DAY IN THE LIFE

Environmentalist helps Army sustain mission

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SURVIVOR 5K

Community turns out to remember fallen heroes, support survivors

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THE CHAMPS

1-11th Eagles win hoops crown

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

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FORT RUCKER ★ ALABAMA

APRIL 10, 2014

PHOTO BY SARA E. MARTIN

Ozark Police Agent and Criminal Investigator James Isler shows Sarah May how to carry out a defense plan against Fort Rucker Criminal Investigation Division Investigator Michael Holmes at a previous self defense class.

defense

Course to teach basic self defense, awareness tips

By Sara E. Martin Army Flier Staff Writer

In recognition of Sexual Assault Awareness Month, Army Community Service is partnering with the Fort Rucker Military Police to present a workshop on self defense.

The class will be held April 17 at the Fortenberry-Colton Physical Fitness Center from 4:30-6 p.m. It is free and open to the public. Participants are asked to wear gym clothes to the event, including sneakers or gym shoes, said Twanna Johnson, garrison sexual assault response co-

Parents are advised that the program would be inappropriate for children younger than 14. Registration is required by Monday.

"We are not socially aware nowadays. We need to be conscious of who is around us, what we are doing and where we are going, and not be so absorbed in our phones," she said. "We are multitasking instead of just focusing on getting to our car safely

or shopping safely. A lot of times a predator will prey on those who are distracted and not paying attention to their surroundings."

The course will be taught by Staff Sgt. Shamika Sanders, but Staff Sgt. Jason Goldsmith, traffic management collision investigations NCO in charge, will be talking to participants before the demonstrations. Topics will include, things to be aware of and when to be aware of them, assault percentages, environmental aspects of assault in public places, safe practices of being alone in public places, and situational awareness.

"This class will not teach people how to attack someone. It will just be a basic class on how to defend yourself and get away from an aggressor if you are approached or attacked," said Johnson. "She will just demonstrate basic and fundamental techniques."

Proactive behavior is critical to staying safe, she continued, saying

SEE DEFENSE PAGE A5

Preparation, planning key to staying safe in severe weather



As severe weather season makes its way into the Wiregrass, Willie Worsham, Fort Rucker emergency response manager, offers tips to make sure Families are prepared.

By Nathan Pfau Army Flier Staff Writer

Living in the South, most people are familiar with the waves of pollen in the spring and humid heat in the summer, but it's severe weather that people need to make sure they're prepared for this season.

The Southeast experiences two severe weather seasons throughout the year, not including hurricane season, and Willie Worsham,

Fort Rucker emergency response manager, said that preparedness is the key to toughing out the storms.

"Right now we're in our first severe weather season," he said. "This season normally runs through March and April, with the second season running August through September."

After winter, cold fronts come down from the north as the subtropical ridge in

SEE WEATHER, PAGE A5

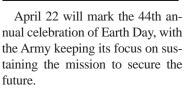


Pfc. Carlos Suaza, Pvt. Aurelio Tovar and Pfc. Craig Flemming, with 1st Battalion, 13th Aviation Regiment, participate in a road march simulated security patrol April 1 during physical training hours as part of their culminating training exercise before graduation from advanced individual training, while Soldiers run during PT.

Expo highlights products,

practices to help go green

By Sara E. Martin Army Flier Staff Writer



In recognition of Earth Day, the Fort Rucker Environmental and Natural Resources Division will host an Earth Day Expo April 22 from 10 a.m. to 3 p.m. at the festival fields.

The expo will address environmental sustainability, pollution prevention, natural resources and energy conservation, while featuring environmentally friendly living with demonstrations and exhibits promoting eco-conscious consumer behavior, said Darrell Hager, en-

vironmental protection specialist. It is open to the public and is free to attend.

"All exhibitors are showing their wide range of environmentally friendly operation supplies," he said. "Some of the supplies featured will be (lidded, plastic food storage containers), batteries, lighting, spill control, household cleaners and insect repellant. Some exhibitors will be geared for industrial purposes while others will be for daily office and household purposes."

There will be an assortment of more than 20 exhibitors at the event, including representatives from Auburn University, the Boy Scouts, Army and Air Force Exchange Service and Alabama Pow-

The Tesla S electric car will make an appearance, as well, and there will be a few child activities

"This event will show the local community new technologies that are out there that can help them in their home as well as at work that are not damaging to the planet," said Melissa Lowlavar, environmental management branch chief. "It will be very informative and

In conjunction with the expo, there will be an E-cycling event where people can bring their old electronics to be recycled responsibly.

Some of the items accepted are cell phones, computers, television sets, wires and cables. Some items that will not be accepted are white goods, such as dryers, refrigerators and microwaves.

ENRD hopes to reach a large audience from the Fort Rucker and



Justin O. Mitchell, Fort Rucker deputy garrison commander, looks on last year as children from the Fort Rucker Elementary School water freshly planted trees they planted in celebration of Earth Day.

to keep children entertained while SEE GREEN, PAGE A5 parents take a look at the booths.

PERSPECTIVE - A2 **COMMUNITY** • C1-6 ON POST ■ C2 **ARMYWIDE** ■ B1-4 SPORTS • D1-4

PERSPECTIVE

Storm survivor offers preparation tips

By Cherish Washington Army Materiel Command Public Affairs

REDSTONE ARSENAL, Ala. — In 2011, a series of tornadoes traveled through the Tennessee Valley, leveling homes and businesses and killing more than 200 people around the state.

Soldiers and Army employees were not immune to this tragedy as members of the service suffered losses — one of them was Sue Tillery, congressional liaison for AMC.

She survived the storm unharmed with her sister, Mary, and her three dogs: Cody, Cricket and Skeeter, and agreed to be interviewed to warn her fellow Army Family members about the importance of remaining weather aware.

After a year, a fresh start had risen from the rubble of her Athens home.

After the storm, the Tillery Family debated staying in Alabama altogether, with questions like, "Is this something we could possibly go through again?" and, "Would we want to go through it again?" reflected Tillery.

"I felt very insecure when (the storm) happened. That was the closest I've come to death in my life. I've never been in a car accident, nothing, and to know that it was that close, it was just very difficult," she said. "I felt like we lost everything we accrued over 30 years of life and there are some things that still bother



A catastrophic storm ripped through northern Alabama in 2011, killing more than 200 people around the state. Pictured above is the damage to Sue Tillery's home. She and her Family all survived unharmed.

me that we lost, but they are just

In the end, rebuilding their home and life in Huntsville, won

"We came here with the intent to retire and make this our home," said Tillery. "So we started looking for homes. We found a house that we fell in love with. It's in a totally different area. Actually, we like it a lot better than the one that we lost. I think it all worked

out real well."

There are a few lessons Tillery wanted to share. For example: consider adding replacement costs to your homeowners insurance.

Adding replacement costs to your current homeowner's insurance allows you to replace items lost due to an unfortunate event at current market value.

The devil is the details, Tillery said, and commented how making small changes to your emergency

plan can make all the difference during a weather emergency.

"I recommend that if you don't have a car charger, get one, that may be your only form of communication especially if you are trapped somewhere," said Tillery. "I purchased a solar powered weather radio. It's a radio with a weather band and it has a USB plug that can plug into my blackberry or phone."

Lastly, ensure you have a "go-

to" bag for the official documents that are difficult to replace, such as passports, birth certificates,

A few times since, Huntsville got small tastes of tornado activity, but nothing like the life-altering storm.

"I was better equipped, but it was still scary. I can't say we are really back to normal yet," she said. "I thank God it worked out in my favor in some ways."

Tillery may have lost possessions, but she didn't lose any Family.

"Watching some of these Family members that lost a brother, sister, mother and children, they are raising their niece because there is nobody left in the Family. That is very, very hard to watch," she continued. "You've got to protect yourself.'

Members of the Fort Rucker community are reminded to sign up for the post's emergency notification system, CodeRED, that notifies them when severe weather and other hazards are present in the area. Signing up is simple and can be done by visiting http://www.rucker.army.mil/ codered/.

Also register with the Army Disaster Personnel Accountability and Assessment System, which standardizes a method for the Army to account, manage, and monitor the recovery process for personnel and their Families affected in a catastrophic event. Update your information at https://adpaas.army.mil.

Rofor Was

National Volunteer Week, April 6-12, is about inspiring, recognizing and encouraging people to seek out ways to engage in their communities. Why do you think it is important to volunteer? ""



2nd Lt. Nevada Shelton, D Co., 1st Bn., 145th Avn. Regt

"It gets every one out and involved in their community, and you are able to build stronger bonds with people. It also allows us to save money."



Sgt. Dustin Kavanaugh, **NCOA**

"It's a great way to give back and support the community that has done so much for the military."



Staff Sgt. Raleigh Hawkins, NCOA

"Volunteering helps build community trust, which is the bedrock of the Army. So it is important to help the community out when they need it because they supply future Soldiers and give us so much."



Michele Pfannenstiel, **Army spouse**

"Everyone always transitioning here. Volunteering is an avenue for spouses to get job experience, and it is a way that they can get out, meet new people and help out their community while keeping busy and being productive."



Staff Sgt. Ben Heffron, WOCC

"It is always important to volunteer. If you have free time that you can give back to the community that needs help, you should. Everyone benefits when we help each other."

COMMAND

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Lisa Eichhorn FORT RUCKER PUBLIC AFFAIRS OFFICER

Jim Hughes COMMAND INFORMATION OFFICER

David C. Agan Jr. COMMAND INFORMATION OFFICER AS-

EDITORIAL STAFF

Jim Hughes

ACTING EDITOR. .. 255-1239 jhughes@armyflier.com

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

Sara E. Martin

STAFF WRITER.. smartin@armyflier.com

Nathan Pfau STAFF WRITER...

npfau@armyflier.com

BUSINESS OFFICE

Robert T. Jesswein PROJECT MANAGER.... rjesswein@dothaneagle.com

Brenda Crosby

SALES MANAGER. bjcrosby@dothaneagle.com

Laren Allgood DISPLAY ADVERTISING lallgood@eprisenow.com

Mable Ruttlen

DISPLAY ADVERTISING......

Joan Ziglar DISPLAY ADVERTISING

jziglar@eprisenow.com

CLASSIFIED ADS.....(800) 779-2557

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ACE SUICIDE INTERVENTION

Ask your buddy

..393-9713

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

Care for your buddy

· Remove any means that could be used for self-

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

⊏scort your buddy

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

Day in the life: Environmentalist helps Army sustain mission

By Sara E. Martin Army Flier Staff Writer

For many years the Army has sought new and innovative ways to reduce its environmental boot print by turning to green and sustainable resources, and one individual is key to making that mission a success, locally.

Suzanne Rohrs, Fort Rucker's National Environmental Policy Act program manager and environmental coordinator, says that she finds her job not only rewarding, but a passion.

"When I was a kid, I lived near the Great Lakes, and since then I have loved the outdoors. Going camping and hiking as a child really instilled my passion for protecting the environment, and we owe it to our future generations to take care of the environment and to make it a better place for them to live and grow," she said. "We have to protect what we have left. I don't want anyone to be afraid to go outside because they are afraid of what might be in the air or the water."

NEPA requires federal agencies to integrate environmental values into their decision-making processes by considering the environmental impacts of their proposed actions and reasonable alternatives to those actions, said Rohrs.

To meet NEPA requirements, federal agencies prepare a detailed statement known as an environmental impact statement. NEPA reviews and comments on all EISs prepared, maintains a national fil-



Suzanne Rohrs, Fort Rucker's National Environmental Policy Act program manager and environmental coordinator, leads a meeting at Bldg. 101 Monday involving different directorates on the installation and how they consider environmental impacts.

ing system for all EISs and assures that its own actions comply with regulations, she added.

"So, any time you have an Army action, whether it is a construction or renovation project, any type of new training, stationing actions, plans or contracts, you have to have the NEPA document that gives approval," she said.

Environmental impacts like hazardous waste, tree removal or asbestos have to be evaluated to make sure all the permits are in order and that they do not violate any laws or regulations, ensuring that it does not have a significant impact.

"It's my job to look at how a little piece of a pie, for example the new commissary being built, can affect the big picture, the overall environment of Fort Rucker and the surrounding areas," said Rohrs.

Rohrs sends out subject matter experts to run tests on water, paint, insulation, air emissions, soil and other factors. The information gets funneled through her to make sure everything meets the standards and all laws are being adhered to.

