez, from Fort Hood, Texas, and his wife, Brittany, with their tax return at the Fort Rucker Tax Center Friday.

for that, which can be better used to file more complicated returns for Soldiers who may have Fami-

Currently, Clayton said tax appointments with him are booked up to April 10, and with April 15 as the deadline to file, spots are filling up fast.

"We're trying to do as much as we can with the resources we have, and that's why we've decided to start offering this service," he said.

The center is open Mondays-Fridays from 9 a.m. to 4 p.m. through April 15. Assistance is available by appointment only, and is designed to make the lives of military personnel a little easier by saving them a little money. 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.

The tax service is free to all those who are eligible, and with typical returns costing between \$75-150, Clayton said it's a good

way for people to save money. Both federal and state returns can be handled at the tax center at no charge, he added.

"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.

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."

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

Spring safety:

By Julie Shelley

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

The U.S. Army Combat Readiness/Safety Center launched the annual Army Safe Spring Campaign online March 1, providing leaders and Soldiers easy access to seasonal safety materials.

The spring campaign, along with its counterparts for autumn, winter and summer, are designed to augment safety programs already in place in formations throughout the Army.

"Our goal is to help leaders and safety professionals develop the most robust safety programs possible,"

said Brig. Gen. Timothy J. Edens, director of Army Safety and commanding general, USACR/Safety Center. "This campaign helps them maximize their time and reinforce safety messages unique to their forma-

which emphasize private motor vehicle safety, correget lost in the rush to enjoy their off-duty time." spond with the factors most often seen in accident reports during the March-May time frame.

"Now is when we'll see the beginning of the uptick in PMV accidents," he said. "The weather is nice, and more Soldiers are traveling than in the previous months. Those who ride are also bringing their motorcycles out of storage after the winter hiatus."

New safety campaign now available online

Edens said early planning could reap large rewards later in the year, especially during the critical days of summer.

"Getting these messages out now reminds Soldiers of the risks before they have a chance to encounter them," Edens said this year's campaign topics, many of he said. "It's a proactive way to ensure safety doesn't

> Command Sgt. Maj. Leeford C. Cain agreed, adding that leaders should set the standard for their Soldiers.

> "Leaders have a personal responsibility to be a positive role model," he said. "They should live safety, not just talk about it."

The complete campaign will be available at https:// safety.army.mil through May 23.

News Briefs

USAACE change of command, responsibility

The U.S. Army Aviation Center of Excellence and Fort Rucker change of command and change of responsibility ceremony is set for March 20 at 9 a.m. at Howze Field. Brig. Gen. Michael D. Lundy will assume command as USAACE and Fort Rucker commanding general. Lundy currently serves as the deputy commanding general of the U.S. Army Combined Arms Center, Army Training and Doctrine Command, Fort Leavenworth, Kan.

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

Command Sgt. Maj. Eric C. Thom will assume responsibility as the command sergeant major of the Aviation Branch from Command Sgt. Maj. James H. Thomson Jr. Thom's last assignment was as the Headquarters Department of the Army G3/5/7 Aviation Directorate Sergeant Major in the Pentagon.

Aviation Ball

The Aviation Ball is scheduled for April 11 at 6 p.m. at The Landing. Everyone is invited to attend and help celebrate the 100-year anniversary of the first Aviation Section within the Signal Corps.

For more information or tickets, contact your unit point of contact, or Master Sgt. Edward Bryan at 255-0216.

SSA closes for inventory

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

For more information, call 255-9504.

Contracting 101

Because of the inclement weather in late January, the Mission and Installation Contracting Command-Fort Rucker re-

scheduled its first Contracting 101 class for March 26 from 8 a.m. to 4 p.m. at the Soldier Service Center, Bldg 5700, Rm. 284. The training provides a moderate introduction to government contracting and the information required to understand the procurement process, and identify the acquisition team and their roles and responsibilities from start to finish.

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

AUSA Academic Scholarships

The Fort Rucker-Wiregrass Chapter of the Association of the U.S. Army is offering \$1,000 academic scholarships for the 2014-2015 school year to qualifying veterans, Soldiers and their Family members living and working in the Wiregrass area. Applications can be downloaded by visiting the Fort Rucker-Wiregrass AUSA website at www.ausawiregrass.org. All scholarship applications (with attachments) must be submitted by mail and postmarked no later than May 31.

For more information, contact Keith Gunter at keith.gunter61@gmail.com or 797-5479, or Bob Slagle at slagleb@ alaweb.com or 494-2999.

Change of command

A Co., 1st Battalion, 13th Aviation Regiment hosts a change of command ceremony Friday at 11 a.m. in Yano

Women's history celebration

Fort Rucker hosts its Women's History Month celebration and woman of the year awards ceremony at 10 a.m. March 27 at the U.S. Army Aviation Museum.

For more information, call 255-2061.

Spring cleanup

Fort Rucker conducts spring cleanup April 1-4. All garrison, mission and tenant units are required to participate. April 1 will be dedicated to cleanup of interior offices and work areas; April 2 will be for cleanup of exterior and police call areas; April 3 from 9 a.m. to noon will be for continuing cleanup of exterior and police call areas, and 1-4 p.m. Soldiers residing in barracks will be released, under the supervision of the brigade or owner of the barracks, to conduct cleanup of common areas of responsibility; and April 4 will be an inspection conducted by the garrison and U.S. Army Aviation Center of Excellence command sergeants major and the Directorate of Public Works.

For more on spring cleanup, call 255-1070.

Exchange Buddies receive offers

The Army and Air Force Exchange Service is making it easier than ever for Fort Rucker shoppers to exercise their exchange benefit via the Internet - Facebook, Twitter and even their inbox.

The Fort Rucker Exchange's Buddy List enables military shoppers to be among the first to find out about exclusive savings, promotions, events and special offers at the Exchange.

"We're bringing the deals directly to you," said Larry Salgado, Fort Rucker Exchange general manager. "It's as simple as signing up and receiving emails that are chockfull of exclusive offers. And the exchange assures that all emails will remain private, and not be shared or sold to anyone else."

The weekly Buddy List delivers emails about worldwide and local promotions to about 233,000 authorized exchange shoppers. Customers interested in receiving these messages can sign up at the Fort Rucker Exchange or online at www. shopmyexchange.com/ExchangeStores/buddy.htm.

Opportunity knocks

The following internal positions are available on Fort Rucker: Administrative Support Assistant (OA), GS-0303-06, Vacancy No. SCEG148978951063245, with the Army Combat Readiness/Safety Center, with a closing date of March 21; and Attorney-Advisor (General), GS-0905-13, Vacancy No. SCEG138451451048636, with a closing date of March 24.

For more, check out www.usajobs.gov.

UPDATE: DOD removes 20 areas from imminent danger pay

By Guv Callahan

Joint Base Myer-Henderson Hall Public Affairs

JOINT BASE MYER-HEN-DERSON HALL, Va. — The Department of Defense has removed 20 areas from its list of locations that qualify for imminent danger pay starting June 1, in a move that is expected to affect about 50,000 service members.

DOD officials announced in January that service members in the 20 areas would no longer receive the additional imminent danger rate of \$225 per month.

As of June 1, the following areas are no longer eligible for imminent danger pay.

- · The nine land areas of East Timor, Haiti, Liberia, Oman, Rwanda, Tajikistan, United Arab Emirates, Kyrgyzstan and Uzbekistan.
- The six land areas and airspace above Bahrain, Kuwait, Qatar, Saudi Arabia, Serbia and Montenegro.
- The four water areas of the Arabian Sea, Gulf of Aden, Gulf of Oman and the Red Sea.
- · The water area and air space above the Arabian Gulf.

IDP will remain in effect for Iraq, Afghanistan, Lebanon, Jordan, Pakistan, Syria, Yemen and Egypt within the U.S. Central Command area of responsibility.

The decision, which was made after a periodic review and re-



PHOTO BY NAVY LT. J.G. HARAZ GHANBARI

Pfc. Shawn Williams, 1st Stryker Brigade Combat Team, 25th Infantry Division, gives the thumbs-up sign to Soldiers in his unit as he is evacuated after being injured by a roadside bomb in Kandahar province, Afghanistan, on June 17, 2011.

certification process, is expected to save about \$9 million a month, or \$108 million a year, said Navy Lt. Cmdr. Nate Christensen, DOD spokesman, in an email.

"The re-certification process began in July 2011 and included an indepth threat assessment from each combatant command for countries within their area of responsibility," Christensen said. "Following the review, it was determined that the imminent threat of physical harm to members has been significantly

reduced in many areas. As a result, IDP will be discontinued in those

According to Christensen, 194,189 service members received imminent danger pay in Fiscal Year 2012. The changes were fi-

nalized in coordination with the Joint Chiefs of Staff, combatant commands and military services.

The last re-certification process was completed in 2007, according to DOD's announcement of the

Weather: Operation oversees a 150-mile radius

Continued from Page A1

right to work," she said. "Maybe you'll get a lunch break, maybe not, but we've got a large area to look over and we've got a big job to do."

The area that Fort Rucker Weather Operations oversees is a 150-mile radius that stretches from Tuscaloosa to the Florida Panhandle, so there's always something to be on the lookout for, said the meteorologist.

One of the biggest challenges that weather operations faced recently was the unfamiliar freezing weather that gripped the South during the past few months.

"During the ice storm, there were a couple challenges - one of which was timing," she said. "The models were fairly consistent in terms of what was coming and the temperatures we would experience, but one or two degrees of temperature is the difference between freezing rain, rain or snow during those conditions."

Normally, putting out a prediction that is within the range of a couple of degrees is fine, said Howell, but when talking about freezing temperatures, those couple of degrees are critical.

"It was all about trying to find the balance," she said. "Trying to figure out when the freezing rain was going to start was particularly challenging," because Aviators were depending on those predictions to determine whether they were able to fly that day.

"These (Aviators) have a job to do, so we want to be able to mitigate the risk and maximize their training time," said Howell. "If our forecast is completely botched, that affects them, so we do what we can to make sure we get it right. Predicting the weather is not an easy thing to do it's definitely an art."

It's an art that Howell said she was interested in as long as she can remember growing up around Coffee Springs, Ala. She's unsure when the interest hit her, but said it was something that had always piqued her interest because of it's power and unpredictability.

"As a child, when The Weather Channel first came out, I found myself watching it for hours," she said. "It just always captivated me - the science of it was just fascinating."

After graduating from Springs High School, Howell studied physics and mathematics at Troy University, and earned her degree in mathematics. As an active member of the U.S. Air Force ROTC program, she was commissioned to active duty upon graduating and served six years of military service.

After graduation, she attended the Air Force Institute of Technology where she earned her master's degree in meteorology. Her assignments took her as far west as Tucson, Ariz., and as much as she loved her assignments out west, she longed to return home to her Family.

"I just kept getting farther and farther away from home and I just wanted to be back with my Family, so when my commitment was up, I found out these jobs would be opening up (on Fort Rucker) and the timing was perfect," said Howell.

When not working, the lead meteorologist enjoys exercising as a way to not only pass time, but also connect with Family.

"I work out a lot and I just love to exercise," she said. "Right now, I'm training for a half marathon, something that my sister got me into. She's a big runner and has run several half marathons, so I thought to myself, 'Why not?'"

Howell runs four days a

week - one short day, two medium days and one long day to work up to the 13.1 mile half marathon she will be participating in April.

Regardless of whether she's running toward the finish line of a half marathon or trying to push out the most accurate weather information for Fort Rucker's finest, she makes sure

to make the most of each day and make an impact on those she encounters throughout life. "I just try to approach

every situation with kindness to try and make a difference," she said. "I treat people how I would like to be treated – with kindness and understanding - at work and at home."