"I attend a lot of meetings around the installation and I do quite a bit of office work," she said. "But I also go out on scoping visits for

new projects when they are in their infancy. I work really close with the Army Corps of Engineers, and I do a lot of training all year long, as well as heading training to educate others all year long."

Sometimes, Fort Rucker allows National Guard engineer units to train on the installation. They execute earth work and mine detection. Each time, Rohrs has to give the approval for their training to make sure they don't disturb the wrong things.

"I deal with everything from changing light fixtures and preventing erosion to avoid digging up old landfills and oil pits. Some of the documents I put together are one page, while others are 150 pages," she said.

Rohrs said her position keeps Fort Rucker out of trouble with the law, because if Fort Rucker is not following environmental rules and regulations the installation will get fined by outside agencies.

"This position is also important because we have stage fields and airfields that are very close to communities outside the gate, and everything we do is going to affect those communities," she said. "Our storm water does not stop at the installation boundary. Contaminants can run into the creeks and flow out of our control. So, we have to be good stewards."

Rohrs said that the most challenging thing about her position is finding the time to get everything done, and getting others as passionate about protecting the environment as she is.

"There are so many people that do not understand why there are so many stipulations put on equipment and the like. Some people just don't understand that it can have a butterfly effect all over the installation," she said.

But when people finally get why it's important, when that light bulb goes off, she said it is truly reward-

"I want everyone to be able to enjoy the outdoors. That is what is important to me — to save the resources we have left so we can always enjoy being outside with our Families," she said.

CodeRED keeps installation prepared

By Nathan Pfau

Army Flier Staff Writer

More than four years ago, Fort Rucker teamed up with CodeRED to make sure people on the installation can stay informed with instant emergency notifica-

The service uses phone, email and text messages to send Fort Rucker workers and residents, as well as those who live and work in the local communities, alerts about emergencies or threats in the local communities, according to Willie Worsham, Fort Rucker emergency response manager.

"CodeRED is a reverse 911 system that informs people of bad weather and is an emergency message system," he said.

"If we had a fuel spill on the installation or an active shooter, we can send out a message warning those who have signed up for the service," he added. "The messages can say to avoid a certain area or road on post, or that people should stay indoors due to bad weather."

CodeRED gives officials an additional venue to provide information to the community in an effort to keep it safe. The system gives officials the ability to inform the community in the



event there is an emergency on post, where it is and what actions to take. It gives people up-to-theminute warnings and advisories.

People must register on the Internet in order to receive the notification, and the process is described as quick and easy. The link can be found at http://www. rucker.army.mil/codered/, and all that is needed is for people to inter the required information and complete the registration. Once complete, they will immediately start receiving notifications as they happen, said Manny Alvarado, DPTMS chief plans officer.

The system requires registrants to enter their name, phone number, physical address and email address where they want the alerts sent. The service will provide tailored weather watches and warnings based on their geographical location, said Wor-

"[All the information people provide is] all very secure. The servers are very safe and information will not be given out or abused. It is also very reliable," he said, adding that the program is just another way that officials can reach out and touch people to keep them safe.

"People can put in a home or work phone or email, or both if they want," he continued.

The system taps into the National Weather Service for warnings, and by using the address provided, it can tailor what messages people receive, based on their selection upon registration, according to company officials. This allows community members living in Dothan to hear about Dothan-specific warnings, while someone living on Fort Rucker would receive Rucker-specific watches and warnings.

A new app is also available for people in the area to download to stay informed.

The app takes into consideration where you are [by using the global positioning satellite] located [in] your cell phone. It will alert you when there is a tornado watch or thunderstorm warning in the area that you are in," said the operations specialist.

To get the app, fill out the CodeRED application and choose the app once the application is complete, or search "code red mobile alert" in your mobile device app store.

Alerts issued on security threats or weather alerts specific to the installation will come directly from the Fort Rucker IOC.

"We'll send out the local nonweather emergency notifications to the Fort Rucker community to ensure the information is getting to the community as quickly as possible," Alvarado said. "This approach will ensure our people are in the know quickly and accurately, and give them a chance to prepare for whatever may hap-

Another practical use for the program is to notify parents on school problems or changes.

"If a Fort Rucker school is letting out early due to weather we can put that out so people can leave work with as much time available. We want people to be informed about as much as possible to keep them as safe as possible," said Worsham.

The safety and wellbeing of the entire Fort Rucker community is a top concern of leadership, and officials hope people will take advantage of the alert system, though if people do not like it they can easily remove their registration from the service provider, according to Alvarado.

The service is free to sign up for, but depending on an individual's phone plan, fees may

To sign up for CodeRED, go to the Fort Rucker website at www. rucker.army.mil/codered and follow the link to the company's

For more on the program, visit the website, or call 255-9777.

News Briefs

Primary school 2014-15 registration

Fort Rucker Primary School is accepting kindergarten and first grade registration packets for the 2014-15 school year. Parents should complete their packets and return them to the school by Friday. Registration of pre-kindergarten students will begin May 1.

Items needed for registration include: students must have attained their fourth (pre-kindergarten), fifth (kindergarten) or sixth (first grade) birthday by Sept. 1; a completed Department of Defense Education Activity Registration Form 600; a certified birth certificate from the Department of Vital Statistics; a copy of current orders sponsor's active-duty status; a copy of housing lease agreement from Corvias Military Living; a current Alabama Certificate of Immunization (blue card); and contact information on two emergency contacts

Completing registration packets promptly ensures the school is able to maintain the best possible teacher-to-student ratio for continued best practices

For more information, call 255-2822.

PT hours change

Fort Rucker's physical training time recently changed to 6-7:15 a.m. This means that Ruf Avenue is closed to traffic weekdays at 5:30 a.m. and re-opens at 7:15 a.m. Reveille now plays at 6 a.m. There are no changes to civilian workforce duty hours, however, if an employee's schedule is expected to change, they will be notified by their

Retirement ceremony

Fort Rucker hosts its quarterly retirement ceremony April 25 at 2 p.m. at the U.S. Army Aviation Museum. All are invited to attend and honor Fort Rucker's latest retirees.

ANZAC service

The Australian Liaison Office will host its annual Australian-New Zealand Army Command Dawn Service April 25 at 5 a.m. in Veterans Park in front of the U.S. Army Aviation Museum. ANZAC Day is celebrated in Australia and New Zealand as a national day of remembrance to honor the members of the ANZAC who fought at Gallipoli in Turkey during World War I. People who would like to lay a wreath at the ceremony should call 255-9559 or 255-3766 by April 18.

Earth Day Expo

Fort Rucker hosts its Earth Day Expo April 22 from 10 a.m. to 3 p.m. at the festival fields. The expo will feature events and vendors presenting environment-friendly products and services, energy-efficient vehicles and more.

For more information, call 255-1657.

Jail-a-Thon

As part of Fort Rucker's Army Emergency Relief fundraising campaign, the 6th Military Police Detachment hosts its annual AER Jail-a-Thon May 1 in the post exchange parking lot. People can issue warrants for people's arrests based on prices associated with ranks – prices range from \$10 for E-1 to E-4 and GS 1 to GS 4, all the way to the commanding general and deputy commander at \$50. Warrant collection will run Monday - April 30. The people who have warrants issued for them will be confined in a makeshift jail outside of the PX May 1.

For more information, including a complete warrant price breakdown, call 255-2120, or send an email to Christopher.d.gipson2. mil@mail.mil.

AER golf tourney

The Army Aviation Center Federal Credit Union will host the 24th annual Golf Tournament for Army Emergency Relief April 25 at Silver Wings Golf Course. Registration for the four-person scramble tournament begins at 10 a.m. and a shotgun start is at noon. It costs \$65 per person to enter, while SWGC members can enter for \$55. The price includes a hamburger lunch, cart and green fees, and a registration gift. Various prizes will also be awarded. All proceeds will

For more information, call 1 (800) 448-4096 or 598-4411, Exts. 1306, 1302 or 1702.

Prescription drug take back

People can dispose of their unused prescription medication at two locations in the local area April 26 as part of National Prescription Drug Take-Back Day. The locations include the Fort Rucker Main Exchange Mall and the Daleville Grocery Outlet parking lot.

For more information, visit www.dea.giv.

Secarmy:

Tracking 'insider threats' challenging

By David Vergun Army News Service

WASHINGTON - The Army has done "a great deal since the tragedies at Fort Hood in 2009" to track the "insider threat, but something happened, something went wrong, and we need to know what that was," Secretary of the Army John M. McHugh told lawmakers April 3.

McHugh was responding to questions from the Senate Armed Services Committee regarding the shootings at Fort Hood, Texas, April 2, which left four dead, including the alleged gunman, Spc. Ivan Antonio Lopez, who committed suicide, and 16 others injured, three critically.

Fort Hood was the scene of another mass shooting in November 2009 when then-Army Maj. Nidal Hasan killed 13 and injured oth-

By tracking possible insider threats, the secretary was referring to proactive measures like behavioral health screenings that are done at least annually and more often when Soldiers deploy. Those screenings could point to tendencies to violence, he said.

McHugh explained to lawmakers that there are several types of behavioral health assessment "touch points." Assessments are conducted for Soldiers 180 days prior to deployment, within 90 days, when they get to theater, 30 days after redeployment, 90 days after redeployment, and then for every Soldier irrespective of their



Secretary of the Army John M. McHugh discusses the "insider threat" with members of the Senate Armed Services Committee in the wake of the April 2 shootings at Fort Hood, Texas.

deployment status, they get an annual screening.

Army Chief of Staff Gen. Ray Odierno, who also testified at the hearing, added that the number of behavior health counselors and screening has increased significantly over the last five years about 150 percent.

"So we've made some really good progress here," Odierno said.

"If we failed in some way against our current policies, we need to be honest with ourselves, and with you, and hold ourselves accountable," McHugh said. "But if we identify new challenges, new threats we hadn't recognized before, we have to put into place programs to respond to them."

Odierno agreed that finding insider threats is challenging and he pointed out what he called "the biggest problem we have."

That problem, he said, is balancing the need to share information with commanders and the chain of command, with protecting an individual's right to privacy. "It's a real dilemma."

Without knowing about insider threats, commanders and others in the chain of command don't know when a problem exists.

"So, the secretary and I are really doing the best we can to come up with processes that allow us to share information," he said, "because in a lot of cases, that's the problem. There is some limitation to what we can do. And we're try-

ing to do the best we can."

The Catch-22 here is that Soldiers may not come forward with mental health problems if their privacy concerns are not addressed. This raises the issue of "stigma."

"The challenges we face ... is that we are doing everything we can to de-stigmatize seeking help," McHugh said.

The chief held out a solution, suggesting that the Army, along with members of Congress, can work together on creating ways for better information sharing to have "the ability to really understand when Soldiers are having problems," while addressing the need for confidentiality.

Odierno pointed out that the alleged shooter was screened and was receiving counseling, "so in a lot of ways the system worked. But obviously it didn't work completely because in the end, he made some decisions that obviously cost other people's lives."

"We've really increased our behavioral health encounters in the Army and we view that as positive," McHugh added. "Folks are reaching out more. They're asking for help more voluntarily. But then, sometimes things happen, like happened yesterday, that we fail to understand.

"So, we're trying to keep as close a watch on our Soldiers as we can," he continued, "but clearly, we believe there are more things we can do to identify problems in the earliest stages of their development."

Odierno added that the Army has recently put behavioral specialists into brigades, something not done before.

However, some Soldiers would rather get behavioral health offpost, he said, meaning they would rather avoid the possibility of being identified by their unit as someone with a mental health is-

Funding off-post behavioral health could be something the Army will look into, he added.

Behavioral health issues are "something we're going to have to deal with for a very long time, and that's a consequence of 13 years of war. And so, we're going to have to make sure that we have the systems in place to do this," Odierno concluded.

Sexual assault prevention advocate speaks out

By Lisa Ferdinando

Army News Service

WASHINGTON – Spc. Natasha Schuette wants victims of sexual abuse in the military to know they are not alone and help is available.

She speaks from personal experience, sharing the ordeal she went through after being sexually assaulted by her drill sergeant at Fort Jackson, S.C., in 2012. "I just want to ... continue to encourage

victims to come forward to change this culture that we have," she said. "I know I am one of the very few who has an actual conviction on their perpetrator."

Schuette was honored at the Pentagon March 31 by the Department of Defense with a Lifetime Achievement Women of Character, Courage and Commitment award, and a Women's History Month certificate of appreciation.

The Army is making an effort to combat the culture of tolerance of sexual abuse, but it is a slow process, she said.

It's so important for victims to know that there are avenues for them, she said, whether they want to pursue a conviction or not.

"You need to come forward or at least talk to somebody – that way you can have it off of your chest, because it's going to eat you alive," Schuette said in an interview after the Pentagon ceremony.

Her chain of command didn't believe her when she reported the crime, she said. Other drill sergeants retaliated against her and she faced a discharge for having a "lack of integrity," she said.

In talking with others in her company, she learned that other female trainees had been assaulted by the same male drill sergeant. Those women came forward. The drill sergeant was convicted on multiple counts and is serving a four-year jail sentence for sexual assault.

"I had to write three congressional inquiries. I really fought for this conviction and having the other girls stand beside me was what actually got him convicted," she said.

Being new to the military when the attack happened, Schuette was unsure who to report the crime to, she said. The rank structure was unfamiliar - the basic training environment was intimidating.

However, there was no question that she would report the assault and fight for what was right, she said, adding that she found the strength to pursue the case from the other victims who came forward and stood beside her, and also from her Family.

Her dad provided counsel and helped her when "nobody would listen to me," she said.

"He said, 'You have two choices: you can stay in and fight it, or you can get out and not really have as much of a voice," Schuette said.

At the Pentagon ceremony, Schuette was recognized for demonstrating one of the finest Army values, personal courage, by coming forward to share her experience.

Her actions are credited with opening the door to the problems that exist in handling reported cases of sexual assault, and contributed to an increased effort by the Army to improve its Sexual Harassment/Assault Response and Prevention program.



Spc. Natasha Schuette, a sexual assault prevention specialist, speaks about her experiences as a victim of sexual assault and encourages all victims - male and female - to talk to someone about their assault. She spoke at a Women's History Month event at the Pentagon March 31.

The ceremony narrator noted that her a reminder for me of everything that's hap-"courageous actions have had a profound impact on reporting sexual assault and sexual harassment by both male and female Soldiers."

Schuette shared her story for a training video that was shown at a SHARP summit last year, hosted by Chief of Staff of the Army Gen. Ray Odierno. Army leadership has made preventing sexual assault and effectively responding to reported cases a top

Schuette, who is stationed at Fort Bragg, N.C., said she is planning on leaving the military. The uniform, she said, is "kind of

pened."

But, she said, she plans to continue to help victims of sexual assault in the military through speaking engagements with the SHARP program. She is pursuing her nursing degree, and would like to work on an installation hospital and provide care to sexual assault victims.

"I want to encourage more people, not just females, but males and females, to come forward and get these bad people in jail," she said, adding that Army values are not represented in those who commit sexual assault.



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Defense: Officials urge public to be alert

Continued from Page A1

there are simple ways to stay safe.

"Try not to be focused on talking on the phone or texting. Don't have your arms full of bags where you can't protect yourself. And, have your keys out and ready to get in your car quickly once you leave a store," Johnson said.

Men and women both need to be aware of their environment more. Men can be

a victim of a mugging or assault as well when they are out in public, she contin-

"Technology really distracts us and oftentimes our hectic schedules really don't permit us to put down the phone or device to focus on a simple task like walking through a parking lot, but it really diminishes our safety when we do things like that," said the sexual assault response coordinator. "We need to always be alert in our communities, no matter how safe we might feel. You can never be too careful."

Though people may feel protected in a small community, especially when inside the gates, Johnson said that people cannot take the fact that they are in a small, southern community for granted.

"We like to think that people that we know and trust, and that others know and trust who live here, are respectful and kind. But no matter what, we need to be alert and have a heightened sense of our surroundings when we are alone, no matter what we do or where we are at," she

Though personal security always needs to be a top priority, she said that the class is not going to be all serious and somber.

"It will be fun for everyone involved," she said

For more information and to register, call 255-2382 or 255-0960.

Weather: Simple tips aid in prepardness

Continued from Page A1

the south begins to warm and move up. As these two systems collide, violent weather patterns can erupt due to the drastic differences in temperatures, said Worsham.

The second season hits when cold fronts begin moving back down and colliding with the warm air of summer.

"The subtropical ridge doesn't allow the cold front to move through, so it will cause a lot of instability in the atmosphere," which can lead to severe thunderstorms and even tornadoes, he said.

People can expect strong storms with high winds, large downpours, lightning, possible tornadoes and even flooding in low-lying areas, said the emergency response manager.

Tornados are one of the main things people need to be prepared for since they are so unpredictable and can strike without warning, said Worsham.

"The dynamics in the atmosphere during these periods are very conducive for the formation of tornados," he said. "If people hear tornado sirens, they should immediately move to an interior area of their house, such as a hall-way or closet, and try and shield themselves with mattresses or anything they can."

Because of the unpredictable nature of weather, Worsham said that people should always have a plan ready for such an occasion and stay informed. Listen for sirens and make sure everyone in their household knows what to do in the event of a severe weather emergency, he added.

Worsham offered tips for people to follow to prepare for such emergencies.

- Make a Family communications plan.
- Identify levees and dams in the area, and determine whether they pose a hazard.
- Be sure trees and shrubs around the home are well trimmed so they are more wind resistant.
- Clear loose and clogged rain gutters and downspouts.
- Bring in or secure all outdoor furniture, decorations, garbage cans and other items that are not tied down so they do not become a hazard.
- Set the refrigerator thermostat to its coldest setting and keep

its doors closed in case of power outages. Freeze water in containers and place in freezer to help keep food frozen.

- Turn off propane tanks.
- Close all interior doors, and secure and brace external doors.
- Watch pets closely and keep them under your direct control. Be sure to have enough food and water for pets.
- Fill the bathtub and other containers with water in case the tap water is contaminated for sanitary purposes such as cooking, cleaning and flushing toilets.

These tips can be used for just about any weather emergency, including hurricane season, which typically runs from June through November, said the emergency response manager.

Regardless of the type of weather emergency, Worsham said people need to be ready for anything because anything can happen.

"A lot of things people tend to forget is that during these storms, power can go out at any time and stay out for days," he said. "This is something people need to be ready for, especially in more rural areas."

Normally people should prepare for a 72-hour time period, but in the more rural areas, it might take longer for help to get out to those areas, so people might want to prepare for a bit longer, he said.

For more information on emergency weather preparation, visit www.acsim.army.mil/readyarmy/ra_readiness.htm#natural.

Green: Conservation key to ensuring sustainability

Continued from Page A1

surrounding communities to spread awareness of environmental issues.

"Sustainability is very important. We have an ever-increasing population on Earth, and we only have a finite amount of resources. Some day, the amount of resources and the demand for those resources is going to be at a deadly level," said

Hager said that people need to manage those resources wisely, so they are not depleted for future generations

"Green and sustainable materials are key to

pushing that day of demand as far back as possible," he continued.

Using green materials is also much safer at home with pets, children and people with health issues, said the environmental protection specialist.

"For the most part, green and sustainable home cleaners are much better for the infrastructure of the home itself. Green materials are not as abrasive or destructive to carpet and tile as some of harsher chemicals," he said.

There are 300 million people who have homes in this country alone, but if everyone does their part, said Hager, local environments can be a safer and cleaner place to call home.

List of ways to decrease a person's daily footprint

- Recycle every day. The less a person puts in the trash can and the more a person puts in a recycling bin, the better.
- Don't overload dishwashers.
- Fill washing machine up.

 The second se
- Turn off lights when leaving a room.Open curtains to use as much natural light as possible.
- Set thermostat a couple of degrees low-
- er in the winter and a couple of degrees higher in the summer.
- Use pump hairspray instead of aerosol hairspray.
- Don't run the water while brushing teeth
- Unplug cell phone and laptop chargers and power strips when they are not actively in use.





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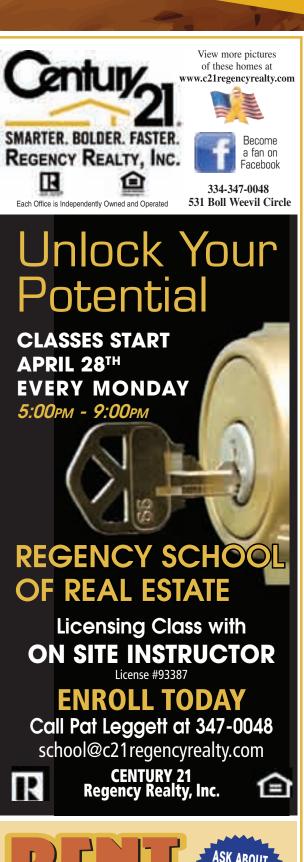
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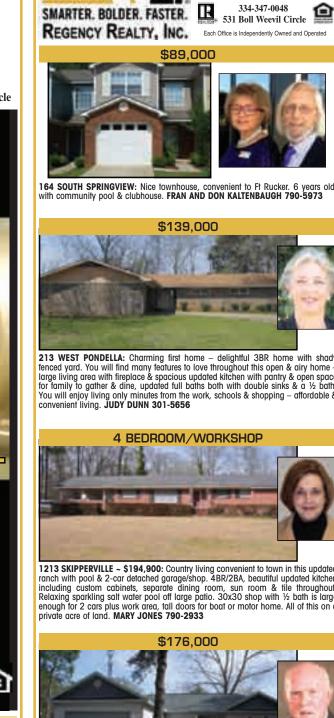
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Lt. Col. Albert J. Paquin watches as CH-47 Chinook helicopters deliver troops and M119A3 Howitzers during a two-gun raid as part of field training on Fort Bragg, N.C., March 19. Paquin is commander of the 82nd Airborne Division's 2nd Battalion, 319th Airborne Field Artillery Regiment, 2nd Brigade Combat Team.

Brigades conduct exercise to prepare for deployment

By Spc. Glenn M. Anderson U.S. Army Europe Public **Affairs**

GRAFENWOEHRTRAIN-ING AREA, Germany - Soldiers and aircraft from U.S. Army Europe's 12th Combat Aviation Brigade partnered with their infantry colleagues from the 173rd Infantry Brigade Combat Team (Airborne) and U.S. Air Force fighters for a combined arms live-fire exercise at the training area March 28 to help prepare the CAB for deployment.

The training brought organized mayhem to Range 301, as the sky overhead filled with AH-64 Apaches, UH-60 Black Hawks, Air Force F-16s and the sounds of several different weapons systems.

The CALFEX was part of a larger mission-rehearsal exercise designed to help prepare the Griffin brigade for its upcoming deployment in support of Operation Enduring Freedom by simulating the environment and events the Aviators are likely to encounter while deployed, as well as help the other units that participated to develop their combat skills.

"This was great training, with great opportunities and a multitude of very complex operations that were well managed and executed," said Lt. Col. Kelsey A. Smith, commander of the 2nd Battalion, 159th Attack Reconnaissance Battalion, 12th CAB. "We threw a few mix ups inbetween, just to cause friction enough to make it valuable training."

Several USAREUR organizations and the U.S. Air Forces in Europe added ingredients to the CALFEX that brought even more realism to the exercise.

"We had elements from several different units throughout USAREUR, from infantry to artillery, mortars and military intelligence, as well as F-16s from Aviano, Italy," said Maj. Beau G. Rollie, the 2-159th operations officer. "We had



PHOTO BY SPC. GLENN M. ANDERSON

A UH-60 Black Hawk, assigned to the 12th Combat Aviation Brigade, departs after off-loading Soldiers from USAREUR's 173rd Infantry Brigade Combat Team (Airborne) during a combined arms live-fire exercise at the Grafenwoehr Training Area, Germany, March 28.

force could take the two objectives that we had planned.

"Because our folks are preparing to go to Afghanistan, this was great training for them," he added. "The exercise went great, with lots of ammunition fired and lots of notional enemies destroyed."

The 12th's pre-deployment training over the past month has spanned the whole of USAREUR's Joint Multinational Training Command,

all these elements working in from the ground and skies combination, firing to keep here to JMTC's Joint Multithe enemy's head down so our national Readiness Center in nearby Hohenfels.