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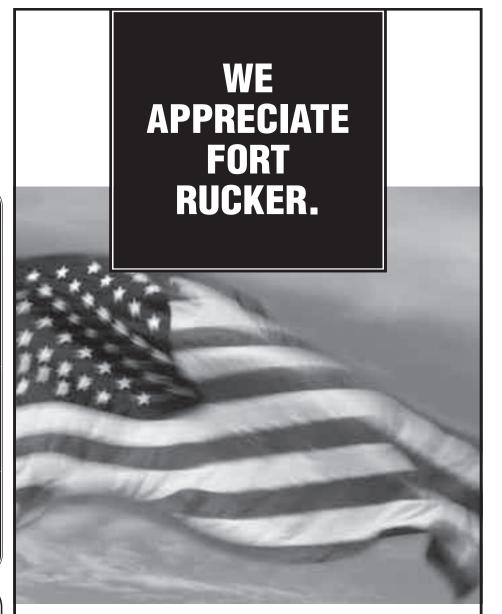
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Read: Books fuel creativity, learning

Continued from Page A1

beginning or ending sounds. So, by this time of the year, many of them can read his books," said Sullivan.

Around 30 volunteer readers also came during the week to show that reading is important and fun. Several of the readers included Fort Rucker garrison leadership.

"Motivating children to read is an important factor in student achievement and creating lifelong successful readers. Research has shown that children who are motivated and spend more time reading do better in school," said Neva Martin, kindergarten teacher. "It's always fun to have guest readers, too, because the children just get to see reading in a whole new light."

The children were read around three books a day for five days, but sometimes, depending on visitors, it was even more.

"It's great to have parents and Fort Rucker leadership come to read to the students, because many of them came in costume and read their favorite book," said Sullivan. "We have great parental support, the Dr. Seuss gym center stations



Justin O. Mitchell, deputy garrison commander, jokes with Jett Delancey, kindergartner, during a Dr. Suess reading March 6.

are all being manned by volunteering parents. So, without them, we couldn't have done that, and that would have been a shame because the children really love

Dr. Seuss books inspire creativity, according to Martin, something the children also benefit from because it encourages

them to love reading.

"The children learn to make up nonsense words through rhymes because that is what he did when he made up stories or characters. And seeing that an adult did that encourages them to think out of the box as well and use their imagination," said Martin.

All year long, the children are taught reading skills, with last week acting as a culminating activity for the children to see how their hard work paid off.

"It teaches them that all the things we learned during the school year have meaning," said Martin. "They grow and learn so much from this week and each year they get to build on the year before. They might see something from a book they read in kindergarten, but not fully understand it until first grade, and they have a feeling of accomplishment because they can see themselves that they have learned. They begin to realize it is a skill they need and will carry the rest of their lives.

"We want them to realize that it's fun and that stories take you places," Martin

Award: Employee's work ethic inspires co-workers

Continued from Page A1

crashed onto a tank.

To honor his commitment to the Army and the American people, he was named Source America's Veteran of the Year.

"We are very grateful for the support (Weissenberger) gives to the garrison here at Fort Rucker and we congratulate him on being awarded Source America's Veteran of the Year," said Col. Stuart J. McRae, garrison commander. "He brings a special enthusiasm to his position ... and he quickly became an integral part of our garrison team.

"We are lucky to have employees like Andy, and we embrace the idea that everybody should have the opportunity to meet their maximum potential. Whether a Solder, a civilian employee or contractor we are one team here at Fort Rucker," he continued.

Audrey Farrington of Pride Industries was impressed by his

story in Pride's salute to veterans and submitted the story to Source America for nomination, said Kim Curry, Pride Industries general manager Fort Rucker.

Weissenberger loves his job with Directorate of Public Works because he gets to support Soldiers and their Families.

"When people call in service orders for building maintenance, I am the one who writes the orders up for the technicians so they go out and take care of issues that need to be addressed on post," he said. "That can be anything from changing a light bulb to fixing a broken water line. I love helping support the Soldiers who defend my country."

At first he was worried if he had the abilities for the job because of its logistical nature, but soon he realized it was a perfect fit.

"My goal is the same as it was when I was in the Army - to achieve as much as I can and teach others as much as possible," he said. "It took me a while to be able to even go back to work because of my injuries. But I am so happy

Weissenberger got a reputation in his unit after the first few IEDs. Gaining the nickname "Magnet," though, didn't scare or faze him.

"At first I shrugged them off,

but looking back now, many of them were right on the money," he said. "It is a miracle I am alive." The worst incident, he recount-

ed, was the second and third IEDs because they went off within moments and feet of each other. But, luckily for him, a military

truck blocked the closer explosion, which was only 10 feet away, otherwise, he said, he wouldn't be

"I count my blessings every day, and I am so thankful," he said.

His daughters were 3 and 1 when he left for his last tour, but when he came home he said he was a changed person, including how he acted as a father. One thing he said he brought home was changing how wasteful he said his Family were.

Weissenberger also still has a hard time in crowds and closedin spaces. He cannot walk without the assistance of a cane or a wheelchair because of his injuries, which include upper and lower spinal injuries, a fractured hip, a damaged knee and a traumatic brain injury.

He tries to be as self mobile as possible, only using the chair when he really needs it, such as when he goes to the grocery store or has to stand for more than a few

He said he does not regret his service to America, which made him a better person, and that he still misses the purpose and camaraderie that cannot be found anywhere else.

"My time in the Army makes me value everything more," he said. "Every second that goes by I get better, but there are still bad days, too. It's going to be a lifelong process."

Weissenberger had advice for Soldiers that unexpectedly become wounded warriors.

"Reach out. Don't be afraid to ask for help. There are a lot of people and organizations willing and wanting to help," he said. "Talk to someone, and don't be ashamed or scared to talk. Get it off your chest because if you don't you will carry it around until you do."

The award is well deserved, said Curry.

"He works so hard and is such a pleasure to work with. We are inspired by him every day because he gets here by overcoming his physical handicaps," she said. "He motivates us each day because he has to get here by maneuvering his chair. And on days when I wake up and just want to go back to bed I think how lucky I am to get ready for work and it being so easy compared with what (Weissenberger) has to do."

Safe: Course teaches riders skills needed to ride safely

Continued from Page A1

to Fort Rucker. But before the ride, each participant took part in a safety course and check-up as a precaution.

This course is designed specifically to teach riders the skills needed to avoid an accident, as well as learn to control their bike. In addition, the riders performed T-CLOCK(Tires and Wheels, Controls, Lights, Oil, Chassis and Kickstand) inspections prior to getting on the course to give Soldiers and mentors a chance to look at their Soldier's bikes, and determine whether or not they need any main-

"The first portion of this is to get riders on their bikes and get them used to riding in small spaces, and also get them used to doing things that could save their lives on the road," said Cook.

During the course, the riders first performed a press, during which the riders pressed to the right or left like a swerve in order to understand the maneuvering of the bike. From there, they came around for the quick stop, during which they quickly downshift from about 25 miles per hour to get the bike stopped within a specific distance. After that, they performed a 90-degree turn into a curve where they executed outside and inside roll-throttle curves.

"We're looking for them to keep their head and eyes up, look through the turn, roll through the throttle and make the bike work for them rather than against them," said Cook. "These are the specific skills that will save a rider's life on the outside – these are the skills that they need."

The ride itself, although meant to build camaraderie between riders, is also a way way to ride in a group

"People who go out and purchase a motorcycle will normally ride by themselves, but eventually they might get bored with that and they'll want to go ride in a group," said Cook. "If you've never ridden in a group it can be very dangerous. The idea is to get the riders familiar in a group in a safe and secure setting with riders that they're comfortable with."

The mentors discussed group riding techniques, which each person has to be aware of in order to participate safely. Cook said one of the key points is that people riding must remain aware at all times of the riders around them, and especially their lead and trail riders.

Master Sgt. Larry Jarrett, HHC, 164th Theater Airfield Operations Group motorcycle mentor, said the ride is a good opportunity for the mentors, who have years of experience riding, to make sure that Fort Rucker Soldiers are learning good motorcycle riding habits.

"I've been riding bikes since I started walking, so I've got a lot of experience that I can pass on to these guys," he said, "and as a senior leader, it's my responsibility to make sure we're taking care of these younger Soldiers."

That responsibility and the results from it can be directly measured in the amounts of lives saved through the program, said CW2 Brian Thomason, B Co., 1st Bn., 223rd Avn. Regt.

"There has been a high fatality rate with motorcycle riders across the military, and in the last few years it's been getting better because of the emphasis on the safety program," he said. "This

to teach inexperienced riders the proper program helps to instill those safe riding mentor program – I attribute 100 percent habits while getting away from looking of that to the program," said Cook. "That's for that adrenaline rush."

> "In the past 2 ½ years we've had zero accidents in my battalion because of the

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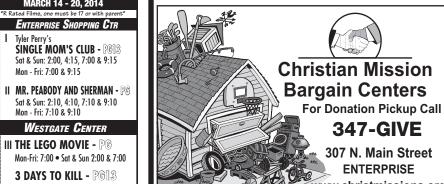
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not a testament to me, but a testament to my Soldiers, as well as the motorcycle mentors throughout the battalion."





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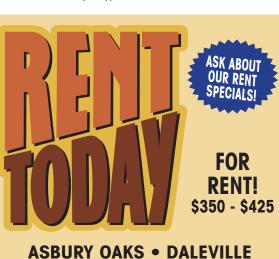
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A member of Joint Task Force-Bravo jumps from a UH-60 Black Hawk helicopter during helocast training at Lake Yojoa, Honduras, Feb. 25. Several members of the Task Force spent the day training on helocasting, caving ladder and overwater hoist operations.

JTF Civil Support hosts leaders

By Petty Officer 1st Class Brian Dietrick Joint Task Force Civil Support

FORT EUSTIS, Va. — More than 50 military leaders and emergency response representatives from across the U.S. met at Fort Eustis Feb. 25-27 to discuss how to enhance the ability to rapidly respond in the event of a chemical, biological, radiological or nuclear disaster in the United States.

The three-day conference, hosted by Joint Task Force Civil Support, allowed military representatives from the Defense CBRN Response Force to review response processes and revise the essential equipment list of gear they would bring with them to save lives and mitigate suffering following a manmade or natural disaster in the U.S.

"What we are doing here [at the conference] is vital," said Maj. Gen. Jeff W. Mathis III, commander of JTF-CS. "The discussions we have had here are so important, because if we cannot make the response timeline that the president and the secretary of defense expect us to make, we cannot successfully accomplish our mission."

JTF-CS provides command and control of the DCRF, which has 88 different military units located at more than 36 locations throughout the U.S.

The response force provides a variety of life-saving and sustaining-response operations focused around six core capabilities: mission command, hazard identification and detection, search and rescue, decontamination, medical triage and stabilization, and

medical evacuation.

The DCRF is comprised of four different task forces; operations, Aviation, logistics and medical. The purpose of the conference was for the task forces to discuss essential equipment they would need to successfully complete their assigned mission. If the task forces lighten their total equipment load and leave nonmission essential equipment back at home station, their response to the incident site could be drastically faster.

After all, time lost during a response may equate to lives lost, said Marine Corps Col. David Olszowy, deputy commander of JTF-CS.

"The DCRF cannot get to the incident site fast enough," he said. "Our units have a very tight response time-

SEE JTF, PAGE B4



Lt. Col. Craig Benson, operations officer for the 244th Aviation Brigade, speaks with his unit representatives during a mission response enhancement discussion at Fort Eustis, Va., Feb. 27.



Pfc. Clayton Quinalty, a wheeled-vehicle mechanic assigned to Headquarters Support Company, 602nd Aviation Support Battalion, 2nd Combat Aviation Brigade, 2nd Infantry Division and native of Fort Smith, Ark., wins his fight against Pfc. Jordan Moses, an Aviation operations specialist from Pontiac, Mich., assigned to 3rd General Support Aviation Battalion, 2nd Aviation Regiment, 2nd CAB during the 2nd CAB combative tournament in early February on Camp Humphreys.