Some of the younger and newer Apache pilots and gunners said the training gave them their first real chance to train in an exercise that required them to communicate with many different personnel on the ground before sending rounds downrange.

"It's always fun to fire live ammunition," said1st

SEE EXERCISE, PAGE B4

Building a team

Gray Eagle Co. measures deployment readiness

By Sgt. William Begley 3rd Combat Aviation Brigade Public Affairs

FORT STEWART, Ga. — Gray Eagle Soldiers from E Company, 3rd Combat Aviation Brigade, participated in an air assault mission that culminated a validation exercise March 27 at Fort Stewart designed to measure their readiness to deploy.

With experienced leadership from the 21st Air Cavalry Brigade out of Fort Hood, Texas, the newly established company was evaluated to determine if they are ready to deploy by completing several tasks specific to the unmanned aircraft system mission.

Leading the assessment team was Maj. Glenn Anderson, 21st Air Cavalry Brigade from Fort Hood. Anderson was the commander of the very first MQ-1C Gray Eagle unit that stood up, F Company, 227th CAB, 1st Cavalry Division at Fort Hood.

Anderson, along with 15 Soldiers from 21st ACB and six civilian contractors, brought their experience of three years in dealing with the MQ-1C Gray Eagle UAS.

"When we're through, they will be certified ready for deployment," said Anderson. "It's very similar to the National Training Center or the Joint Readiness Training Center, as far as the training and certification process goes."

To validate, the Soldiers provided aerial convoy security with the MQ-1C Gray Eagle for a convoy of vehicles. During the exercise, a Soldier was taken hostage and the MQ-1C Gray Eagle had to keep positive identification on an opposing forces vehicle. The unit also employed a quick reaction force to recover the hostage.

Under the supervision of Capt. John Sproul, 21st ACB, the QRF boarded two UH-60 Black Hawks with several junior enlisted Soldiers. Some of the Soldiers had deployed before and their experience put them into leadership roles. However, for many of them this was their first experience on a helicopter and for some this was their first exercise that accurately depicted a deployed QRF mission.

"With this being a cutting-edge system, a

SEE TEAM, PAGE B4



PHOTO BY SGT. WILLIAM BEGLEY

Soldiers of E Co., 3rd CAB, prepare to rescue a simulated prisoner of war during an air assault mission as part of a readiness validation exercise on Fort Stewart, Ga., March 27.

Virtual training: Exercise combines multiple elements

By Sgt. Mark A. Moore II 2nd Brigade Combat Team, 10th Mountain Division Public Affairs

FORT DRUM, N.Y. — The early morning silence on Fort Drum's Range 23 was shattered by machine gun fire that tore through the air as Soldiers assigned to C Company, 4th Battalion, 31st Infantry Regiment, 2nd Brigade Combat Team, and British soldiers assigned to C Company, 1 Rifles, 160 (Wales) Brigade, Gloucestershire, U.K., assaulted a notional enemy village March 27.

Soldiers from both armies struck the objective in unison, separating regular and irregular enemy fighters from the local population, while securing enemy strongholds during a culminating exercise in conclusion of Operation Commando Rattlesnake, and the 66th Combat Aviation Brigade enhanced the training via virtual training.

Rattlesnake was a three-week exercise allowing the exchange of lessons on training practices, identifying areas of improvement between U.S. and U.K. interoperability, and to validate live, virtual and constructive integration architecture for the U.S. Army.

"This exercise combines actual training with subordinate units that are providing simulated training using computers and mock up simulations," said Maj. Justin C. Jocuns, knowledge management officer, Headquarters and Headquarters Company,



PHOTO BY SGT. MARK A. MOORE II

Soldiers assigned to 4th Battalion, 31st Infantry Regiment, 2nd Brigade Combat Team, pull security during squad tactical training conducted as train-up to a cumulative field training exercise during Operation Commando Rattlesnake March 10-28 at Fort Drum, N.Y.

2nd Brigade Combat Team. "It allows battalions to go through all of their battle drills, and use all of their products to see how they would perform, while managing information for their commanders.'

Amid military spending cuts, live and virtual training is at the forefront of less expensive large scale unit training.

"It ties into a period of time when the Army is going to be transitioning – we know our budget constraints will be increased," stated Jocuns. "This training lets us be very good stewards of government resources. For less cost, we can maintain and improve on our readiness as a unit here.'

First Lt. Eugene Lee, 66th Combat Aviation Brigade and exercise battle captain, explained that, in addition to cost efficiency and improved readiness, time is saved by using virtual and live training.

"For Army Aviation, for every one hour of blade time there is normally four hours of maintenance time associated with that. In terms of that aspect, we are saving a lot of time for the maintenance crew chiefs that are working on the aircraft," he said. "In a simulator, we turn it on, load the mission, fly the mission, power down the computer, debrief and you're finished."

During this operation, Lee and his Soldiers provided U.S. and U.K. ground force commanders with real-time battlefield updates, increasing reaction time to developing hostile situations.

"Being able to access our interoperability and developing that alongside our American brothers in arms, in this unique arctic tundra environment, increases our adaptability to operate in all environments around the world," said U.K. Capt. Joshua Axford, platoon commander. "Getting a feel for the differences and similarities between our forces, rank structure and operations will help us work seamlessly if we ever work together again."

With increased North Atlantic Treaty Organization-ran missions, meeting in a combat environment is most likely.

"I think, in the future, most operations will be conducted as part of a NATO force – it is unlikely that any nation will go to war on their own anymore," said U.K. Lt. Jack Brown. "We need to be able to operate together and realize our tactics fit in with the American tactics, and the American tactics and doctoring fits in with our own. It's important to go out on an exercise and experience this first hand."



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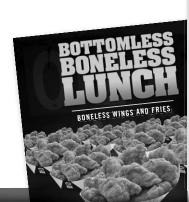
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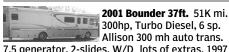
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Exercise: Soldiers gain realistic experience

Continued from Page B1

Lt. Kevin R. Lown, executive officer for 2-159th's B Company. "With a lot of the training that we do, we don't have the opportunity to talk to ground units. So this was very helpful for myself as a 'frontseater' (pilot), to be able to talk to that person on the ground — whether an infantry commander or a joint terminal attack controller — actually clearing your firing lane (before) coming in and unleashing our rounds on target."

The CALFEX compelled 12th CAB Soldiers and pilots to pass through some of the same phases they will experience during their deployment, a progression from learning to work with their higher headquarters in Afghanistan, to working with and training Afghan forces, to undertaking combined missions, to the eventual transfer of responsibility for their mission to Afghan forces.

The CALFEX also gave the Soldiers and bear. Today we showcased that."

leaders of the 173rd an opportunity to gain realistic experience in synchronizing its efforts on the ground with partner units.

"From a (U.S. European Command) perspective, we showcased the capability and brought it together to synchronize this operation and 'deconflict' both fires in terms of direct mode and indirect modes," said Lt. Col. Patrick Wilkins, commander of the brigade's1st Battalion (Airborne), 503rd Infantry Regiment. "There were weeks of planning that went on for this exercise, and although it was pretty fun to execute, it was exacting in terms of our preparation in terms of safety and realism, and combines the two into live-fire art."

This is exactly what the 173rd would do in a full-spectrum fight, the colonel said.

"Obviously, we will apply force where necessary and only use a proportional amount of force as necessary, said Wilkins. "This [event] showcases what capability I, as a ground force commander can bring to



Two UH-60 Black Hawks, assigned to the 12th Combat Aviation Brigade, prepare to load Soldiers from USAREUR's 173rd Infantry Brigade Combat Team (Airborne) during a combined arms live-fire exercise at the Grafenwoehr Training Area, Germany, March 28.

Team: E Co., 3rd CAB earns combat readiness certification



FRESH

Soldiers of E Co., 3rd CAB, secure an enemy vehicle during a readiness validation exercise on Fort Stewart, Ga., March 27.

Continued from Page B1

lot of the doctrine is being built here, right now," said Sproul. "We have a lot of young troops who have never deployed before. I love training America's best and brightest, and their attitude has been very positive throughout this evaluation."

Sproul is a field artilleryman by trade, but when he deployed to Afghanistan his mission did not require that particular skill set. However, his experience helped to emphasize the need for all Gray Eagle Soldiers to be a rifleman first.

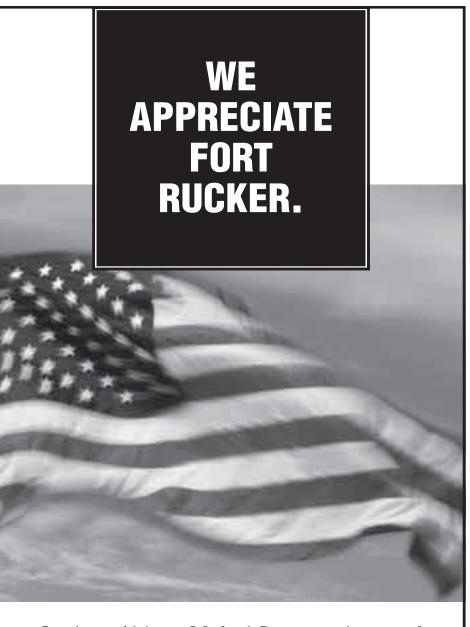
"If some of my experience can benefit these guys and hopefully get them better prepared, all the better for them," he said. "It's good to get some of the older, more experienced guys to share their experience from a ground perspective."

Pfc. Bryan Thomas, E Co., 3rd CAB, has been a Soldier nearly 18 months. While training for future contingency operations, he got his first ride on a UH-60 Black Hawk.

"It felt like I was in a combat zone. The mission was as close as you could get to the real thing without live rounds being fired at you," said Thomas. "It helped me to get back to the things I was taught in basic training. I was told by my drill instructors this could happen and now I feel a little more

At the end of the exercise, the inspectors conducted an after-action review, which was then followed by the E Co., 3rd CAB commander, Capt. Jonathan A. Coe, and 1st Sgt. Eric Smith receiving the coveted combat readiness certificate for their unit.

"This certificate represents the journey we've made from day one," said Coe. "It has been a real challenge standing up this unit. Training them, equipping them and preparing them for this deployment has been the most challenging thing I have done in my career in the military.'



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emotional visit to memorial in D.C.

Story on Page C3

APRIL 10, 2014



Soldiers, civilians and Family members, clad with gold stars adorned with the names of fallen Soldiers, take part in the Survivors and Fallen Heroes 5k Run and Remember in front of the Fort Rucker Physical Fitness Center Saturday.



Soldiers, civilians and Family members take part in the Survivors and Fallen Heroes 5k Run and Remember.

Community turns out to remember fallen beroes, support survivors

By Nathan Pfau Army Flier Staff Writer

American flags adorned the roadway, and more than 300 runners and even more supporters came out to show their respect for fallen heroes and Gold Star Families during the installation's third Survivors and Fallen Heroes 5k Run and Remember Saturday.

The run is a collaborative effort by the Directorate of Family, Morale, Welfare and Recreation; Survivor Outreach Services; and members of B Company, 1st Battalion, 145th Aviation Regiment, 1st Aviation Brigade, and is meant to honor survivors and those who have made the ultimate sacrifice, said Beth Gunter, SOS financial counselor.

"These events give us the opportunity to show survivors that their loved one is not forgotten," she said. "This run has a special place in many people's hearts because it's not really about who wins - it's about remembering and honoring the Soldiers."

Runners ran with gold stars on their backs with the name of a Soldier they wished to run for, and some ran with multiple names to show their support.

For Sylvia Ramirez, Army spouse and former service member, the run was an emotional event and was all about remembering her brothers and sisters in arms.

"I wanted to run today because I'm prior service, and this means a lot to me because these are my brothers and sisters in arms that sacrificed their lives for our country," she said. "This is important to recognize these Soldiers and show appreciation for what they've done. They're the reason why we're here today and able to do things like

Ramirez's Family was among



Soldiers sign up for a prize drawing before taking part in the Survivors and Fallen Heroes 5k Run and Remember in front of the Fort Rucker Physical Fitness Center Saturday.

those who came out to show support for the runners, and she said to see the amount of support for fallen Soldiers and their Families is overwhelming.

"It warms my heart so much to see all the support that has come out," said Ramirez with tears in her eyes. "It shows the unity that we have as service members, and there are a lot of civilians here, as well, and it shows how much they appreciate the sacrifices that these Soldiers have made."

The Wiregrass Patriot Guard Riders were also on hand to show their support.

"We do anything on the homefront for our Soldiers," said Bill Seyler, Help on the Homefront coordinator for the Wiregrass Patriot Guard Riders. "We do whatever we can to help out – it's just something you must do to show your patrio-

The Patriot Guard Riders were spread out at various events from Pensacola, Fla., to Dothan, but despite being spread thin, Seyler said the run wasn't something they

would dream of missing.

"We're here and that's what counts," he said. "Showing support for these fallen heroes and their Families should be common sense. These young men and women do so much for us, so the least we can do is show up and show our support for them."

Support for the Gold Star Families is what the run and the SOS program are all about, said Gunter. The program exists to reach out to all survivors, and provide services and answer whatever questions they may have, not just for a period of time after a Soldier has fallen, but for a lifetime.

"No one knows the price of freedom more than our Gold Star Family members," she said. "Our mission is to build a unified program that embraces and reassures them that they will be continually linked to the Army Family for as long as they desire."

For more information about SOS, call 255-9637 or 255-9639, or visit www.ftruckermwr.com/acs/ survivor-outreach-services.

Event seeks to unite Soldiers

By Sara E. Martin Army Flier Staff Writer

The Army has eradicating sexual harassment and assault from within its ranks firmly in its sights and is committed to paving a path for a safer Army—for both

One leader leading that charge will speak at Fort Rucker to bring male and female Soldiers together to fight sexual harassment and assault.

Lt. Col. Celia FlorCruz, 7th Infantry Division Sexual Harassment and Assault Response and Prevention program manager, will speak Wednesday at Wings Chapel from 7:30 a.m. to noon. The program is open to ev-

FlorCruz currently holds the assignment at Joint Base Lewisshe tries to root out sexual harassment and assault by finding new ways to improve awareness of inappropriate behavior, help create a safe environment Army wide where victims feel safe to report, and help female Soldiers reach their full potential through military pro-

grams. "We wanted (FlorCruz) to come and speak because she has a lot of experience as far as being a sexual assault



Lt. Col. Celia FlorCruz, 7th Infantry

Division Sexual Harassment and Assault Response and Prevention program manager, will speak at Wings Chapel Wednesday from 7:30 a.m.

response coordinator, a mentor and she has had a lot of success," said Twanna Johnson, garrison sexual assault response coordinator. "She is very inspirational. She wants everyone to grasp how important this topic is for males and females."

The wealth of knowledge that FlorCruz possesses, Johnson said, will allow her to give Fort Rucker SHARP representatives and counselors fresh ideas on how to tackle this topic.

"She has been avidly involved with the Sisters in Arms program," she said. "It will be beneficial to us to get some guidance with our newly established Better Empowered Soldiers Today program, which was modeled after it."

FlorCruz will be addressing issues, such as sexual assault, victimology, revictimizing victims, how to recognize harassment and assault, equality, reporting, the responsibilities of bystanders, Army programs that help unite female Soldiers and the culture of Fort Rucker.

Though organizers would like people to stay for the duration of the program, it is fine if individuals show up late or have to leave early.

"The session is going to be very interactive. We are going to have a Family Feud-type game where we have a team of males and a team of females, and we will ask them a few questions. We will discuss why men responded to the questions one way and the females another. That way we can learn more about how the different sexes perceive the same things differently," said Johnson.

There will also be a question-and-answer portion where attendees can share experiences and get advice.

The importance of eradicating sexual violence from all corners of the military is something that Johnson said is not just the responsibility of female Soldiers.

SEE SHARP, PAGE C5

ON POST

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

Build-a-Burger contest

The Landing Zone staff members want people to tell them how they would build their dream burger. The winning burger will be on the menu throughout May, and its creator will receive a \$100 gift card. Now through April 18, people can submit their Ultimate Burger Recipe to The Landing Zone via its Facebook page. People can enter their Ultimate Burger submissions at https:// www.facebook.com/thelandingzone. Some recipes may be altered.

For more information, call 598-8025.

Center Library closure

Center Library will be closed for building maintenance now through Saturday. Because of the closure, any events scheduled during this time have been cancelled.

For more information, call 255-3885.

Blue Day Campaign

April is Child Abuse Prevention Month and Fort Rucker continues its support of the Blue Day Campaign Friday as a community-wide effort to recognize the collective responsibility to prevent and confront all forms of child abuse and neglect by wearing something blue every Friday throughout the month. The Blue Day Campaign allows the community an opportunity to band together and wear blue as a visible commitment to support child abuse prevention.

For more information, call 255-9641.

Get R.E.A.L. (Rucker Experience Army Learning)

Army Community Service's Army Family Team Building offers its Get REAL - Rucker Experience Army Living - workshop Wednesday from 8:30 a.m. to 2:30 p.m. at The Commons in Bldg. 8950. Designed to help those confused by Army life, and who want to learn more about Fort Rucker and make new friends, the free workshop includes topics such as: acronyms, Army customs and courtesies, military rank, community resources and more. Advanced registration is required. The workshop is open to active-duty and retired military, Department of Defense employees and their Family members.

For registration, child-care and more information, call 255-9637.

BEST workshop

Fort Rucker's Better Empowered Soldiers Today program hosts a BEST Tools for SHARP –Sexual Harassment and Assault Prevention – workshop Wednesday at the Wings Chapel. The workshop features a morning session from 7:30 a.m. to noon that includes an Army Family Feud with an all-female



PHOTO BY SARA E. MARTIN

Children's Festival

Fort Rucker will host its 10th annual Children's Festival Saturday from 1-4 p.m. at the festival fields. This free military Family event will offer many activities, games, inflatables, crafts and more. The event will also feature one of the area's largest Easter egg hunts where people can win candy and prizes, and even meet the Easter Bunny. This year's theme is Super Heroes, so children are welcome to dress up as their favorite character. Egg hunts will take place at 1:30 p.m. for children ages 4-6, and 1:45 p.m. for children ages 7-9 and 10-12. The event is open to military Families. In the event of inclement weather, the event will then take place inside the Fort Rucker Physical Fitness Center on Andrews Avenue. For more information, call 255-1749.

team and an all-male team, and an address on SHARP and the Sisters in Arms program at Joint Base Lewis-McChord, Wash., that complements SHARP, and helps build relationships and friendships among female Soldiers. The afternoon session is from 1:30-4:30 p.m. and also includes the address on Sisters in Arms.

For more information, call 255-2382 or 255-0960.

National Library Week

The Center Library will celebrate National Library Week Monday-April 18 by hosting a daily drawing for a special prize. Each day, a new library-based question will be posted and winners will be chosen at random from correctly answered entries. April 18, one grand prize winner will be chosen at random from all of the entries submitted during the week.

For more information, call 255-3885.

Self defense workshop

In recognition of Sexual Assault Awareness Month, Army Community Service, in partnership with the military police, will offer a self defense workshop April 17 from 4:30-6 p.m. at the Fortenberry-Colton Physical Fitness Center. People can learn about personal protection, environmental awareness and practical self defense techniques. People need to register by Monday. The workshop is open to active-duty and retired military, Department of Defense employees and their Family members.

For more information and to register, call 255-8103 or 255-0960.

Library Database

The Center Library offers more than 40 searchable databases for cus-

tomers to use to find information on a wide variety of topics. People can download e-books and magazines, research their ancestry, learn how to fix their car, study for exams and more. April 17, from 5-6 p.m., the library staff will show people the best ways to navigate the databases. Those attending should have a valid library account and personal identification number before the beginning of class. For more information or to sign up, call 255-3885 or stop by the library.

EFMP and Hearts Apart Family Bowling Night

Army Community Service will hold an Exceptional Family Member Program and Hearts Apart Family Bowling Night April 17 from 5-10 p.m. at Rucker Lanes Bowling Center. ACS EFMP and Relocation Readiness Program Hearts Apart invites all active-duty military Families with special needs, disabilities, Families with Soldiers deployed or serving an unaccompanied tour, to join a night of bowling. Registration is required no later than two days prior to the event and cost is \$1 per game and \$1.50 for shoe

For more information and to register, call 255-9277 or 255-3735.

Easter Brunch

The Landing will host its annual Easter Brunch April 20 from 10 a.m. to 2 p.m. Cost is \$16.95 for adults, \$8.95 for ages 6-12, \$4.95 for ages 3-5, and ages 2 and younger eat for free. A Military Family Special will also be available for a cost of \$45, and covers a meal for two adults and two children. Reservations are not required, but are highly recommended.

For more information or to make a reservation, call 598-2426.

DFMWR Spotlight



FORT RUCKER MOVIE SCHEDULE FOR APRIL 10 - 13

Thursday, April 10

Non-Stop (PG-13)

Friday, April 11

Saturday, April 12

Sunday, April 13

Captain America: Winter Soldier (PG-13)

Hero's welcome

WWII vets make emotional visit to memorial in D.C.

By Lisa Ferdinando Army News Service

WASHINGTON — As the brass band played and American flags fluttered in the breeze, World War II veterans received a hero's welcome Saturday as they visited the memorial for the war in which they fought in seven decades ago.

A column of well-wishers waved flags - some were dressed in red, white and blue. Members of the military were also on hand to greet the veterans of the Greatest Generation at the World War II Memorial.

For many of the veterans arriving on honor flights that breezy, sunny morning, it was their first visit to their memorial. Army Air Corps veteran Dick Tobin was among those in attendance.

"I'm having a wonderful day," said Tobin, who traveled with an honor flight from Syracuse, N.Y. He was accompanied by his daughter, Cheryl Tobin, an Air Force and Navy veteran.

The Honor Flight Network brings veterans to Washington free of charge for them to see the memorials for the wars they fought in decades ago, with priority given to the most senior and terminally ill veterans.

Veterans and their escorts said they were touched by the outpouring of support from members of the public and the military. It was an emotional experience as well to finally visit the memorial, Tobin said.

"I never in a million years expected this. It's wonderful," Tobin said. "There are no words to describe this. It's just wonderful and long overdue."

As the veterans made their way around the memorial, they were greeted with handshakes and expressions of gratitude. "Thank you for your service," and, "Can I take your photo?" were oftenheard phrases.

Surrounded by a contingent of Family members, Army veteran Hugh Phelps held a decades-old picture of his brother Patrick, an Army veteran, on his lap atop a folded American flag.

"I was in the last part of the war with Patrick," said Phelps, who was in the 26th Infantry Division. He arrived at the memorial as part of a tour sponsored serves veterans in the Washington, D.C.,

It's a "very good" and "wonderful day," said Phelps, as his Family members smiled proudly and snapped photographs of their war hero.



PHOTO BY LISA FERDINANDO

World War II veterans and their military escorts render honors as "Taps" is played at the World War II Memorial in Washington, D.C., Friday. The veterans traveled to the nation's capital on an Honor Flight from Dallas-Fort Worth for a two-day tour of D.C.

Navy Chief Warrant Officer Andrew Levy and two members of his detachment – Petty Officers Jordan Holtschulte and Brian MacMurchy - drove three hours from Fort Pickett in Blackstone, Va., to greet the veterans.

"It's our way to pay respects to them. They led the way and enabled us to be who we are and what we can do today," Levy said.

Driving a few hours to Washington to greet the veterans is the very least they could do for the service members who did so much for the nation, said Holtschulte.

Holtschulte had volunteered at an honor flight greeting in Chicago at O'Hare airport and organized the trip for his shipmates.

"I just thought it would be a great way to spend a Saturday," he said.

Crowds were on hand to cheer and greet the World War II veterans arriving by Honor Flight Capital Region, which on honor flights from Ohio and upstate New York, and an honor flight bus tour out of the national capital region.

> Navy WAVES veteran Eileen Howell from, Columbus, Ohio, said she was having a wonderful day visiting the memorial. She served in the Navy from

1944 to 1946.

"It's far beyond what I ever expected," she said. "It was wonderful. I have never been greeted so much in my life. I couldn't believe it. It was just unimagi-

Air Force Honor Guard members Airman 1st Class Rebecca Eiseman and Airman 1st Class Ashley Rash were happy to come out and greet the veterans.

"We volunteered last fall and we want to volunteer all summer, so we just come here to shake their hands and say thank you for everything they did," said Eiseman. "If it wasn't for them, we wouldn't be here, so they paved the way for us."