DISCIPLINE

Soldier's hobby leads to combatives success

By Sgt. Nicole Hall Camp Humphreys, South Korea

CAMP HUMPHREYS, South Korea — When it comes to practicing or training in martial arts, some Soldiers find passion in it.

Pfc. Clayton Quinalty, a wheeled-vehicle mechanic assigned to Headquarters Support Company, 602nd Aviation Support Battalion, 2nd Combat Aviation Brigade, 2nd Infantry Division, and a native of Fort Smith, Ark., is a martial arts enthusiast who competed in the 2nd CAB tournament in early February at the Camp Humphreys Community Fitness Center.

"My love for practicing jiu-jitsu

opened my eyes to combatives," Quinalty said.

Quinalty began practicing jiu-jitsu while he was in college, prior to enlisting in the Army. Having a martial arts background helped him greatly, because he was already aware of some hand-to-hand fighting techniques.

Early on in his tour to Korea, Quinalty started attending jiu-jitsu classes where he would meet the person who helped him explore his interest in Modern Army Combatives. Combatives is a tool that the Army created in 1995 to train leaders and Soldiers how to defeat the enemy in close-quarter, hand-tohand combat.

"I've known Quinalty for a year and

a half, and although he doesn't know everything yet, he is an outstanding grappler for his level of certification," said Sgt. 1st Class Luis Romero, an aircraft components repair supervisor and master combatives instructor, assigned to Headquarters and Headquarters Company, 4th Attack Reconnaissance Battalion, 2nd Aviation Regiment, 2nd CAB, 2nd ID, and native of Washington Heights, N.Y.

When Quinalty is not teaching a combatives class as a Level-1 instructor, he practices to compete in both combatives and jiu-jitsu tournaments. Quinalty's potential has shined

SEE DISCIPLINE, PAGE B4

IMPACT

career, misrepresent military

By Staff Sgt. Bryan Lewis tions that are responsible 16th Combat Aviation Brigade Public Affairs

FORT LEE, Va. — Social media is very pervasive these days. As a new generation of Soldiers – all well-versed in the various aspects of Facebook, Instagram and Twitter – join the ranks, senior leaders across the installation are taking steps to ensure these troops realize the impact of their online chatter.

Col. Mary Beth Taylor, 23rd Quartermaster Brigade commander, and Col. Thomas Rivard, 59th Ordnance Brigade commander, both oversee organizafor training and preparing thousands of Soldiers each year to move on to their first duty stations. Teaching the new troops about using social media responsibly is among their top priorities.

During the welcome brief at the Ordnance Campus, Rivard said his command team covers top issues with about 250 new Soldiers each week.

"I routinely discuss the use of social media and how their identity translates beyond just themselves to the entire U.S. Army," said Rivard. "This includes

SEE IMPACT, PAGE B4



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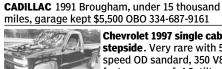
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Mercury 2006 Grand Marquis, low miles, must sell, \$200 down, \$199 per month call Ron Ellis 334-714-0028. Nissan 2013 Altima, under warranty, like new,

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Toyota 2005 Camry LE , Gray int. & ext. 268,493 mile, (mostley Interstate miles) good cond. auto trans, power doors, windows & drivers seat, cruise control, rear spoiler, cold AC, 25 mpg. \$4500. 850-209-2502.

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JTF: Future field training exercises to evaluate plans

Continued from Page B1

line and need to be absolutely critical about the equipment that they are bringing."

Simplifying the equipment lists can improve DCRF deployment timelines by preventing the transportation of an over-abundance of equipment, some of which may not be absolutely necessary in order to impact the disaster response operations. With the updated task force equipment

list, gear that is needed to do the job will be brought with the units, and non-mission essential equipment will be brought on at a later date during the response.

"This is the first of many discussions that we'll have in the future to further simplify the deployment process and equipment lists," said Maj. Ben Anderson, future operations planner, JTF-CS. "A field training exercise in the future will allow us to validate the list that the task forces have established as mission essential and we can make

Vibrant Response 2014 will likely be the field training exercise that allows the units to validate their equipment lists. Vibrant Response is the largest DOD confirmation exercise for specialized response forces to validate their capability to execute mission command, perform technical tasks and conduct other life-saving missions.

The exercise will take place in Camp Atterbury, Ind., and is tentatively scheduled for the end of July.

Impact: Social media misuse affects entire Army

We want our actions

to always reflect the

goodness of the Army and

our profession."

- COL. MARY BETH TAYLOR

23RD QUARTERMASTER BRIGADE

Continued from Page B1

making videos while in uniform, naming videos after Army units or installations, etc. I make the distinction that we lack total freedom of speech while we wear our

"My guidance to them is that if they are identifying themselves as a Soldier – regardless of on or off duty – their post must not rise to PG-13, and never can be as bad or worse than a Miley Cyrus video or posting," he continued. "They fully understand this example and most find it funny."

During Taylor's in-brief with new quartermasters, she said her command team talks about the lifelong impacts social media can have.

"At the brigade level, we emphasize that in this profession you need to be 'all in,'" said Taylor. "This is not a part-time job, even if you're a Guard or Reserve Soldier. Once you don the uniform, you represent the U.S. Army ... always.

"Anything you do to disgrace or discredit yourself has the same negative impact for the Army," she said. "We explain to our newly arrived Soldiers that they are ambassadors for the Army and our unit. Those of us in the military are bound by standards of conduct. We must maintain those standards once we raise our right hand and commit to service in support of our nation as a Soldier or member of the armed forces."

As smartphones with quick access to

various social media sites become more prolific, it is much more common for new Soldiers to bring those devices with them to advanced individual training, unlike 10 years ago when flip phones were the norm. The ease of access makes it important for commanders to teach their troops how posting can have negative consequences, said Rivard.

"I tell the Soldiers that I don't look for their somedia postings because all of America does this for me," he said. "If they post something offensive, someone will send it to senior military leader, along with a description of why they are upset.

"The Wisconsin National Guard Soldiers who were recently suspended for posing with an empty casket (posted on Instagram by Spc. Terry Harrison, Instagram, 1st Battalion, 147th Aviation Regiment), and Pfc. Tariqka Sheffey (a quartermaster Soldier at Fort Carson, Colo.) who is being investigated following her post bragging about hiding in her car rather than saluting the flag are great examples of the possible consequences for a Soldier's career if their unprofessional social media posts come to the attention of their military supervisor,"

"Once we are aware of a problem, we locate the Soldier to have them remove the posting." He said. "We've used the Criminal Investigation Division to track down Soldiers who have moved on to their next duty station. If appropriate, we will subject the Soldier to Uniform Code of Military Justice punishment and pos-

sible administrative action. Although we haven't yet eliminated a Soldier from the Army for misuse of social media, it remains an option if the situation warrants this."

Remaining fessional while on and off duty – both online and off - is important to main-

taining Army standards, Taylor said.

"Because we always represent the Army, and we want our actions to always reflect the goodness of the Army and our profession," she said. "Any breakdown in selfdiscipline reflects the same of our Army. Once the public sees the breakdown, they wonder how wide-spread that particular act is throughout the Army, post or unit being represented. They also wonder where else we are breaking down.

"We all make mistakes," she continued. "I think it is important for leaders to do

whatever they can to prevent the mistakes from happening by educating our Soldiers on the impact and consequences of ac-

It can be hard for new Soldiers to understand why their misuse of social media interests the Army at all, said Rivard.

"The fact is that it reflects poorly on their professionalism, and erodes the public's trust in the armed forces," he said. "Nobody would expect to see their doctor, attorney, politician or a police officer acting like a clown publicly. Whether our Soldiers realize it or not, that is the high regard the public holds of our profession. It wasn't always so, and a lot of Soldiers have worked for decades to build the public trust we currently enjoy.

"Some of the things our young Soldiers do on the Internet undermines that trust, and it's our obligation to make sure they understand that and modify their public behavior accordingly, both on social media as well as out in the community while not on duty," he continued. "Wearing the uniform is a privilege, one that was earned by millions of men and women who served over the last 238 years. None of us has the right to wear the uniform and then degrade the armed forces with an offensive video or statement in a public domain.

"I tell the Soldiers that it's OK to be young and have fun on the social media venues," he added, "but if you represent the U.S. Army, you have limits in regard

Discipline: Soldier strives to eventually become a teacher

Continued from Page B1

through on many occasions - he has placed high in multiple tournaments throughout Korea during his 16 months in country.

"I definitely would have to say that Sergeant First Class Romero is one of my mentors," said Quinalty.

"He has helped push me to become CAB, for the positive influence he class during the 2nd CAB tournaa better fighter. He also inspires me to want to compete and always bring my 'A' game.'

Quinalty also credits Spc. Michael Torres, a native of Houston, signal support systems specialist and certified Level 3 combative instructor, assigned to HHC, 2nd

has had on him since arriving in

Soldiers that win the 2nd CAB tournament can advance to the 2nd ID, then 8th U.S. Army and finally the All Army tournaments in Fort Hood, Texas. Quinalty placed second in the men's middleweight ment and will be advancing to the 2nd ID tournament in March.

"I'm OK with the way the tournament turned out," said Quinalty. "Someone had to win and today my opponent was the better fighter. I am going to work on strengthening my leg technique for the 2nd ID

In the near future, Quinalty plans to become certified in Level 3 combatives and continue to teach other Soldiers to fight.

"My goal is to continue learning combatives and ultimately make teaching my main job in the Army,"



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Story on Page C3

MARCH 13, 2014



Jenna Houston, Jessica Solway and Lynne Mraz, military spouses, pose in a picture booth Friday during DFMWR's Girl's Night Out.



Shurie Prescott, Air Force spouse, spins a wheel to win a prize.

Event described as 'amazing,' 'considerate,' 'entertaining'

By Sara E. Martin Army Flier Staff Writer

Girls Night Out, a veteran event hosted each fall and spring by the Fort Rucker Directorate of Family, Morale, Welfare and Recreation, was a hit once again with patrons describing the fun as "amazing," "considerate" and "entertaining."

Two hundred and eighty patrons enjoyed the nightlife at The Landing's ballroom Friday with 38 vendors from local shops, hospitals, home business and spas.

"It went great. It was a lot of fun," said Kristi Fink, DFMWR special events coordinator. "The ladies really enjoyed the dancing with the (disc jockey), and there were tons of giveaways, so I am sure they loved that, too."

This year a photo booth was added to the camaraderie, which Fink said was a massive hit.

"There was a huge line to use it all night," she said. "We are glad they liked it so well because we have some new ideas for the fall, too, and we are excited to see them come to fruition."

Shawna Mack, Party Gals representative, was a first-time vendor, but long-time Girls Night Out patron who decided to bring her business to the event because she thought it would be the perfect outlet to showcase her

"Girls Night Out is so much fun and there are always so many people," she said. "It is the perfect atmosphere for my booth and, so far, it's been great. It was really worth the money to rent the

The event, she added, is a great idea for those new to the area because they don't know what is in the area, and that ladies feel more comfortable with it being a women-only occasion.

"Women really need to hit it up. If you didn't come this time you better show up in the fall, you're missing a really good time," she said.

Tracey Landa, Army spouse, said she loved the event because it gave her the opportunity to hang out with friends that she doesn't get to see very often.

"I never get to do anything by myself, I am always home with my kids, so I wanted to take a little break for me," she said. "It's really great that

male habits, issues and health." Many were happy there was a large variety of vendors and businesses.

they have an event that focuses on fe-

"It has been great to let loose a little bit. Life as a military spouse is hard, but we all smile and drive on and do what we have to do, so it's nice that they recognize our needs, too," said Landa. "No one stays very long at Fort Rucker, so spouses should enjoy their time here to the fullest.