Sixteen members of the Prime Time Brass band drove seven hours from upstate New York to be in Washington to welcome their local veterans.

"It's a great day, they seemed ecstatic that we were here and we're just happy to be here to honor them," said band member Bill McGrath, who served three years in the Marine Corps and 17 years in the Army Reserve.

An honor flight from Dallas-Fort Worth had also visited the memorial on

"It's nice to see the memorial ... very

nice and beautiful," said WAVES veteran Janet Thompkins on Friday, as she and her honor flight escort, her son-inlaw, visited.

Lt. Col. Darryl Stephens, who is stationed at the Pentagon, volunteered to accompany the veterans to see the memorial and other important sites.

The veterans are amazing inspirations,

"As a service member, as a Soldier, I respect these guys - words can't describe it," said Stephens. "When I read and listen to their stories, it just humbles

Army veteran Bob Martin, who served in the South Pacific, said visiting the memorial for the first time was an emotional experience.

"I almost cried several times. All the people that gathered down here just to shake our hands and to thank us for what we've done," he said.

Martin was accompanied by his son, Glenn Martin, who shared his war hero father's sentiments.

"My eyes haven't been dry since we got off the airplane, pretty much," said the younger Martin. "It's quite the emotional experience."



Pick-of-the-litter

soon. Kristoff is the explorer and more independent puppy. He is very playful and loveable and really has no fear of new things. Sven is more shy of new things and very curious. He is a love bug and wants to cuddle. He is also very playful. Adoption fees vary per species and needs of animal, but include all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying or neutering. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the stray facility. Visit the Fort Rucker stray facility's Facebook page at www.facebook.com/fortruckerstrayfacility/ for constant updates on the newest animals



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IV DIVERGENT - PG13 Sat & Sun: 1:45, 4:30, 7:10 & 9:40

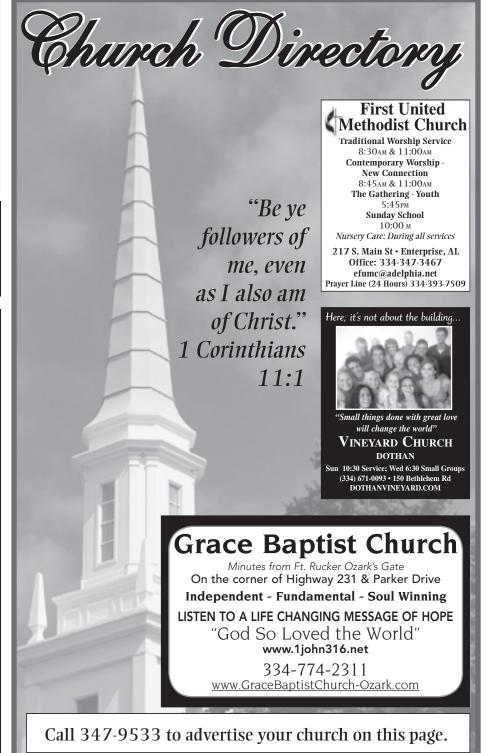
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North Georgia offers outdoor adventures



Sawnee Mountain Preserve Press Release

Imagine rock climbing, trail running or hiking in Forsyth, canoeing the Etowah and Chattahoochee River water trails, tree climbing or taking a canopy walk — all in a picturesque setting against the backdrop of north Georgia's break taking mountains. Plan your next office retreat, scout event, family reunion or just a fun day with friends.

Want to get out on the lake or explore local rivers with your family this weekend, but don't have the gear? Sawnee Mountain Preserve also offers a rental program for adventure gear. Items available for rent include: canoes, recreational kayaks and white water kayaks. For more information, call (770) 781-2217 or visit www. sawneemountain.org or www. forsythco.com/parks.

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- aking;

 Fight passive parks more
- Eight passive parks, more than 25 miles of natural surface multi-use trails, 7 miles of greenway trails and 2 water trails; and
- Dogs are welcome in parks.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

DALEVILLE

MAY 10 — The Daleville Department of Public Safety's reserve officer program hosts an Alabama Police Week shooting championship at Tri-State Gun Club. Competition is open to police officers, military service members and private citizens. Proceeds benefit the Concerns of Police Survivors charity and local reserve officers. Competitors will be treated to a catered barbeque lunch and prizes that include plaques, flashlights, police gear and weapons. For more information, call (910) 723-3295 or visit www.osagecombatives.com/shootingchampionship.

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.

DOTHAN

APRIL 11-12 — The Tri-State ninth annual BBQ and Music Festival featuring a sanctioned barbecue competition with cash prizes of more than \$10,000 will be held all day long at the Houston County Farm Center. Spectators can enjoy tasting barbeque and can attend barbeque classes, as well as listen to music, see an antique car show and shop. There will also be inflatables, rides, games and crafts for children. Admission is \$10 per person each day. For more information, visit www.tristatebbq.com.

APRIL 11-13 — The Mercedes-Benz Dealer Championships is a nationwide amateur-only tennis program for men and women, 21 years of age or older, held at the Westgate Tennis Complex. Players will compete to represent Mercedes-Benz of Dothan at the sectional tournament in Hawaii. Admission is \$80 per person. For more information, visit www.dothanprotennis.org.

APRIL 13-20 — The Dothan Pro Classic will be held at the Westgate Tennis Center with the qualifying rounds and free admission to the park. Play continues all week with single and double feature matches Tuesday-Friday at 6-7:30 p.m. With a tournament pass of \$20, participants can be entertained all week. Semifinals start Saturday at 11 a.m. and finals begin Sunday at 1 p.m. For more information, visit www.dothanprotennis.org.

APRIL 12 — For the second year in a row, the 280th Special Operations Communications Squadron and the Macy Easom Cancer Research Foundation partner to help raise money for Families of deployed troops and pediatric cancer research. The 2014 Minuteman 5K and Fun Run will be held at Westgate Park. Registration will be available the morning of the run beginning at 7 a.m. for \$20. The cost for the 1-mile fun run is \$5 and no pre-registration is required. For more information and to download a registration form, visit www.PrincessMacy.org or www.Facebook.com/MacyEasom, or call (229) 308-1181.

ENTERPRISE

APRIL 11 — Coffee, Dale and Geneva Counties host this year's Special Olympics at Enterprise State Community College from 9 a.m. to noon. People are asked to cheer and volunteer for participants. For more information, visit www. enterprisealabama.com.

APRIL 12 — The Enterprise Civitan Club hosts a rummage sale from 7 a.m. until noon at the Envoy Mortgage Co. at 1212 Rucker Blvd. Proceeds go to the Research Center, Birmingham. Bake sale

proceeds go to Relay for Life. For more information, call 389-0770.

APRIL 24 — The Enterprise Chamber 19th annual Golf Tournament at Tartan Pines Golf Club will begin at 1 p.m. Tournament is three person teams, \$100 per player, which includes green fees, cart, mulligans, chances, practice balls, door prize ticket, goody bag and a meal. For more information, visit www.enterprisealabama.com.

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

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

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

APRIL 9 — Dale County Chapter 1960, National Active and Retired Federal Employees will meet at 11 a.m. at Colby's Restaurant. The speaker will be Katrina Cooper from the Social Security Administration. The mission of NARFE has been to protect the earned benefits of federal retirees, their survivors and spouses. All Federal employees and active and retired military are encouraged to attend. For more information, call 435-3305.

PINCKARD

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

For more information, call 983-3064.

SAMSON

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

TROY

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

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

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

Beyond Briefs

Friday Fest

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

Swamp Tour

Georgia State Parks and Historic Sites hosts a tour of historic Billy's Island in the Okefenokee Swamp in Fargo, Ga. from 10 a.m. to noon 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 parking fee.

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

Boat Show

The 16th annual Apalachicola Antique and Classic Boat Show will be held April 19 in downtown Apalachicola. Antique boats, examples of classic and traditional vessels, workboats, and fiberglass and aluminum classics will all be on display throughout the day.

Special highlights include home-built boats, authentic

oyster boats and workboats, antique outboard engines, antique automobiles and artist booths. The Apalachicola National Estuarine Research Reserve will have displays on the Apalachicola River along with booths featuring the Coast Guard Auxiliary, child model boat building, the National Weather Service and boat building demonstrations with live entertainment available all day.

For more information, call (850) 653-9419 or visit www.antiqueboatshow.org.

Golf Fundraiser

The Tyndall Airman Family and Community Partnership Golf Fundraiser's theme is "Honoring America's Airmen" and the proceeds will benefit the Tyndall Airman, Family and Community Partnership. The tournament will be held at the Shark's Tooth Golf Course April 25. There will be an 11 a.m. check in with a noon shotgun start. Funds will be donated to the Wounded Warrior Beach Retreat. A cocktail party with heavy hors d'oeuvre immediately follows the golf tournament. The party should start around 4:30 p.m. For more information, call (850) 420-5237.

Motorcycle Rally

Known as "The Most Biker Friendly free Rally in the United States," the Thunder Beach Motorcycle Rally is held twice yearly in Panama City Beach April 30 through May 4 and Oct. 1-5. Bikers from around the country can enjoy scenic rides along the Emerald Coast, live enter-

tainment and local cuisine. For more information, visit www.thunderbeachproductions.com.

Carrabelle Riverfront Festival

The 24th annual Carrabelle Riverfront Festival will be held April 25 and 26 on Marine Street along Carrabelle's downtown riverfront district with the theme "Pirates of the Carrabellean." Festival offers regional arts and crafts, pet parades, a fashion show, Family friendly attractions and local culinary treats. Admission is free. For more information, email carrabelleriverfront@gmail.com.

Skim board competition

The 15th annual Panama City Beach ZAP Pro/Am Spring Skim Jam is the largest national skim board competition on the Gulf Coast and will be held at Sharky's Sunday and Monday. Competitors compete for a cash purse, prizes, trophies and bragging rights. There is a professional and an amateur division for all ages and genders. The event is free to the public. Entry forms are available at Mr. Surf's Surf Shop. For more information, call (850) 235-2702.

Jazz Festival

The Seabreeze Jazz Festival will be held at Pier Park in Panama City Beach April 23-27. To order tickets, view the musician line up and more, visit www.seabreezejazzfestival.com.

SHARP: Soldiers asked to stand up against assault

Continued from Page C1

"Men need to step up about this topic, too – it's not just about female assault," she said. "Inappropriate sexual comments and actions are not always directed towards women. Sexual jokes in a locker room are sexual harassment. Just because the victim does not complain and is changing at the gym doesn't mean that that person feels like it is OK.

"A lot of times, because of silence, the aggressors think it is OK to talk that way, or because of the attitude of 'boys

will be boys,' but it is unprofessional and goes against what the Army stands for," she continued.

By standing up and speaking against sexual harassment and assault, Soldiers of both sexes are living up to Army values and are proving themselves to be good leaders, she continued.

"It is their duty to protect and serve, even if that means from each other," she said.

Even bystanders can be affected by sexual comments or actions, even if they are not the target, Johnson added.

"That type of behavior affects their work environment

and their attitude," said the sexual assault response coordinator. "They might fear that they will be next. It makes a hostile environment for that person. There is just no place for this type of behavior."

Soldiers are mandated to report something that is considered harassment or assault, no matter their personal feelings about the situation, she continued.

"Some people may think they are poking their nose into someone else's business, but it is their duty to make that report— to stand up and have a voice in the situation," said Johnson. "A voice unheard is an Army defeated."

Religious Services

UPCOMING SERVICES

Living Last Supper, April 13, 7 p.m., Main Post Chapel

Holy Thursday, April 17, 7 p.m., Main Post

Holy Thursday, April 17, Protestant, noon, **Headquarters Chapel**

Good Friday, April 18, Catholic, 3 p.m. (Stations of the Cross) and 7 p.m. (Liturgy), Main Post Chapel

Good Friday, April 18, Protestantm noon, Headquarters Chapel

Holy Saturday, April 19, Catholic, 8 p.m., Main Post Chapel

Holy Saturday, April 19, Protestant, 11 a.m., Main Post Chapel

EASTER SERVICES

Postwide Easter Sunrise Service, 6:30 a.m., Wings Chapel

Latter-Day Saint Service, 8 a.m., Wings Chapel

Catholic Mass, 9 a.m., Main Post Chapel

Wings Contemporary Service, 10:45 a.m., Wings Chapel

For additional information, please call 255-2989 or 255-2012.