"You can meet so many new people here, see different types of booths, get updated information on our health and just have an upbeat night for yourself," she continued.

She said it showed outstanding quality of service for the installation to bring everything in for their convenience, because to have a night out many would have to drive to Dothan which is oftentimes a deal breaker.

"Thank you, Fort Rucker, for thinking of us," said Landa.

Opportunities, deals abound at annual extravaganza

By Sara E. Martin Army Flier Staff Writer

With more than 1,000 people packing into The Landing's ballroom March 5 to seek out deals for spring and summer vacations, organizers of Fort Rucker Leisure Travel Service's 26th annual Travel Extravaganza said the event went smoothly and beautifully.

"We had 54 vendors and (more than) 60 door prizes," said Michelle Harris, leisure travel services program manager. "It was a huge success!"

The event helped educate attendees on what the surrounding community, as well as neighboring states, have to offer in terms of entertainment and vacation stays, and presented something for everyone looking for the perfect getaway for their Family and budget needs.

"Vendors from all around (gave) participants new and updated information regarding their particular venue," said Harris. "There were vendors from Alabama, Georgia, Florida, Tennessee and other areas."

Among the vendors were tourism departments, chambers of commerce, vendors for hotels and amusement parks, and even vendors from the Directorate of Family, Morale, Welfare and Recreation to highlight some things that people can take advantage of on the installation.

"We want to connect Soldiers, retirees, DOD civilians, and their Family members and all of the support staff on Fort Rucker to the surrounding community. We want them to know what is availablethat they don't have to stay on the installation if they don't want to. There are so many options," said

Leisure travel is meant to be enjoyable and stress reducing, she continued, adding that sometimes people need a change of scenery to be at the top of their game, even if it is just a day trip.

Sgt. Maj. Marvin Pinckney, U.S. Army Aviation Center of Excellence G-3 sergeant major, agreed, saying that Soldiers need to take leave and enjoy time spent with Family away from the workplace and the installation to enjoy them-

"It is important for Soldiers to know what is available in the community so they can take advantage of it and get out there to enjoy life,"

He reported that the last time he went on a true vacation was in 2012, and that the he wanted to attend the event to try to find a vacation for his eighth wedding anniversary.

That long of a time between vacations is not unheard of in the military, where it is hard sometimes for Soldiers to be able to take leave because of training or



Sgt. 1st Class Michael Holmes, NCO Academy, and wife, Megan, and daughter, Hazel, enjoy speaking with a representative from Universal Studios March 5 during leisure travel services' Travel Extravaganza at The Landing.

their mission, and to coordinate to make it a priority to take care of when spouses can take vacation or children to miss school.

Mali Rudolph, Army spouse, said it is a struggle for Families to get their schedules on the same page, and because of that she couldn't even remember the last time her Family went on a real va-

"It can be hard for military Families to go on real vacations because you have to line up leave of both mom and dad and get the kids out of school. It can be a mess, and leave can be revoked if the mission calls for the Soldier to stay, and that is really stressful," she said. "Not everyone has the opportunity to take leave or vacation when school is out for the summer or spring break, but Soldiers need

themselves.'

Rudolph said the event was great to have for spouses and Soldiers who are new to the area so they can learn what the area has.

"I think spouses can really feel the support of the surrounding businesses and the installation," she said. "Its important to take a break and for Families to go on vacation so they can recharge their batteries to fully focus on their mission, and you can't do that if you are exhausted.

"Fort Rucker does a lot for our community, and to gather all the vendors in one place for our convenience is great. They really give back to their Soldiers and the Families," she continued.

W01 David Noakes, B Com-

pany, 1st Battalion, 145th Aviation Regiment, who is new to Fort Rucker as a Soldier in the Basic Officer Leadership Course, said that the event was a phenomenal opportunity for him and his wife to see what is out there in the local town.

"We were able to talk with people to learn more about the area and get some maps, because we are both kind of ignorant on what the South, in general, has to offer us besides driving to the beach," he said. "We wanted to come because we like to travel. Coming from Germany, we got used to going away and exploring, so we wanted to continue that here by visiting old cities with history.

"Fort Rucker was spot on for this event. Thanks," he added.

ON POST

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

Newcomer's Welcome

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

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

Child Abuse Prevention Month Art Expo

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

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

Talladega Superspeedway tickets

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

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

Youth March Madness Lock-In

The Fort Rucker Youth Center invites its members to celebrate the upcoming spring break with a March Madness Lock-In from 6 p.m. Saturday through 6 a.m. Sunday at the center. Cost is free for registered child, youth and schools services members in Grades 6-12. There is a \$10 cash fee for guests. The center will have various activities available such as Scramble

ACS

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ARMY GRAPHIC

Make your voice heard

Fort Rucker is conducting an ACS Needs Assessment Survey now through April 30 as part of its accreditation process. The online survey is available to the entire military community surrounding Fort Rucker. The survey is intended to provide valuable information about ACS services and other Family and MWR programs. This survey is conducted every three years in coordination with the ACS accreditation process, and provides an opportunity to measure usage and helpfulness of individual ACS programs and services, and identify emerging needs related to the Army way of life. To take advantage of the chance to help shape the future of ACS programs and services, visit www.armymwr.com/ACS-survey.

with Friends, Music Mania, 3-on-3 basketball and more. Also, youth ages 13-18 will be taken to see a movie at the post theater.

For more information, call 255-2260.

Outdoor yard sale

The Fort Rucker Directorate of Family, and Morale, Welfare and Recreation will host an outdoor yard sale and flea market Saturday from 8 a.m. to noon at the Fort Rucker Festival Fields.

For more information, call 255-1749.

Employment readiness class

Army Community Service offers people a chance to build and enhance their careers at one of its monthly employment readiness program orientation sessions in the Soldier Service Center, Bldg. 5700, Rm. 350. The next session is March 20. People can sign up to learn essentials about the program and receive helpful job search tips.

Advance registration is required and attendance at a session is mandatory for participation in the program. To register or get more information, call 255-2594.

SFA Lifeguard Courses

American Red Cross Lifeguarding weekend courses will be held March 22-23 and March 29-30. People must attend both weekends, Saturday from 8 a.m. to 6 p.m. and Sunday from 10 a.m. to 6 p.m.

Additionally, there will also be a similar spring break lifeguarding course March 24-27 from 8 a.m. to 5 p.m. that includes two-year certification in lifeguarding, wa-

terfront and waterpark.

Courses are available to people ages 15 and older.

Cost is \$100 per person.

Prerequisite test on first day must be passed to enter the course – non-stop swim of 500m, two-minute tread, timed brick retrieval and 15m underwater swim.

People can register at the front desk of the Fort Rucker Physical Fitness Center cutoff for registration is two day prior to the start date.

For more information, call 255-2296.

Gardening at All Ages

The Center Library hosts Gardening at All Ages with Al Edwards March 22 from 2-3 p.m. The program will teach people the basic skills of starting their own gardens and show ways that the whole Family can pitch in to help.

For more information and to register, call 255-3885.

CYSS skate park opening

The Fort Rucker Youth Center will hold the grand opening of its new skate park March 24 from 2-5 p.m. The free event will feature outside games, door prizes, and staff will fire up the grill for hotdogs and hamburgers for all. Permission slips and liability waivers must be signed and turned in before youth use the skate park. Safety equipment, such as helmets and pads, will also be required. The skate park will be supervised by youth center employees. opening is open to the public, however, usage of the skate park is limited to registered child, youth and schools service members in sixth-12th grades only.

For more information, call 255-2260.

Camp Rucker at the school age center

The Fort Rucker School Age Center hosts its Camp Rucker March 24-28 for registered child, youth and schools services children. Youth can sign up for morning camps on site, such as Lego Land, art, sports, and science camps. The afternoons will be filled with visits from animals, art shows, roasted corn, and a Fin Zone field trip.

For more information, call 255-9108.

DFMWR Spotlight

Fort Rucker Family & MWR
Upcoming Events & Activities



March 15th 6:00 pm - 6:00 am

Youth Center (Bidg. 2800) Activities for the night include:

Scratch with friends, music manta 3 on 3 hasketted, and more! Open to grades 6-12 For more information please

call CYSS at (334) 255-2260.



March 24th from 2 pm - 5 pm Youth Center (Bldg. 2800)
Jon the thirth Center for the grand opening of the new Skate Park! Enjoy outside games along with galled holdogs and hardorpains. Batch equipment, helmest and parts, are required. The Skate Park will be supervised by Youth Center employees, and is suitable only to CYSS registered memoers in 6th-12th grade.

Youth Center, (334) 255-2260

Spring Break



Great Job Opportunities for Teens! Learn to Save a Life. Fort Rucker PFC, (334) 255-9162/8025. March 24th - 27th

8 am - 5 pm \$100 registration this. Register at the Bont deals of the Fort Rucker Physical Fithess Center, Certification in good for 2 years in lifequanting, waterfloot and waterpark! Open to ages 15 and over

Course prerequisites:
Non-stop swim of 500 M
2 Minute Tread
Timed Brick retrieval

15 M underwater swim

In Recognition of April Child Abuse
Prevention Month and The Month of
the Military Child 2014

Open to all students attending Fort Rucket Primary and Elementary Schools along with Military children attending off post schools guides X-12. On post students must submit artwork to school tractiens and off post students can must or drop off their artwork to Army Community Service (ACS) Bidg. 5700, Rm. 350, Novosel Street All artwork must be submitted by close of business March 21st.

For more information call (334) 255-9647/3898.

For more information visit www.ftruckermwr.com.

FORT RUCKER MOVIE SCHEDULE FOR MARCH 13 - 16

Thursday, March 13

Friday, March 14

Saturday, March 15

Sunday, March 16

Labor Day (PG-13) Ride Along (P

Ride Along (PG-13)7 p.m.

Jack Ryan: Shadow Recruit (PG-13)7 p.m. 7 p.m.

The LEGO Movie (PG)

.....2 p.m.

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

Honoring Valor

Army team builds Valor 24 Medal of Honor microsite

By J.D. Leipold Army News Service

WASHINGTON — In January 2013, under a close-hold mandate, the crew responsible for developing the Army.mil website was told that President Barack Obama planned to award Medals of Honor to 24 Soldiers, living and deceased, who had served in World War II, Korea or Vietnam.

That ceremony will take place Tuesday at the White House.

The Army.mil team, responsible for maintaining the Army's homepage and for designing its many specialized microsites, would need to build a new site to honor all 24 of those recipients.

Army.mil creative director and designer, Melissa Burlovich, was the principal force behind four previous microsites that paid tribute to individual Army Medal of Honor recipients.

Development

She said designing and developing content pages for 24 recipients seemed to be an insurmountable task for her team, but one she knew they'd be able to handle.

Developing a site to honor an individual Soldier, as she had done in the past, involved gathering photos, battle narratives and unit information. For the recipients of the conflicts in Iraq and Afghanistan, that had been fairly straightforward, as the events were recent.

But with Valor 24 – the team's codename for the project - only three recipients are still living, all from the Vietnam War. In all, Valor 24 would include developing content pages for the seven posthumous MOH recipients who served in World War II, the eight posthumous MOH recipients who served in the Korean War, and the six posthumous and three still-living MOH recipients who served in Vietnam.

Gathering information

One of the largest hurdles to overcome, Burlovich said, was finding content to fill those pages.

"Part of the problem we faced was some of the next-of-kin had never met the person, so they didn't have photos, stories or information to offer," she said.

In some cases there was a lot of information on



DON'T TEXT OR TALK AND DRIVE

No conversation is worth sacrificing the personal safety of yourself and others. Do not talk or text and drive. It can wait.



the individual – particularly for the three living nominees who were all interviewed in person. But finding information on the 21 who were no longer living, and balancing the site so each Soldier got the same recognition, was probably the biggest challenge, Burlovich said.