WORSHIP SERVICES

Except as noted, all services are on Sunday.

Headquarters Chapel, Building

8 a.m. Multi-Cultural Worship Service

Main Post Chapel, Building 8940

9 a.m. Catholic Mass Sunday 11 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,

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 a.m. Protestant Women of the Chapel, Wings Chapel

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

Life Center

6 p.m. Protestant Women of the Chapel, Wings Chapel

7 p.m. Adult Bible Study, Spiritual Life Center

Wednesday -

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

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

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

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

Thursday -

9 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)

PMOC meets the first Saturday of each month at 8:00 a.m. - 9:00 a.m. at Ryan's

PREPARE

Restaurant in Enterprise, AL. Men are encouraged to attend for a time of fellowship and a short devotion. Free breakfast is provided.

Protestant Women of the Chapel (PWOC)

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

Catholic Women of the Chapel (CWOC)

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

Youth Groups / Club Beyond

Tuesdays, 5:30 p.m., Spiritual Life Center. For more information call 255-9995.

Alcoholics Anonymous (AA)

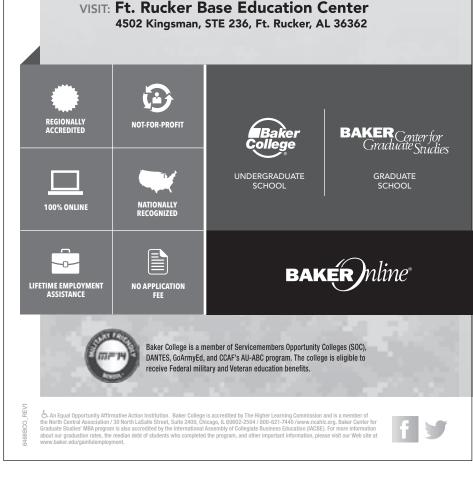
AA is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from the use of alcohol. This program is focused on spirituality and religion, having an impact on changing a person's life. AA meets every 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.



Acopt a pet

For more information about animal adoptions, call the Veterinary Clinic at 255-9061. The Stray Facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the **Veterinary Clinic.**





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2014 Army Aviation Ball



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CLEAR VISION

April is Women's Eye Health and Safety Month

Story on Page D3

APRIL 10, 2014



Marcus Hart, player for the Eagles, pushes past an opposing player during the 2014 Fort Rucker Intramural Post Championship game at the Fort Rucker Physical Fitness Center April 3.

1-11th Eagles win hoops crown

By Nathan Pfau

Army Flier Staff Writer

Two teams took to the court to determine the winner of the 2014 Fort Rucker Intramural Post Championship game, but penalty after penalty allowed one team to walk away with the title April 3.

The 1st Battalion, 11th Aviation Regiment Eagles beat Get Down & Lay Down, a team made up of Soldiers from various units, in two games to win the championship for the second year in a row.

"You just can't underestimate the heart of a champion," said 1st Sgt. Michael Delaney, coach for the Eagles. "(My team) brought everything they had tonight and laid it all out there on the court. I don't think they were going to go home tonight unless they won."

Like last year, the Eagles came up from the loser's bracket after losing to Get Down earlier in the playoffs, so they had to win two games in a row to take home the championship.

With superior shooting and a strong defense, the 1-11th managed to stay ahead of their opponents. Delaney made sure to sub out his players frequently throughout the game to give his players the opportunity to stay rested for what he knew to be a long two games.

"We were just a little more intense (than the other team)," said Delaney. "They didn't sub as well during that first game while I was rotating all the players I could to give everyone time to rest while we had the lead. (Get Down) seemed like they were really tired that second game and it seemed easier to get them out of their rhythm."

The games started as the Eagles got the tipoff, followed by a layup to score the first shot of the game.

Their defense held strong to keep their opponents from scoring and managed to extend their lead further before Get Down had a chance to get to the basket.

Get Down was able to get onto the scoreboard minutes into the game and pushed hard to stay on the heels of the 1-11th.

Despite multiple steals, the Eagles managed to tighten their defense and hold on to the lead, which didn't last long as Get Down stepped up their offense to take the lead about halfway through the quarter.

Personal fouls against the Eagles gave them the chance to sink two free throws and retake the lead as the quarter ended,

The lead bounced back and forth for much of the first half as both teams played strong, but fouls against Get Down gave



Denzel West, player for the Eagles, goes up for a layup.

the 1-11th the chance to pull ahead, and they managed to gain a comfortable lead by the end of the half, 25-14.

Going into the second half, Get Down had their work cut out for them if they wanted to turn things around, but the Eagles managed to score first despite not having had possession to start.

The 1-11th continued to play strong and their opponents were able to match their intensity, but not before the Eagles commanded a 15-point lead before the end of the third quarter.

The teams were going point for point in the fourth quarter and the Eagles weren't letting up to give their opponents the chance to catch up.

A string up personal fouls against both teams allowed Get Down to sink free throws to slowly close the gap, but they couldn't outpace their opponents offensively to do enough damage before the first game ended, 55-44.

With everything riding on the final game, both teams started off aggressively and Get

Down managed to score right out of the gate, but the Eagles followed suit and the teams went point for point for much of the first quarter.

Get Down, again plagued with personal fouls, gave up points to their opponents, allowing the 1-11th to take the lead by six points going into the second quarter.

Get Down was able to pull back up on the heels of their opponents and come within one point, but more fouls gave the Eagles the chance to, again, pull away.

The over-aggressive play style by Get Down made it difficult for them to overtake their opponents with the constant penalties, but they managed to keep the score close for most of the half.

As the second half started up, the Eagles offense managed to break through their opponent's defense and gain a 10-point lead.

As time was running out, Get Down, only four points behind, dug deep to close the gap during the closing seconds, but penalty after penalty held them back and the Eagles took the championship, 53-47.

Pets get health records Pers ger iscuit. similar to their owners'

By Jane Gervasoni U.S. Army Public Health Command

Military Families value their electronic health record system and are grateful that they no longer have to take paper copies of their health records with them each time they move.

Now, the U.S. Army Public Health Command is training veterinary personnel on a similar system for government-owned animals and privately-owned animals belonging to military Families.

The new system is called the Remote Online Veterinary Record. The system will offer Army veterinary service personnel worldwide new methods for recording and maintaining veterinary clinical information about the animals they

"ROVR is a secure, Web-based application that provides the means to electronically record, store, retrieve and transmit the elements of veterinary clinical encounters at all levels of care," said Col. Erik Torring, deputy commander for veterinary services at the USAPHC. "It is a state-of-the-art means to collect, manage, analyze, and report data and information rapidly and accurately to all levels of the Department of Defense."

The Army provides veterinary health services for all components of the DOD and to other governmental agencies with complete veterinary medical and surgical care for all government-owned animals, including those belonging to other

governmental agencies, such as the Secret Service, Border Patrol, Customs Service and the Transportation Security Administration.

Currently, veterinary personnel document their clinical findings and other statistical data using hard copy records, spreadsheets and other databases. These methods lack the ability to encrypt data, don't allow access by all veterinary personnel and are generally hard to manage, according to Michael Tackett, U.S. Army Medical Information Technology Center Veterinary Services systems management program

"The DOD veterinary services community operates in approximately 144 sites worldwide," said Tackett. "The new system will be capable of encrypting data and providing worldwide access for veterinary service personnel in theater or garrison."

ROVR was designed to address many of the concerns of the veterinary community and is being trained and fielded throughout the USAPHC regional commands across the world through April.

"Access to this system is based on a user's common access card," said Lt. Col. Kay Burkman, veterinary staff officer at Joint Base San Antonio, Texas. "ROVR will create patient records that can be transferred and shared, with access worldwide using the CAC."

Burkman has been involved with this project since it was first conceived in 2005. She has spent the last 2 1/2 years working primarily on program development, beta testing and devising training.

"Every clinic is different, so we tailor our training to meet the needs of those using the system," she said. "A facility exclusively treating government-owned animals will have slightly different needs than one that treats primarily privatelyowned animals.

"In February, we trained veterinary treatment facility personnel from Aberdeen Proving Ground (Md.) and Carlisle Barracks (Pa.) on how to use this system," Burkman said. "We have already trained veterinary personnel at more than 100 VTFs, including Joint Base San Antonio, Texas, and veterinary personnel have been very enthusiastic about ROVR's capabilities."

The system has a lot of benefits for VTF users as well as pet owners, according to Burkman. ROVR even has more functionality than the current electronic health system for military beneficiaries, she said.

One of the biggest benefits to pet owners is that the information stored in the system can be transferred to any military VTF around the world. This will make a difference for those who take pets with them when they have a permanent change of station.

The same is true for military working dogs and other government-owned animals, such as the caisson horses used at Fort Belvoir, Va. Information on the animals' past and present health will be available to any veterinary provider with a

"ROVR provides the functionalities necessary to consolidate the 144 independent veterinary treatment facilities into a global practice with the capability to provide standardized, evidence-based veterinary care to any animal, anywhere," Burkman said.

In addition, ROVR will be able to help track animal disease trends, clinic inventory, manage appointments, provide billing statements, track drug interactions, generate rabies and veterinary health certificates, and support clinical documentation of patient records.

Although the USAPHC is hosting the training, many veterinary services personnel, the DOD Veterinary Services Activity, the Defense Health Agency and DOD's Health Affairs contributed to the design of the system, and are involved in the management of the system. These organizations, animals and owners will benefit from the information available in the system, according to Torring.

"The entire program, including development, testing and fielding has been a huge team effort," said Tackett. "This is a partnership that will improve patient care by automating medical records and providing worldwide access from any CAC-enabled government com-

ROVR still has some growing to do, but, so far, design defects have been minimal and will be fixed once the system is fielded.

At Aberdeen Proving Ground, the veterinary clinic staff, which received training in February, is already using the new system in the

"Change is always challenging," said Carol Bossone, non-appropriated fund veterinarian at the clinic, "but this system seems to offer functionality that we have not had before. I am hopeful that the end result will be a valuable tool that is versatile, flexible and seamless."



PHOTO BY RACHEL PONDER

Carol Bossone, veterinarian, gives Maria Schnople's dog, Daisy, a routine check-up at the Aberdeen Proving Ground, Md., veterinary clinic. Information on the dog's health will be entered in the ROVR system and can be accessed by other Army veterinarians if Schnople and her dog move to another military installation.

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See Page D4 for this week's answers.

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Just Like Cats & Dogs by Dave T. Phipps WOW! HONEY, THAT SUIT LOOKS REALLY SHARP ON YOU! IF I DIDN'T KNOW BETTER I WOULD THINK YOU WERE SOMEONE IMPORTANT.

L ANCIENT WORLD: Who was the sternutation?

king of Troy during the Trojan War?

2. MEDICAL TERMS: What is a

3. MOVIES: What movie featured the tagline, "Eight legs, two fangs and an attitude

4. LITERATURE: Which one of Shakespeare's plays features the character of Titania?

5. WEIGHTS AND MEASURES: If a standard quarter weighs 2 ounces, how many quarters would it take to

equal I pound? 6. SCIENCE: What was the main geological process that formed the Grand Canyon?

7. EXPLORERS: Who was the first European explorer to travel the length of the Mississippi River in 1682?

8. GENERAL KNOWLEDGE: What was the name of the comic strip usually credited as the first to appear regularly in a newspaper?

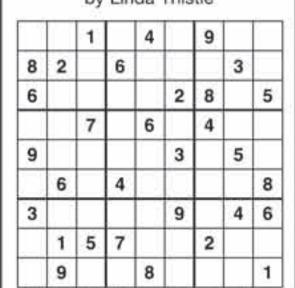
9. TELEVISION: What was the names of the Elly May's chimpanzees on "The Beverly Hillbillies".

10. MUSIC: What kind of instrument is a euphonium?

See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

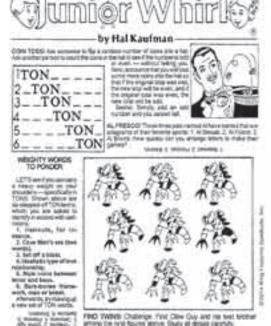
DIFFICULTY THIS WEEK: *

* Moderate ** Challenging * * * HOO BOY!

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See Page D4 for this week's answers.

KID'S CORNE



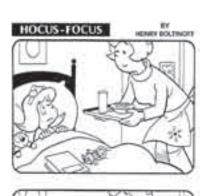


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message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the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

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CUTTING EDGE

Army secure healthcare messaging fielding near completion

By Kirk Frady

Army Medicine Public Affairs

Army Medicine is near completion on the implementation of its secure healthcare-messaging system, Army Medicine Secure Messaging Service, to all 52 of its military treatment facilities worldwide.

As of March 1, more than 234,000 Army Medicine healthcare beneficiaries and almost 3,000 Army providers have signed up for this service, which allows the patient and provider to communicate on a secure network regarding non-urgent healthcare concerns.

The AMSMS network also allows beneficiaries to view their electronic personal healthcare record, request appointments, request medication refills or renewals, as well as allows providers to push important preventative care updates to their patients.

Overall, Soldiers, their Families and beneficiaries using the AMSMS can expect a decrease in trips to MTFs and more personal communication with their healthcare team.

"Army Medicine issued nearly 3,000 AMSMS licenses to healthcare providers during Phases I and Phase II in 2012 and 2013," said Dr. Terry Newton, information technology clinical capability manager. "Over the next six months, we will complete deployment of over 1,000 additional licenses to primary and specialty care clinics. Similarly, the other branches of military service are also executing the same secure messaging capability across their treatment facility network."

Many MTFs have been using creative marketing ideas to inform their beneficiaries about the AMSMS and the many reasons why they should be using it. Clinics have been placing posters at facilities and updating their waiting room videos to include AMSMS information.

Although many MTF's AMSMS programs have not been up and running until recently, a few locations currently leading in participation are Fox Army Health Center, Lyster Army Health Clinic, Keller

Army Community Hospital and Dunham Army Health Clinic. Many of the practices have more than 60 percent of their beneficiaries using the AMSMS.

"These MTFs have had the support of their leadership and are utilizing high performing teams to make their practices more team-based and patient centered through the robust use of tools such as the AMSMS," said Newton.

Although they use a different name for their secure messaging system, both the Air Force and Navy have made considerable progress signing up users. Both sister services have roughly 573,000 users now enrolled combined. This joint venture has more than 850,000 combined users through all services, as well as roughly 7,600 providers and more than 17,500 primary care team members using the system.

The civilian healthcare sector is also moving towards offering more patient portals since this service will assist beneficiaries in making smarter non-urgent care decisions rather than sitting in a waiting room or going to an urgent care facility.

"The AMSMS is an easy to use secure communication tool that has the potential to significantly impact care to beneficiaries by engaging them in convenient ways and times to build relationships, improve access to information and reduce the need for so many visits to their primary care clinic," Newton said. "Secure messaging is a critical tool in helping Army Medicine achieve the Quadruple Aim of improving the patient's experience, improving population health and readiness while reducing per capita costs.'

A recent secure messaging satisfaction survey demonstrated that 97 percent of more than 12,000 survey respondents were satisfied with their secure messaging transaction and more than 86 percent agreed it helped them avoid a trip to an emergency room or an MTF for a medical problem.

To find out more about AMSMS people should ask their healthcare team during their next visit.

April a focus on women's eye health, safety

By Tri-Service Vision **Conservation and Readiness Program Staff**

U.S. Army Public Health Command

Women are often responsible for taking care of their Family's health concerns, but often neglect their own health, including the health of their eyes.

Women account for two-thirds of the people in the world affected by visual impairments and blindness, even though they represent only 53 percent of the population.

The rate of eye disease is on the rise in the United States, mostly because people are living longer.

Women, on average, live longer than men. As a result, more women are susceptible to age-related eye diseases, such as macular degeneration, cataracts, dry eyes, glaucoma, diabetic changes of the eye and other conditions.

Because of this, Prevent Blindness America has designated April as Women's Eye Health and Safety Month to help educate women about the steps they should take to make eye health a priority.

While the following recommendations apply to everyone, during April the emphasis is for women to take care of themselves as well as their Families.

Get routine eye care

Many causes of eye-related problems are preventable, so all women should make eye examinations a regular part of their healthcare routine. Even if no eye-related symptoms are present, it is recommended that all women receive a comprehensive eye examination at least by the age of 40 and obtain routine follow-up care as recommended by their eye care professional. Remember that an eye exam evaluates much more than just blurry vision.

Know your Family history

Genetics plays an important role in what diseases people may be at risk for, including eye diseases. It is important to notify your eye care professional of any conditions that your ancestors may have had. In some cases, this information may prevent or lessen the possibility of those conditions occurring in you.

Eat healthy and exercise

Eating healthy foods and exercising regularly are important in maintaining a proper weight and reducing the risk for certain conditions. Healthy habits can also help guard against vision loss. Obesity, a lack of exercise, stress and a bad diet can affect the health of your eyes.



April has been designated as Women's Eye Health and Safety Month to help educate women about the steps they should take to make eye health a priority.

Avoid smoke

Smoking, including secondhand smoke, increases the risk for certain eye diseases, such as cataracts and macular degeneration. Avoid smoking and being Use cosmetics, contacts safely around secondhand smoke.

Wear good sunglasses

Ultraviolet light exposure has also been linked to the development of cataracts and macular

degeneration. When people are outside, it is recommended they wear wide-brimmed hats and sunglasses with 100-percent UV protection.

The rules for using cosmetics and contact lenses safely are easy. Wash your hands first. Throw away old makeup and contacts. Do not share them with others. Do not apply them while driving. By following these directions, individuals can prevent serious eye infections that could result in permanent vision loss.

Remember, if you are responsible for making certain that everyone is healthy, it is important to continue to take care of yourself. Taking care of your eyes is an easy way to assist in meeting those important functions for years to come.

SPORTS BRIEFS

Military Child 3Free Bowling

Rucker Lanes will celebrate Month of the Military Child with Military Child 3Free Bowling weekdays now through April 30. Military children will get up to three free games of bowling and free shoe rental - offer good for up to three children up to age 13 – when at least one parent bowls with the children for \$8.50. The offer will only be available at Rucker Lanes Mondays-Fridays in April. The event is open to the public and exceptional Family member-friendly.

For more information, call 255-9503.

Scuba course

The Fort Rucker Aquarians Dive Club will sponsor a scuba certification course beginning Monday at 6:30 p.m. at the Fort Rucker Physical Fitness Center indoor pool. After the first class, the course will meet Monday and Wednesday nights for no less than six weeks and no more than seven weeks, dependent on the weather. One weekend will be required at the end of the course to complete open water training in the Gulf of Mexico.

For information, call George Perez at 774-3483 or 347-6936.

Spin Challenge

The Fortenberry-Colton Physical Fitness Center will hold a two-hour spin challenge Tuesday 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.

Silver Wings Golf Course Big Break I

Silver Wings Golf Course will host a competition for four-person teams in golf skills challenges for the title of Big Break Champions April 19 at 2 p.m. The skills are

Glass Break Lob Wall Three Jack Pitch Perfect and Right Down the Middle. The cost is \$60 per team. Golf shop merchandise gift certificates will go to the top performing team. Entry forms will be available in the golf shop. Big Break Parts II and III are scheduled for May 3 and 17.

For more information, call 598-2449.

Youth fishing tournament

Outdoor recreation will host a youth fishing tournament April 19 from 7-11 a.m. at Parcours Lake. Youth, ages 3-15, are allowed to fish in the tournament with an escort. Cost is \$10 per person. Live bait is permitted, but no minnows. Prizes will be awarded for first, second and third places. For more information, call 255-4305.

1-pitch Softball tourney, home run

The Fort Rucker Physical Fitness Center will hold a one-pitch softball tournament and home run derby April 19, beginning at 8 a.m. at the Fort Rucker PFC Softball Complex. There is a \$150 entry fee per team for one-pitch round-robin and single-elimination tournaments. All teams are guaranteed three games in the round-robin tournament. Winners of the round-robin will advance to the single-elimination tournament. U-trip rules will apply and there is a 12-team limit. Registration is required by close of business Monday for the tournament. The event is open to the public.

For more information, call 255-2296.

Enterprise Baseball

Enterprise's semi-pro baseball team needs players for its games against Eufala Saturday and Sunday - high school age and adults. Interested players should show up at 3 p.m. at Peavy Park in Enterprise.

For more information, call 347-4275.

Thunder on Tholocco

Fort Rucker will host the eighth annual Thunder on Tholocco April 26 from 11 a.m. to 5 p.m. at West Beach, Lake Tholocco. People are welcome to bring a chair or blanket and watch multi-class outboard drag boat racing.

The high-performance machines reach speeds in excess of 100 mph. The event will also feature wakeboarding demonstrations throughout the day. People looking to get a piece of the action will be able to sign up for a kayak or canoe race, try out the paddle boats, or see how far they can make it down the inflatable slip and slide. There will also be food vendors.

The event opens at 9 a.m. and the race begins at 11 a.m. Ticket prices are \$5 in advance, \$7 at the gate, and free for children ages 12 and younger. The event will be open to the public. No pets, backpacks or glass containers will be permitted.

For more information, call 255-1749.

Army 10-Miler Run Off

Fort Rucker will host its annual Army 10-Miler Run Off and Team Relay May 3 from 7-11 a.m. at the Fort Rucker Physical Fitness Center. Race-day registration will begin at 6 a.m. and the race will begin at 7 a.m. Pre-registration is \$20 prior to April 27 and will cost \$25 beginning April 28. Registration fee for a five-person relay team will be \$10 per person, with a \$12 noshirt option. Top active-duty finishers will be considered for the team to represent Fort Rucker at the 10-Miler Run in Washington, D.C. Trophies will be awarded to the overall male and female, masters male and female, grand masters male and female, and male and female second-11th place finishers. First-, second- and third-place trophies will be awarded to the relay teams.

For more information, call 255-3794.

Ask your buddy · Have the courage to ask the question, but stay calm · Ask the question directly: http://phc.amedd. Are you thinking of killing yourself? Care for your buddy · Calmly control the situation; do not use force; be safe Actively listen to show under-National Suicide Prevention Lifeline 1:800-273-8255(TALK) standing and produce relief

· Remove any means that could be used for self-injury

Escort your buddy Never leave your buddy alone

· Escort to chain of command, Chaplain, behavioral health professional, or primary care provider

 Call the National Suicide Prevention Lifeline

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'The Hobbit' fitting addition to LEGO series

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.)

With the "Lord of the Rings" LEGO video game reaching critical and popular acclaim and the latest "The Hobbit: The Desolation of Smaug" film, it makes sense that the two would meet and we'd have a LEGO Hobbit game.

The good news is that it does a good job following the events of the films, keeps the fun of the "Lord of the Rings" LEGO game and maintains the sense of humor we've come to expect from all LEGO games.

This game follows Bilbo Baggins as he is recruited by Gandalf to help Thorin Oakenshield and his band of dwarves. Bilbo leaves the Shire to go on a long journey to accompany the dwarves on a journey to reclaim their lost kingdom. There are trolls to fight and avoid, orcs, the precious Ring, and Gollum. Gamers must use the characters to both fight enemies and to solve the creative and often challenging puzzles. There are also treasure quests, gems to be mined and the ability to craft magical



Publisher Warner Brothers Rated Everyone **Systems** Multiple Cost \$30-60 Overall 3 out of 4

items and build LEGO structures.

Each of the playable characters has a special ability. One of the dwarves, for example, can use his belly as a trampoline to help other characters reach lofty heights. The ultimate goal of "LEGO: The Hobbit" is to wear the one true Ring.

Gamers who have played LEGO video games before will feel instantly at home and new gamers will pick things up quickly. Like other LEGO games, there is drop in and out co-op play, which allows friends to play together or for a parent to help a younger gamer get through tough spots.

"LEGO: The Hobbit" is another fine addition to the LEGO video game collection. It's great for LEGO fans and fans of Middle Earth.

Reviewed on the Xbox 360



PUZZLE ANSWERS

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Answers																				
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TRIVIA

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- 2. A sneeze
- 3. "Arachnophobia" (1990)
- 4. "A Midsummer Night's Dream" 5, 80
- 6. Erosion
- 7. La Salle
- 8. "The Yellow Kid" debuted in the New York World in 1895.
- 9. Cousin Bessie and Skipper 10. Brass instrument that resembles a small tuba
- 7 3 8 5 1