"That gathering of information was probably the hardest," she said, "partly because content drives design."

To help the Army.mil team gather information for the Valor 24 project, the team relied on a special team of six noncommissioned officers from the Defense Information School, said Max Maxfield, Army.mil content

The team had to hunt down unit histories, unit crests and unit patches from all the units the Soldiers served in when they performed their valorous actions. This became particularly difficult for units that have long since deactivated, Maxfield said.

Between the team of NCOs at DINFOS, personnel in Army public affairs and the Army.mil

Saturday, March 15 at 5 pm

Lively Stones Ministries Worship Center

187 Parker Hills Drive, Ozark, AL • (334) 774-1039

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DAVID | Ozark, AL

content team, enough content was gathered to flesh out the microsite.

"The team was reaching out to whatever Family members they could find and who were available," Maxfield said. "There was this big process going on trying to feed Melissa the information. It was like trying to hit a moving tartalking about unit his-Maxfield said. tories," "They're written in military language. Dates are different, ranks are different – just the use of grammar in the earlier sections of the unit histories had to be modernized."

Zack Kevit, Army.mil project manager, said he'd been helping by getting the last puzzle pieces toanother Family branch. They had never met before."

Deepa Mahendru, who manages the metrics analysis team for Army. mil, evaluates how well the public interacts with the website and tracks the popularity of content. That enables the team to gauge and plan for future projects.

Aaron Berkowitz, the Army.mil technical director, elaborated on metrics analysis options - "since we are expecting a lot of traffic to the site, we put in different tools to measure how visitors interact with the different sections." These lessons will be applied to future website promotion efforts to ideally enhance the user experience.

More to come

Mahendru said she's excited about seeing the numbers associated with the live video the website will provide from the ceremony.

"We'll be able to livestream the Medal of Honor ceremony at the White House over Army.mil," she said. "And the fol-

lowing day, when all 24 Soldiers are inducted into the Hall of Heroes, we'll stream that too."

Berkowitz added, "this will give our visitors a single place to go for all the information they need and help put the videos in context. Our goal is to encourage the visitors to explore all the different sections of the site, and the best way to do that is to provide great content like the live video feeds."

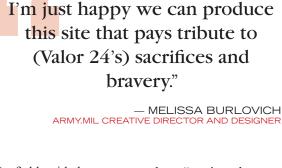
Nearly 200 individual content pages are devoted to the Valor 24 site. That content includes a biography for each Soldier, as well as their Distinguished Service Cross citation, which will be upgraded to a Medal of Honor citation.

To identify the wars in which Medal of Honor recipients fought, Burlovich created a color scheme for each of the conflicts. MOH recipients from World War II are gray, those from Korea are tan and those from Vietnam are a muted Army green. Blue is the color scheme for Soldiers who earned the MOH in Iraq and Afghanistan.

"Each Valor 24 recipient has a unit history, shoulder sleeve insignia, distinctive unit insignia and external resources," Burlovich said. "There will also be a news and media section, which will eventually be populated for each of the three living recipients on their pages."

Maxfield, who spent 20 years in the Army, including a deployment to Afghanistan, said he's seen the sacrifices firsthand that Soldiers make for their country.

"No matter how or why those Valor 24 guys ended up being where they were, they were there to give everything they had," he said. "I'm just happy that we can produce this site that pays tribute to their sacrifices and bravery."



Maxfield said the team received exceptional support with the project from Bonnie Henning, at the Institute of Heraldry, and John Foley, at the Don. F. Pratt Museum at Fort Campbell, Ky.

"The major challenges were the sheer amounts of content that came in, which had to be made grammatically correct especially when you're

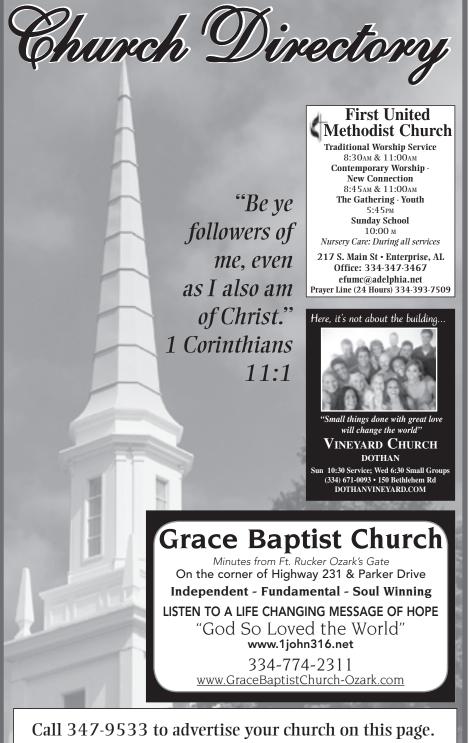
gether, "getting the content has been the toughest part, because a lot of it just doesn't exist.

"Army public affairs and the team at DINFOS were trying to find the relatives of these Soldiers," Kevit said. "Many of the Families had never met their relatives. One good story we heard was the Army was able to reunite one Family branch with





Karate and Kickboxing Classes also available for adults



Historic Banning Mills offers unique break for spring

Pineapple Public Relations Press Release

WHITESBURG, Ga. — This spring, break away from the typical beach trek and experience the thrill and excitement of Historic Banning Mills 'Aerial Adventure courses.

Reach speeds up to 60 mph on almost 10 miles of zip lines and free fall from 100 feet in the air. Historic Banning Mills, in Whitesburg, Ga., provides a great spring break escape where guests have discovered a new, more exciting way to be "wired in."

For spring breakers looking to face their fears and experience nature from a higher altitude, Banning Mills is the Guinness record holder for the world's longest continuous zip-line course and eco-canopy adventure tour. With six different adventure levels and nearly 40,000 lineal feet,



Banning Mills' aerial adventure is sure to relieve any symptoms of outdoor deficit disorder.

In addition to the famous zip line canopy tour, Banning Mills has the World's Tallest Freestanding Climbing Wall, standing at 140-feet tall; the Sky Trek bridge (which is 600-feet-long, over 180-feet-high, and travels over Snake Creek Gorge with breathtaking views); team building and GPS Trek courses; two Aerial Adventure Parks; and a 100-foot Power free fall.

Banning Mills now offers unlimited zip lining packages that include all of the adventure filled tours offered on site. The All Day Rush package is an action packed experience where guests can zip line for up to eight hours. Want even more adventure? Banning Mills also offers a new Two Day Rush package for guests who just can't get enough thrills!

Banning Mills has also recently introduced a two-tiered, Family friendly obstacle course accommodating for children ages 4 and older. The course includes kidfriendly aerial elements, shorter sky bridges and zip lines.

For the vacationers who prefer to stay out of the trees, Banning Mills offers additional outdoor activities that are closer to ground. Falconry and live Bird of Prey shows, kayaking on the "Hooch" and horseback riding are all available on the property. Also on site is an Olympic size swimming pool, two miniature golf courses, and nature trails available free of charge to all Banning Mills guests. Exhausted from all the adventure? Make a reservation for some relaxation at Banning Mills Day Spa.

Banning Mills has found a way for guests to branch out with accommodations by adding comfortable stand-alone tree house lodging. The tree house suites include a king bed, jetted tub, bathroom and panoramic forest views with rope bridge access. Rustic cabins, cozy cottages and creek side or cabin rooms are a few other lodging options for a getaway at Banning Mills.

Historic Banning Mills Adventure, Retreat and Conservation Center is a 501c3 nonprofit organization located in the beautiful Snake Creek Gorge of Carroll County, Ga., and is approximately 19 miles south of Douglasville and 45 minutes west of Atlanta's Hartsfield-Jackson airport.

Proceeds from the retreat and adventure treks are used to subsidize the educational, leadership and conservancy programs. Historic Banning Mills also has lodging and meeting room options, Day Spa opportunities and live Bird of Prey educational shows and two falconry programs. There is a little something for all outdoor enthusiasts at Historic Banning Mills.

For additional information, reservations or lodging options, visit www.historicbanningmills. com or call (770) 834-9149.

VIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

DALEVILLE

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

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

DOTHAN

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

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

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

ONGOING — People are invited to

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

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

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

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

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

ENTERPRISE

MARCH 17 — Featured on CBS, Fox News, CNN and other national broadcasts, The World's Smallest St. Patrick's Day Parade is a big headline grabber nationwide where one Enterprise citizen of Irish descent marches from the courthouse to the Boll Weevil Statue every year to celebrate the Irish holiday. For more information, visit www.enterprisealabama.com.

MARCH 22 — Lifesouth's "Give One, Get One" at Milky Moo's will be held from 11 a.m. to 4 p.m. Anyone who donates a pint of blood will receive one free pint of Milky Moo's ice cream. For more information, call 446-6210.

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.

GENEVA

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

MIDLAND CITY

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

For more information, call 983-3511.

NEW BROCKTON

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

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

OZARK

MARCH 15 — Lifesouth's "Give One, Get One" at Milky Moo's will be held from 11 a.m. to 4 p.m. Anyone who donates a pint of blood will receive one free pint of Milky Moo's ice cream. For more

information, call 446-6210.

MARCH 15 — The Lively Stones Ministries Worship Center will present the Sounds of Joy Musical Concert at the Flowers Center of Performing Arts at 5 p.m. The concert features pastor Evelyn Hubbard and the Tunica County Gospel Choir, The Spiritual Jubilees, recording artist Lynntesha Roberts and the Sons of David Mime. Tickets are \$15. For more information on tickets, call 774-1039.

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

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.

WIREGRASS AREA

NOW THROUGH MARCH 31 – The 2014 Alabama Antique Trail Sale features more than 125 shops and malls in 69 Alabama towns. It is the largest antique sale in the south. To find the location, hours, and type of store, go to www.alabamaantiquetrail.com.

Beyond Briefs

Friday Fest

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

Charity Rib Cook Off

The 13th annual Eastpoint Volunteer Fire Department Charity Rib Cook Off will be held March 14 and 15 at the fire house in Eastpoint, Florida at Vroom Park. There will be a carnival for children and adults. Admission is free and the gates open at 9 a.m. BBQ dinners will be served from 11 a.m. until it's all gone. There will be ribs and pulled pork

with all the trimmings. For more information or to enter, email pru911@fairpoint.net or call (850) 670-9000.

Bike Expo

The Southeast Bike Expo will be held at the Georgia International Horse Park, in Conyers, Ga., March 14-16. Manufacturers from all over the U.S. will show and demonstrate their products. Tickets are \$20 for the weekend purchased in advance, or \$25 at the door. To purchase tickets go to www.sebikex.com. For more information, call (706) 355-3989.

Kayak Tour

Georgia State Parks and Historic Sites hosts a guided full moon kayak tour of Lake Rutledge March 15 7-9 p.m. at Hard Labor Creek State Park. Participants need to register in advance by calling (706) 557-3001. Tickets are \$15 plus \$5 for parking.

Horse Show

The Newton County Saddle Club Open Horse Show will be held at the Charles Walker Arena in Conyers, Ga. March 15 and 16. Admission is free to the largest open shows in Georgia. Saturday is English from 8 a.m. to 6 p.m. and Sunday is Western from 9 a.m. to 6 p.m. For more information, call (678) 873-3019 or visit www.newtoncountysaddleclub.com.

Swamp Tour

Georgia State Parks and Historic Sites hosts a tour of Billy's Island in the Okefenokee Swamp in Fargo, Ga., 10 a.m. to 12 p.m. until May 31.

This island was home to Native Americans, pioneers and lumbermen for thousands of years and participants will take a boat out to the island and hike a trail to view some of the relics left from times past. Tickets are \$15-\$20 with a \$5

For more information, call (912) 637-5274.

Testilence: honors Families for adaptability

By Sgt. 1st Class Tyrone C. Marshall Jr. American Forces Press Service

WASHINGTON — The military's top enlisted leader praised service members and their Families at Joint Base Langley-Eustis, Va., Friday for their professionalism, flexibility and tenacity during a time of impending change for the Defense Department.

Marine Corps Sgt. Maj. Bryan B. Battaglia, senior enlisted adviser to the chairman of the Joint Chiefs of Staff, spoke during Air Combat Command's annual awards dinner, where he lauded troops for their service and their Families for their unwavering commitment.

"I just want to say how tremendously proud we are of the service members and civilian workforce that comprise our total force," he

Also, Battaglia said, it takes a very special Family to endure the frequent and lengthy separations and household moves inherent in military life, especially while shouldering hardships awaiting the return of loved ones.

"We hope you share our excitement and pride that our military Family is the heart and soul of our force," he said, leading a round of applause for military spouses in attendance.

While Families are the military's heart and soul, the sergeant major said, "our serving men and women stand tall as the center of

"Despite the impending changes to our force," he said, alluding to uncertainty in the defense budget and the nation's transition from a 13-year wartime footing. "We'll forge through it and adapt to upgrades and modernization. It may sting, but we shoulder a duty and responsibility to our country and

its citizens."

Some areas of change, such as pay and compensation, may take a little longer to return to normal than others, Battaglia said, but the military's leaders hope to do this just once.

"Our professionalism, tenacity and moral obligation will see us through," he said. "We can never forget that we are a loyal, patriotic and professional organization our society respects and admires, and an organization that many nations, in fact, envy."

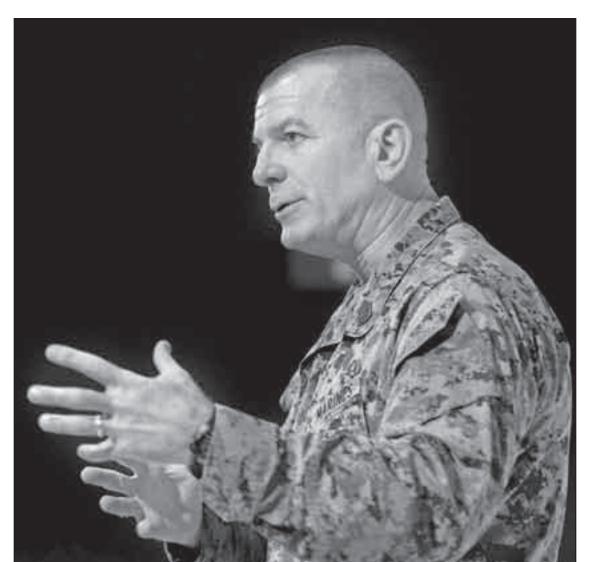
The senior enlisted adviser said each service member – no matter their rank or status - has attained the credentials and privilege to proudly wear the uniform, earning their coveted title of Soldier, Sailor, Airman or Marine. He said it is "professionally humbling" and that he feels "very fortunate" leading and representing a force of more than two million enlisted men and women – active duty, Reserve and National Guard - and their Families.

Battaglia provided an overview of the challenges that lie ahead for the department, troops and their

"It should be no surprise to anyone here that as we have returned forces from Iraq and continue to methodically redeploy forces from Afghanistan, we are also restructuring and reshaping our total force," Battaglia said. "Like we have after every major conflict, readjustment in personnel and equipment comes as part of that post-conflict cycle."

While the armed forces may be leaner tomorrow than they are today, Battaglia said, they will remain ready, relevant, trained, poised and postured to meet any emergent requirement as the president directs to defend the nation.

The sergeant major said every



Marine Corps Sgt. Maj. Bryan B. Battaglia, senior enlisted adviser to the chairman of the Joint Chiefs of Staff, holds a town hall meeting with Airmen on Joint Base Langley-Eustis, Va., Friday.

service and component will be reshaped in some manner, but there will be a slight build-up in cyber warriors and special operations

"You know the capability they bring," Battaglia said. "Cyber is certainly a viable and current challenge to our country's security. Freedom is not free."

The sergeant major noted that the fiscal challenges the nation faces will affect the armed forces as well.

"It shows us from multiple perspectives that war, through all phases, comes with a cost," he said. "We have some state-of-theart equipment and technology that has allowed our forces to not only defeat our enemy ... but prevent and avoid engagement partly because of advanced technology."

Battaglia said "freedom is not free" means that keeping adversaries out of reach comes with a monetary cost to supply operational forces. But more importantly, he said, freedom comes with a human cost: the lives of service members who gallantly have given their full devotion.

With the sacrifices of those serving over the last 13 years, Battaglia said, "no dollar amount can be placed to that price."

"It is one of the sacrifices that every one of you who have sworn the oath carries with you each day," he added. "On any given day, you are prepared to support and defend [it] at all costs."



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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

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

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

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

months).

BIBLE STUDIES

Tuesday -

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

5:30 p.m. Youth Group Bible Study, Spiritual Life Center

6:00 p.m. Protestant Women of the Chapel,

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

Wednesday -

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

11:30 a.m. 164th TAOG Bible Study, Bldg 30501 12:00 p.m. Adult Bible Study, Soldier Service

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

Thursday -

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

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

Study), Wings Chapel

Mothers of Preschoolers (MOPS)

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

Protestant Men of the Chapel

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

Catholic Women of the Chapel (CWOC)

CWOC meets every Wednesday, 8:30 a.m. -10:30 a.m., at the Spiritual Life Center. Childcare provided. For more information, call 255-9894.

Youth Groups / Club Beyond Tuesdays, 5:30 p.m., Spiritual Life Center. For more information call 255-9995.

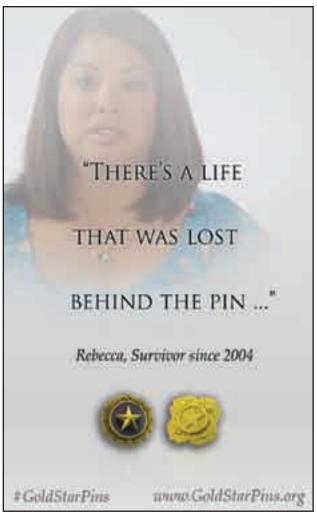
Alcoholics Anonymous (AA)

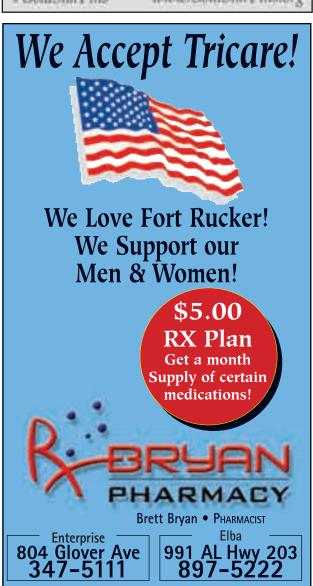
AA is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from the use of alcohol. This program is focused on spirituality and religion, having an impact on changing a person's life. AA meets every Thursday evening, 7:00 p.m., at the Spiritual Life Center (Bldg 8939, Room 38). For more information, contact the Religious Support Office, 334-255-2989.



Pick-of-the-litter

at the Fort Rucker Stray Facility. She is social, playful and spunky. It costs \$80 to adopt Beanie and other animals at the facility, which includes all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying. 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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MARKSMANSHIP

Army hosts National Junior Air Rifle Championship

Story on Page D3

MARCH 13, 2014



Pvt. James Allen, player for the Warriors, drives the ball past opposing players during a Fort Rucker Intramural Basketball game at the Fort Rucker Physical Fitness Center Tuesday.

Basketball regular season beats up as teams prepare for

PLAY

By Nathan Pfau Army Flier Staff Writer

With just weeks left in the Fort Rucker Intramural Basketball regular season, teams are bringing their A-game and competition is tightening up as they set their eyes on the prize.

The 1st Battalion, 13th Aviation Regiment Warriors defeated A Company, 1st Bn., 145th Avn., Regt.'s Get Down & Lay Down, 56-47, during a game at the Fort Rucker Physical Fitness Center Tuesday.

Throughout most of the game, both teams fought for the lead as it changed hands multiple times, but it wasn't until the fourth quarter that the Warriors' defense helped the team pull away from its opponents.

"I feel pretty good about tonight's win and it should put us in a pretty good spot to win the championship overall this year – this was a pivotal win," said Staff Sgt. Mandrell Douglas, coach for the Warriors.

The Warriors managed to pull out a win despite being down going into the second half and Douglas said they were able to

achieve that by turning up the intensity. "We just started hustling up and down the court and played a hardcore defense to get the job done," he said. "I think we've got an excellent shot at the championship

foot with the first score of the game, but the Warriors followed suit with a 2-point shot of their own, followed by a 3-pointer after a rebound to take the lead.

The 1-13th managed to hold on to the lead for most of the first quarter, but just barely as their opponents stayed on their heels. Both teams seemed evenly matched early on with strong defenses on both sides, but the Warriors ability to get under the rim allowed them to stay in the lead.

Get Down started to fall behind as their opponents began to break through their defense allowing the Warriors to extend their lead by nearly 10 points with minutes remaining in the first quarter.

Not to be outdone, A Co. tightened up their defense and got back in the game with improved shooting to pull up on 1-13th.

Personal fouls against the Warriors also gave Get Down some leverage to close the scoring gap and by the end of the quarter managed to trail their opponents, 11-7.

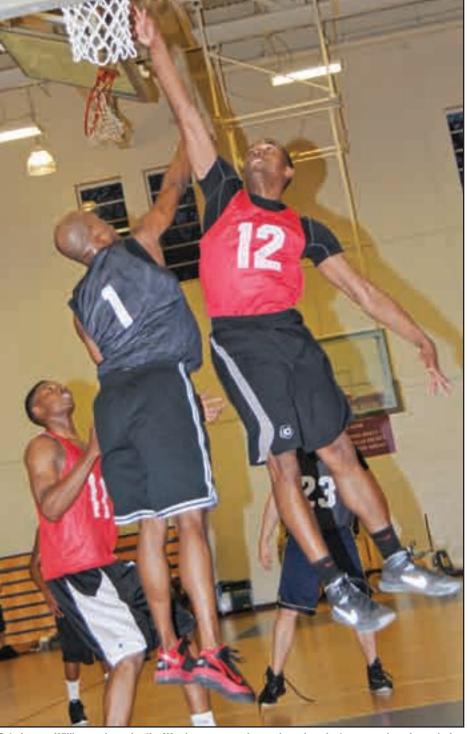
The 1-13th's aggressive offense and superior shooting made it hard for Get Down to keep up, but they managed to break through the Warriors' defense and continue closing the gap.

About midway through the second quarter, A Co. managed to tie the game and it wasn't long before they took the lead for the first time since the start of the game.

It was still anybody's game and Get Down kept the pressure on their opponents, and tried to hold on to the lead as long as they could, but the Warriors man-Get Down started the game on the right aged to stay within 2 points and retake the

> More personal fouls by the 1-13th caused them to fall behind again, however,

U.S. ARMY PUBLIC HEALTH COMMAND PHOTO ILLUSTRATION



Pvt. Jerame Williams, player for the Warriors, goes up for a rebound against an opposing player during a Fort Rucker Intramural Basketball game.

and Get Down used the opportunity to pull away with a buzzer beater at the half, extending their lead to 25-20.

The Warriors took possession to start the half and got off on the right foot with a layup, followed by a rebound and 3-pointer to tie the game just seconds into the second half.

Their defense tightened up to keep Get Down from scoring and the 1-13th soon retook the lead.

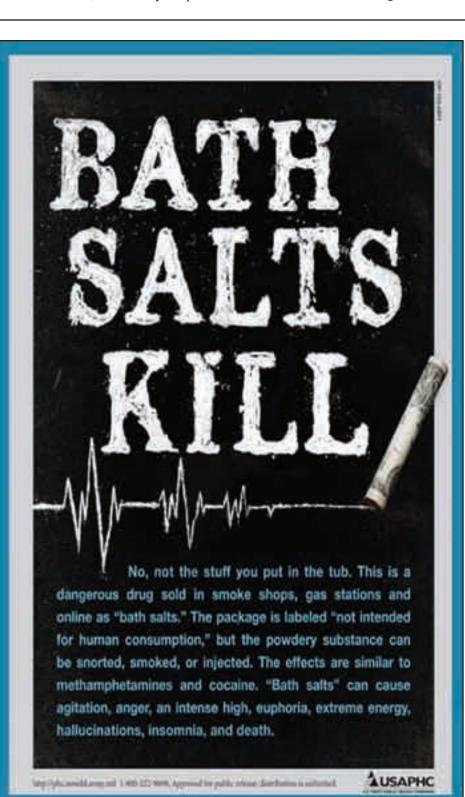
A Co. seemed to lose their stride as they entered the third quarter without a single basket in the half. Additionally, their defense seemed to falter and allowed the Warriors to score on them repeatedly.

their momentum and tighten up their defense to close the gap, and it wasn't long before they managed to again tie the

The lead bounced back and forth between the two teams and it was still anybody's game, but the Warriors started playing an aggressive offense under the rim to recover rebounds and managed a 3-point shot, followed by a layup and a free throw from a personal foul to take a more comfortable 6-point lead with only minutes remaining in the third quarter.

The 1-13th managed to gain a 10-point lead at by the start of the fourth quarter and were determined not to give up the lead again, a feat they managed to pull off throughout the remainder of the game.

Get Down tried to regain their footing Get Down managed to regain some of and managed to close the scoring gap, but it wasn't enough to overtake their opponents before the buzzer sounded with the Warriors winning, 56-47



BATH SALTS

Bad for mind, body, career

By Kirsten Anke

Public Health Nurse, U.S. Army Public Health Command

ABERDEEN PROVING GROUND, Md. – Bath salts – not the Epsom salts for bath water, but the synthetic stimulant street drug – have many names, including Bloom, Blue Silk, Cloud Nine, Hurricane Charlie, Ivory Wave, Lunar Wave, Scarface, Vanilla Sky, White Lightning, Zoom and others.

The catchy names for this dangerous product create an illusion that using it will lead to relaxation or an exhilarating high. But the reality is that the use of bath salts comes with unpredictable reactions and dangerous consequences.

Bath salts are unregulated street drugs. The crystals or powder may include combinations of one or more manmade chemicals related to drugs like amphetamines, cocaine and Ecstasy. Chemical mixtures are created to avoid being identified as an illegal substance. The types and amounts of chemicals vary in each packet or jar.

Nothing good results from swallowing, inhaling or injecting the white, yellow or brown crystals or powder that is sold in packages labeled, "Not for human consumption." Because you do not know what is in this dangerous product, you do not know how it will affect you.

Bath salts are toxic chemicals, not helpful medicines. They increase levels of brain chemicals (serotonin, dopamine or norepinephrine), which may result in feelings of euphoria or increased alertness. However, the short-lived intoxication comes with po-

tentially life-threatening mental, and emo-

tional, behavioral and physical reactions.

Mental and emotional reactions may include anger, agitation, paranoia, hallucinations, panic attacks, insomnia, and psychotic or combative behavior. Paranoid behaviors and delusions may last for days after the high is over. Impulsive and violent behavior may result in hurting someone else or self-inflicted injury, which may lead

The physical effects to your body can be dangerous and deadly. Bath salts may cause a fast heart rate, increase in body temperature, high blood pressure, chest pain, dehydration, breakdown of skeletal muscle tissue, seizures, kidney failure and death.

Bath salts may be addictive, and the body may develop a tolerance to and dependence on the chemicals. Once you start to use the drugs, you may crave them and find it difficult to stop using them.

The Synthetic Drug Abuse Prevention Act of 2012 was signed into law to ban the possession, use or distribution of chemicals used to make man-made drugs like bath

In accordance with Army Directive 2012-14 (Prohibited Substances (Controlled Substance Analogues)), "Army personnel are prohibited from using, possessing, manufacturing, selling, distributing, importing into or exporting from the United States any controlled substance analogue," such as bath salts. Violations of the policy may result in punishment.

Bath salts, the so-called designer street drug, has many sexy names, but no matter what you call them, they are illicit drugs that can destroy your mind and body.

If you or someone you know needs help with drug addiction, call: 1-(800) 662-HELP (4357).

OWNIIM











Just Like Cats & Dogs

by Dave T. Phipps

HONEY, THIS IPAD YOU GOT ME IS GREAT! I CAN WATCH MOVIES, PLAY MUSIC, ORDER STUFF AND MORE. IF I COULD MARRY IT I WOULD. NO OFFENSE DEAR, YOU'RE FINE TOO

Rodriguez

t. TELEVISION: What was the name of the coffee shop featured on

the sitcom "Frasier" 2. U.S. STATES: What is the United

States' northernmost state capital? 3. FOOD AND DRINK: What are

4. THEATER: What was the first

rock musical to play on Broadway? 5. LANGUAGE: What is logorrhea?

6. LITERATURE: Who wrote the novel "The Spy Who Came in from the

Cold" GENERAL KNOWLEDGE: About what percentage of people are left-handed?

8. GEOGRAPHY: What is the smallest country in the world with a coast-

line? 9. ANATOMY: In human beings,

how long is the average interval between eye blinks? 10. FAMOUS QUOTES: Who once

said, "A word to the wise ain't neces-- it's the stupid ones that need the advice"?

See Page D4 for this week's answers.

Super Crossword

FIRST LETTER **BEFORE YOU**

BO At an angle

Darwin

88 in storage

stone stuff

speaker, e.g. 91 Bird calls

89 Abrasive

90 Keynote

92 Jazz's

state

93 Snooping

(around)

98 One seeing

the sights?

Vogue rival 101 Cautious

dance

103 Island

(of) 102 Metropolis in

Colombia

82 Dirty

ACROSS

- 1 See a therapist, say 8 Harvard's
- city 17 Sleeping site 20 Grave robber, e.g.
- 21 Outlitted and equipped 22 Summer, to
- Henri 23 Activity of a
- ghost in a flat? 25 Zenith competitor 26 Seating tier
- 27 Sci-fi врион vehicles
- 28 Crooner Orbison 29 Ham-and- -(average
- Joe) 31 Bigoted title journalist of film
- 33 He played Mowgli in "Jungle Book
- 35 Packard 37 Didn't just talk 40 Develop a
- potbelly faster than? 43 Somewhat - - Apple (Ocean Spray flavor)

23

43

47

58

99

105

116

- 46 Daisy variety 47 Rivating actress
- Adams in intelligibility? 50 Sets loose "Big Blue"
- 54 Word of woe 55 Honda model Varieties
- Take a pic of 57 Conference Filmy strand
- Capital of 60 Ulkraine 62 "Pride before 63 Why NASA
- requires continual funding? 69 Torridly hat
- OJ part 71 BBQ fare
- The girl 74 Nickelodeon "explorer"
- 75 Using base 8 78 Poem of 17 syllables
- 80 Bohr's study 81 *— takers?* Disguise Cite baseball
- Rusty for speeding?
- 85 McCain mate Sarah

- 86 Newscaster 67 Bern's land,
- 88 Doting too
 - goatish god? 94 More clever 95 Terrapins 96 Becomes

Huntley

in French

much on a

- sickly pale 97 Drink to 99 Nebraska's
- largest city 100 Always, to a sonneteer
- 101 Now, where 102 Syllable
- tripled on a dance floor 105 Quipping sort
- 106 Oz creator's cry when he first realized what family he was born
- loto? 113 Profix with system 114 Hester Prynne of
- "The Scarlet Letter," e.g. 115 "Laredo" costar Brand
- 116 Germany's -Spiege! 117 Requirement

118 Kents' "Ode

00 11 -

-Um'

DOWN

- Bike "speed" 2 Large fair Unfreeze 4 "Ben-
- 5 Rescue squad VIP 6 Monkey's kin Factorymade home
- 8 Lynxes, e.g. Herr's cry 10 1988 buyer of Motown 11 Whiskey
- type 12 Get used up 13 Bitty lead-in
- 14 Soft & -- Xer 16 With a side foremost 17 Actress
- Candice 18 "And so on and so on": Abbr.
- Scarcity 24 E flat, e.g. 30 Bonding stuff
- 31 Hellenic B's 32 Kitchen lure 33 Discovered black gold
- 34 Very little 35 Put a spell 36 Olympics swords

37 Songwriters'

46

OFD.

- 38 Task after printing out
- sheets Traitor's act Harry's last name 41 Exotic berry 83 At that time 84 Figure
- in juices It gets tooted (out) 85 Essence 44 Prima evidence 86 Dickens or
- "Yes, yes, Pedro!" 48 49 League
- VIPs 50 Ten halved 51 Rapturous 52 Cabana,
- e.g. 53 Speed limit
- asbbr. 56 Square head
- scarts 57 Cain, to
- Adam 59 Twisted, as
- humor 61 Suppositions 62 Film director
- Van Sant 64 Momentous
- period 65 Bismarck foc:
- TV's Estrada 67 Analogous to 108 Jean-
- 69 Rx overseer 73 Live coal
- Col. North 77 Zesty flavor - part (role-play)
- 104 "So right!" 107 Lemon or ime drink
- Lies against
- Picard 109 Mystifying Mr. Geller 110 Swift plane 76 Pennies, say 111 NYC's Park.
 - for one 112 Big name in ballpoints

103

Weekly SUDOKU

by Linda Thistle

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

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 Feetures Synd., toc.

See Page D4 for this week's answers.

KID'S CORNER

118



106



SCORE 10 points for using all the sensor, in the word balow to form

SCULPTOR

THEM wore I point each for all words of four letters or more bland aroung the orders.

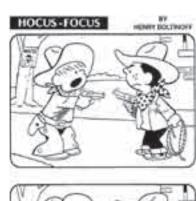
Try to occur of least 56 points, 'See' (41), Assisted Millely

See Page D4 for this week's answers.



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

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totally between to trul treat! Check

Injury experts evaluate safety of new Army parachutes

By Chanel S. Weaver U.S. Army Public Health Command Public Affairs Office

A U.S. Army Public Health Command team is conducting a project that suggests that the Army's new parachute system is more effective at reducing injuries in Soldiers than the previous system.

Over the past three years, the Injury Prevention Program has been analyzing data from parachute jumps conducted by the 82nd Airborne Division, 18th Airborne Corps and 18th Air Support Operations Group, all based at Fort Bragg,

"On a number of occasions, we traveled to Fort Bragg to evaluate jumps and to look at procedures," said Joseph Knapik, a research physiologist who served as the lead scientist for the project.

The results of the study were surpris-

"Overall injury risk was reduced by half with the T-11 parachute compared to the T-10," said Knapik.

In 2010, the Army starting using the T-11 Advance Tactical Parachute System for its parachuting Soldiers. The Army had been using the older, T-10 parachute since 1952.

"This original system was designed to carry a Soldier and his equipment, but that parachute was designed for a maximum load of 350 pounds," said Knapik.

Since the introduction of the T-10, however, the average size of America's Soldiers and the amount of equipment they are required to carry into battle have both increased – and in parachute operations in Iraq and Afghanistan, average loads were 327 to 380 pounds.

In order to address the shortcomings in the T-10 parachute system, the Army developed the T-11 system, which is de-



Underside view of a T-10 parachute - the Army has been using the T-10 parachute since 1952.

signed to hold 400 pounds. The Army, however, still wanted a formal study that compared injury rates between the two parachute systems.

"Parachuting injuries are the sixth leading cause of hospitalization in active-duty Soldiers," said Bruce Jones, physician and Injury Prevention Program manager at the USAPHC. "Eighty percent of these injuries result in a need for medical evacuation, so we are greatly concerned with ways to reduce these injuries in our Army population."

On average, there was a risk of nine injuries per 1,000 jumps when paratroopers conduct a jump with the older T-10 parachutes, but only 4.5 injuries per 1,000 jumps when using the T-11 parachutes. Injuries involved virtually all parts of the body, but the head and ankle regions

were the locations with the largest number of injuries, regardless of the type of parachute.

Data were collected under all types of operational conditions including day and night jumps, with and without combat loads, and in a variety of weather conditions including various wind speeds, temperatures and humidity. Even after statistically controlling for these factors, injury risk was still substantially lower with the T-11 parachute.

Knapik has many hypotheses on why the T-11 parachutes resulted in lower injury risks to Soldiers.

"Because of its shape (modified cruciform), the T-11 parachute becomes vertically stable very soon after deployment and does not oscillate like the T-10," said Knapik. "Oscillations can increase injury risk by increasing the impact energy on ground contact."

Additionally, the new parachutes offer other safeguards.

"The T-11 parachute incorporates changes in the descent rate, which reduce ground impact energy," said Knapik.

The Army is increasing its production of the T-11 parachutes, with 14,000 systems already in place at Fort Bragg, and phasing out the T-10 parachutes, according to Army researchers. Although more study is necessary, USAPHC scientists said they are pleased to work on a project that identifies how to reduce injuries in the Army population.

"It's rewarding to see that we are providing the science behind the Army's transition to the new parachutes," said Ryan Steelman, Injury Prevention Program epidemiologist, who was also a key contributor to the study. "The most enjoyable aspect of doing my job is helping Soldiers stay injury-free and combat-

Army hosts National Junior Air Rifle Championship

By Michael Molinaro

U.S. Army Marksmanship Unit

FORT BENNING, Ga. — Dozens of the nation's top junior air-rifle shooters competed at the 2014 U.S. Army National Junior Air Rifle Championship Feb. 24-26 at Pool International Range Complex.

Hosted by the Army Marksmanship Unit, juniors between the ages of 14-18 from around the country competed for national titles in two divisions -Sporter and Precision - under the watchful eye of the USAMU's worldclass shooters and instructors.

"I really enjoyed this match," said Ashley Durham. "It was a huge honor to work with the AMU team. They are good at what they do, so to compete in front of them was really cool."

Durham and her Junior Reserve Officer Training Corps teammates from Dalton McMichael High School in North Carolina brought home the Sporter Division title, holding off Fountain-Fort Carson High School. Durham led the way, adding the Sporter Division individual championship to her collection of trophies.

David Sink, from Columbia, Md., took home top honors in the Precision Division, while he

and his teammates from Queen Anne's 4-H won the Precision national team championship. More than \$31,000 in endowment money was awarded to teams and individuals from the Georgia Youth Sport Shooting Foundation.

Taking time out from training for the upcoming competition season, AMU Soldiers from the International Rifle section provided instruction and mentorship for the competitors. For some of them, this match took them back to the days when they were a young shooter finding their way in the sport.

"I shot this very competition when I was a junior," said Sgt. 1st Class Hank Gray. "It was hosted by the [National] Guard back then. It's rewarding to go from a competitor to host and do the same thing for the future generation of shooters like it was done for me."

The USAMU supports the nation's youth by fostering junior participation in prestigious state and national rifle competitions, promoting firearms safety, and connecting them with the expertise and professionalism of the Army and its Soldiers. Gray said he and his teammates enjoyed the exchange with the junior shooters, and the opportunity to an-



The U.S. Army Marksmanship Unit and International Rifle section hosted the 2014 U.S. Army National Junior Air Rifle Championship at Pool Indoor Range. More than 80 junior shooters from across the country competed in the event.

swer their questions about shooting and the military.

"The neat thing about being a member of [the AMU] is that we are looked at as the experts," Gray said. "As a former junior shooter they know we have been there - they know the things we are going to tell them are things we experienced before. I made the same mistakes and this is how you get past them."

Despite being billed as a national championship and the prestige that goes along with it, attendees said that the professionalism of the AMU is what stood out the most at this year's

"Being here has been very uplifting," said retired Air Force Master Sgt. Scott Davis, who brought the McMichael High team to the match. "The USAMU made it more than just a fun match – they provided a learning environment. They were the first to step in and show the kids how to do something or another way of doing it. All of [the juniors] commented on how top notch the USAMU Soldiers are."

USAMU is part of the U.S. Army Accessions Brigade, Army Marketing and Research Group, and is tasked with enhancing the Army's recruiting effort, raising the standard of Army marksmanship and furthering small arms research and development to enhance the Army's overall combat readiness.



TRIVIA

1. Cafe Nervous Juneau, Alaska

- 3. Raw vegetables often served as
- "Hair Excessive wordings
- 6. John Le Catre
- 8. Monaco
- 10 percent 10. Bill Cosby

PUZZLE ANSWERS





'Titanfall' showcases Xbox One



COURTESY SCREENSHOT

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.)

Is "Titanfall" the game that will swing the next-gen console momentum back Microsoft's way? Probably not, but it's a great leap in that direction.

This extremely fun first-person shooter will only be held back by the fact that it's an online multiplayer-only game. If you're not on Xbox Live, you're out of luck.

But if you are someone who loves to play shooters online, you will likely be pulling the trigger a lot in "Titanfall." Gamers travel to a battle-scarred planet to play as pilots and the mech-style Titans they pilot. The action is quick and the battles can be legendary. Plus, even though it is an online multiplayer-only game, there is a plot, dialog and other elements to the game that make it feel more robust than just repeated online battles.

The pilots fight either on foot as quick-moving combatants or inside the armored Titans. They either take the side of the Interstellar Manufacturing Corporation or the Militia.



Publisher
Electronic Arts
Rated
Mature
Systems
Xbox One
Cost
\$60
Overall
3.5 out of 4

The pilots can build enough momentum to run on walls and there usually aren't enough Titans for every player. Who becomes a Titan and who doesn't will be part of each session's strategy. There are different types of Titans and pilots, which adds to the intrigue.

"Titanfall" also includes various other multiplayer modes that don't tend to break the multiplayer mold. They involve eliminating as much of the enemy as possible, capturing and holding territory and other multiplayer standards. Nothing mind-blowing, but certainly fun.

There's little doubt that "Titanfall" will be among the top games at the end of the year. It will likely sway lots of folks towards the Xbox One, at least for a little while. First-person shooter and mech fans will be calling in sick when "Titanfall" is released. So should you

SPORTS BRIEFS

Golf course membership drive

Silver Wings Golf Course runs its membership drive now through March 31. People can renew or join for a membership for 12 months and get one month free if the full fee is paid up front. Also, members who join or renew for the 2014 golf season will be eligible to participate in the 2014 membership giveaway. Each day this month, one name will be selected for the daily prize – participants can only win one prize in the daily drawings.

For more information, call 598-2449.

Intramural softball coaches meeting

The Fort Rucker Physical Fitness Center will hold men's and women's intramural coaches meetings March 25 for people who are interested in entering a softball team. The first meeting will be held at 9:30 a.m. and the second meeting will take place at 5:30 p.m.

For more information, call 255-2296.

Silver Wings Cup registration

Silver Wings Golf Course members can register for the 2014 Silver Wings Cup through March 24 at SWGC. Format is individual match play (USGA handicap required). Registration costs \$20, plus cart fee for each time a player plays. Participation is limited to the first 32 paid entries. For more information and to register, call 598-

Gobbler Classic Turkey Hunt registration

Registration for the Gobbler Classic Turkey Hunt continues through Friday at Fort Rucker Outdoor Recreation. The hunt will be held Saturday 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.

St. Patrick's Day run

The Fort Rucker Physical Fitness Center will host its annual St. Patrick's Day 5k, 10k and 1-Mile Fun Run Saturday at 9 a.m. at the center on Andrews Avenue. Race-day registration will be held from 7:30-8:45 a.m. Participants are encouraged to pre-register at either PFC. Forms are available at either PFC or printable off the Directorate of Family, and Morale. Welfare and Recreation website. The fun run will begin after the race is complete, and it is free and open to all children. Each fun run participant ages 12 and vounger will receive a medal. Refreshments will be provided and the event is open to the public. Trophies will be awarded in various categories, including fastest runner with a dog and the fastest runner with a stroller. A team trophy will be awarded to the fastest team and team streamers to the top 10 finishers

For more information and to register, call the Fort Rucker PFC at 255-2296 or the Fortenberry-

Colton PFC at 255-3794.

Zumba Challenge

The Fortenberry-Colton Physical Fitness Center will host a two-hour Zumba Challenge March 20 from 5:30-7:30 p.m. The cost is \$3.50, or people may 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.

Enterprise Baseball

Enterprise's semi-pro baseball team needs players for tryouts – high school age and adults. Tryouts are Saturday and Sunday at 1 p.m. at Pevis Ball Park.

For more information, call 347-4275.

Run/Walk Program

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

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

Gym Rat workout program

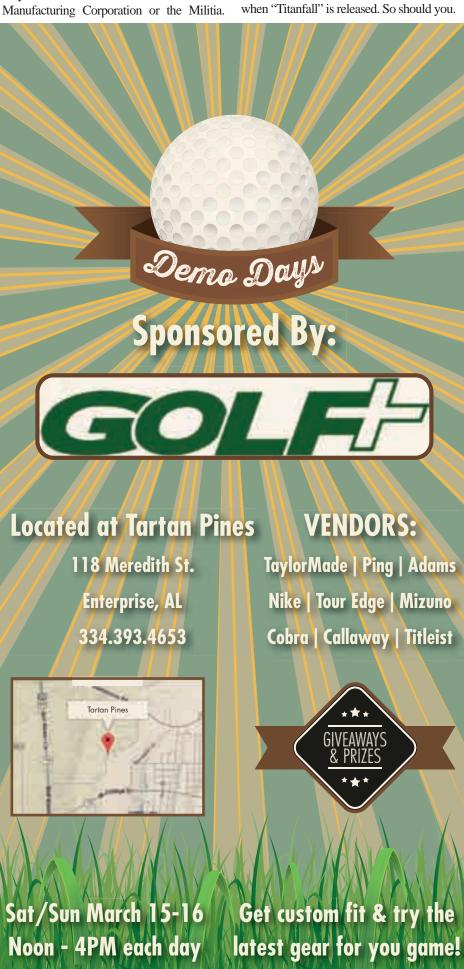
Fort Rucker's physical fitness centers offers the Gym Rat, a new program open to all authorized patrons of both PFCs. People can join the elite with 100 days of fitness. People can obtain signatures from Fort Rucker gym staff on their form every time they work out or attend a group fitness class at either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

For more information, call 255-2296 or 255-

ABCD Golf Scramble

People can sign up now for Silver Wings Golf Course's ABCD Golf Scramble scheduled for March 22. The format will be a four-person scramble. USGA handicap is required. Entry fee is \$55 for members and \$65 for non-members, and includes Friday pairings party, dinner, prizes, tee gifts, cart fees and awards. The field is limited to the first 60 paid entries. March 21, the course will hold a barbecue dinner at 6 p.m. and a blind draw of teams at 7 p.m. The range will open at 11 a.m. March 22, followed by announcements at 12:45 p.m. and a shotgun start at 1 p.m. The presentation of awards will take place after the scramble – about 5:30 p.m. The event is open to the public.

For more information, call 598-2449.





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Half off Ribs